

NOVEMBER / DECEMBER 2014

LOCATION WLACC:

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

MAILING ADDRESS:

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

www.westlinnoregon.gov
www.facebook.com/westlinparksandrec



Friends Reaching Out
to Friends

West Linn Adult Community Center



Friends of the West Linn Adult Community Center

Staff:

Tiffany Carlson

Recreation Coordinator

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*

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Letter from Tiffany



Photo taken Oct. '14

One of the most beautiful (and busiest!) seasons is upon us and we have so much to be thankful for. Not only do we have the usual holiday festivities in the next two months, but we also have some great presenters coming in to the ACC to share their knowledge and enrich us with advice for improving memory, staying healthy as we age and giving insight into the often confusing world of Medicare options and social security decisions. I'd love to go into more detail on these presentations but as space is limited, I'll refer you to page 5 for more details. I'll mention here though that it's really helpful if we know how many plan to come to these free presentations. We have an activities book at the front desk that is just waiting to be filled with RSVPs for the various talks coming up, so stop on by or give us a call!

We have also been adapting to staff changes and, as always, seen such amazing and talented volunteers stepping up to lend a hand. As we are actively looking for a new chef, I am so thankful for the help with the meals this last month. Thank you also for your patience with me as I juggle a few more tasks than usual. It's great to have Lara Dewey helping us out with the meals and as I write this, I can smell a delicious soup cooking by one of our volunteers, Pat Styles. I never really know what the day will bring, but I have found that I am always blessed by so many amazing folks, who walk through these doors every day.

We have a few festive bus trips coming up and as I didn't necessarily mean to stop at a winery for EVERY trip, it somehow just magically happened... We are in wine country after all, and a bottle from Honeywood Winery would look just lovely on the Thanksgiving dinner table, don't you think? Our signup sheet for trips is now at the front desk and payment is needed in advance for a seat on the bus. Thank you for your understanding as we work to improve procedures so that we can serve you better. Page 5 has the bus trip listings coming up.

Here's to another memorable and joyous season at the ACC ~Tiffany

President's Corner - Attitude of Gratitude



When was the last time you stopped to really acknowledge the things you're thankful for? With Thanksgiving just around the corner, perhaps this is the perfect time to look at the many things we have to be thankful for. There are many reasons why we should make gratitude a daily practice. Research has shown that being thankful can bring you more than just happiness. It can have health benefits, including improved immune systems, improved well being, and even improved heart health. Without gratitude happiness is rare.

The following benefits have been shown to be a result of living a life of gratitude:

- Stress Management
- School Grades
- Strengthen Relationships
- Improved Heart Health
- Better Immune System
- Be a Better Friend
- Well Being
- Work Performance
- Sleep Better
- Team Morale
- Protection from Negative Emotions
- Happiness



There is no time like the present to begin your attitude of gratitude. Count your blessings. Say thank you more often, especially for the small things. You could start with a journal (daily or weekly) and each morning write down a few items that you are thankful for. Each day or week, add new items to the list. Focus more on the things that you have, and not on what you don't have. Change your attitude and change your life. It really does work. — 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 or three times weekly for 8 weeks. *\$40.00 for 2 classes \$60.00 for 3 classes.*

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, *\$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



Hand and Foot: Mondays at 10:00-12:00 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)

ARTS AND CRAFTS

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

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

Schedule of Events (Continued)

ARTS AND CRAFTS (Cont'd)

Painting

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.*



Knitting and Crocheting: Thursdays, 10:00-12:00 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 . . .

Acting Class: (Drama Class) starts on a **NEW** Day! Mondays from 1:00-2:30 pm, beginning September 8. The Antique Roadshow Players will be rehearsing for the upcoming Christmas show, so join us or call the center. No experience necessary. Class is led by Pat Amore Hand. **See page 6 for performance date.** (Price to be determined.)

BUDGET Travel Club. Monday, November 24th at 12:30 pm. **Note:** The December meeting has been moved to the third Monday of the month, **December 22nd.**

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. *Free.*

. . . **And MORE**

Book Club: Second Wednesday of the month at 1:00 pm. *See page 5 for more details.*

Gardening Group: Wednesdays at 11:00-12:00 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, 9:00 am-3:00 pm for WLACC members only at SACHI Wellness Center. Call the center for an appointment. (503-557-4704). \$ 40.00.

The advertisement features the logo for "Specialty Comfort Care" in a blue, cursive font at the top. Below the logo, the text reads "Companion • Homemaker • Caregiver • Nursing" and "Within the comfort of your own home." in a serif font. At the bottom, it says "Call us today at 503.747.3021 or visit us at www.specialtycomfortcare.com". The background of the advertisement is a scenic view of a beach with blue water and a clear sky.

Specialty Comfort Care

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

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

Save The Date

SPECIAL EVENTS AND PRESENTATIONS. Please RSVP for all presentations at the front desk. (It is helpful for the presenter to know how many people to plan for). Thank you!

Wednesday, November 5th at 1:00 pm – Mark Turnbull with Comforcare Senior Services, will be talking about Memory Magic, and planning an engaging memory activity to play.

Thursday, November 6th at 1:00 pm – Social Security planning: what baby boomers need to know to maximize their retirement income.

Monday, November 10th at 1:30 pm – Three Villages presentation: **What is a Village?** It's neighbors helping neighbors to remain independent. Learn more about this grassroots movement that is sweeping the country. Your participation now will help shape our own Three Rivers Village right here in this area. When operational access is provided to affordable services like transportation, health and wellness programs, home repairs, and social activities, it will help residents maintain a healthy, independent lifestyle in their own homes. We need your participation to launch our Village!

Thursday, November 13th from 9:30-2:30 pm – Carotid Artery Screening with Sendant Health. Please sign up at the front desk and designate an appointment time.

Tuesday, November 18th at 9:30 am – HealthNet Medicare presentation.

Thursday, November 20th at 1:00 pm – Wellness presentation with the doctors from Sachi Wellness.

Wed. December 3rd, 1:00-3:00 pm – A talk with Liz Burney, from Heart to Heart Healing. Stress relief for the Holidays.

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.

Tuesday, November 4th – EZ Orchards Farm and gift shop, lunch and Honeywood. Winery. \$10.00.

Wednesday, November 26th – Sleigh Bells gift shop and lunch at Trees Restaurant. \$10.00.

Thursday, December 11th – Forest Grove's Christmas Trees West. Bring your rain gear for a ride at the Tree Farm, a bonfire, smores, visit to the gift shop for wreaths and ornaments! Finishing up at David Hills' Winery. \$10.00 (Fee may be susceptible to change.)

See Bulletin Board for Departure Times.

The Share Singers

Meetings are held some Thursdays

November / December 2014 Schedule

| | | |
|---------|----------|--|
| Nov. 6 | 9:45 am | Depart at WLACC for SpringRidge Court |
| Nov. 20 | 10:00 am | Meet at WLACC (prepare for Christmas) |
| Dec. 4 | 9:45 am | Depart WLACC for The Springs at Clackamas Woods |
| Dec. 11 | 10:00 am | Depart WLACC for Tanner Spring |



She Loves Me



**Lakewood Theatre
November 7-December 21.
She Loves Me.**

A romantic musical with an endearing innocence and a touch of old world elegance. Two feuding clerks in a 1930s European parfumerie argue endlessly, while unknowingly writing loving words to each other as part of an anonymous "dear friend" romantic

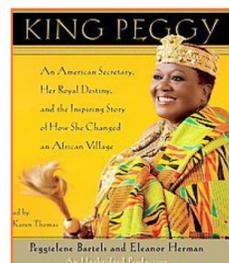
The WLACC Book Club

Join Us Wed, November 12th at
1:00 pm to discuss the book

“King Peggy”

by Peggielene Bartels and
Eleanor Herman

An American Secretary suddenly finds herself the King of a town in Ghana's Central Coast.

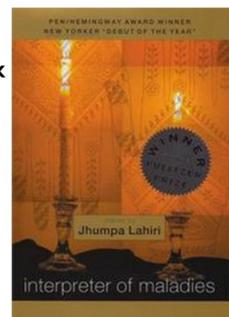


And Join Us Wed, December
10th at 1:00 pm to discuss the book

“Interpreter of Maladies”

by Jhumpa Lahiri

Life on Indians and American Indians caught between two cultures. (Nine short stories).



For a chance to display your art at the center. Call 503-557-4704 and leave a message for Marie.

Save the Date Continued on next page

Save The Date (Continued)

MEET Lori Hall. Monday, November 10th at lunch-time (12:00 noon). She joined the city in April as Citizen Engagement Coordinator. Find out about her role and give her some input on how best to communicate with you.

ATTENTION! – ATTENTION! – ATTENTION!

Anyone interested in starting a scrabble game? Call the front desk and let us know! If we have enough players, we can organize a weekly group time.

Calling on all gardeners!! We plan to utilize our garden much more when spring roles around again. (And it will) If you are interested in becoming part of a great team, please let us know! Leave a note at the front desk.

Did You Know About . . .

GLITTER TIME at the best kept shopping secret in West Linn. Start your holiday shopping right here. A large collection of beautiful jewelry, collector dolls, hand knitted baby clothes. Scarves, hats and so much more. Treat yourself or your family and friends. *Gift certificates available.*



Open Monday-Friday
from 9:00 am-3:00 pm.

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

WELCOME Jacquelyn Rodgers, Our new Core Strength and Strength & Balance instructor. Below is a recent interview with her.

Editor: What's your overall background, and specifically with regard to Core Strength Exercise?

Jacq.: My enthusiasm for health and fitness has always been driven by the success of individuals achieving their fitness goals and improving their quality of life. I work with any age, with emphasis on form, strength, core and balance, muscular strength and physical endurance, and nutrition. Using weights can be a challenge for many people, and I will help them push themselves through the last two or three repetitions.



Saturday, November 15 from 9 am-4 pm at the WLACC., 1180 Rosemont Rd. with over 25 vendors. *Admission Free.* See flyer on bulletin board for more details.

The Antique Roadshow Players presents . . .

“an **ANNIVERSARY PERFORMANCE**”

December 6th, at 6:00 pm at the WLACC.

Featuring **Cactus Juice Saloon and other skits**

Check the bulletin board for more information and details



Editor: What made you become a Teacher?

Jacq.: I love health and fitness. Anytime you can get yourself moving I feel is a wonderful thing. I believe our bodies are like a temple and only deserve the best.

Editor: How did you hear about the WLACC?

Jacq.: I work at the Oregon City Community Center and they told me that West Linn was hiring as a teacher was leaving.

Editor: How do you feel working with people who are all 50 and over?

Jacq.: I love it! I find that the people I work with are more than just a number. We are all equal but just require different things. Working with people of a broad range of ages, I find that 'more mature' people are much more energetic and positive. I feel privileged to work with them.

Editor: Do you feel teaching this class makes a difference in people's lives, and if so, how?

Jacq.: Of course! I see the transformations and that is why I do what I do. I see such significant changes that are not only physical but raise self-esteem.

Editor: Your class is about "Core Strength". What exactly is the 'core' and how do you work it within your body? How important is it?

Jacq.: It is important to know that your core is not just your abs, and using the shorter, non-medical version, it is the abdomen, which is located between the chest and the pelvis of the human anatomy, comprising of eight total muscles. Many times when one suffers from lower back pain this is the first muscle that is targeted to support our whole body.

Editor: We are very happy to have you join the WLACC, and help all of us stay fit, healthy and make a difference through exercise and friendship. Thank you Jacquelyn, and Welcome!

Jacq.: Thank you! I am so fortunate to be able to work at such a wonderful place with such wonderful people. Everyone has been so welcoming and nice. I hope everyone is enjoying my new classes. I know that I am loving it!

Editor: *Jacquelyn's motto: Engage your core and watch your posture!! Belly button to spine!*

Check out her website at www.BodyTool Fitness.com.



Did you feel it? That was the question asked when the southwest metro area felt a 3.3 earthquake, which struck near the town of Sherwood, last March of this year. Of course by now, most of us will have forgotten all about it. Besides what's the big deal about a 3.3 earthquake?.

However, there is something that we all should be doing, and this little 3.3 earthquake can help serve as a reminder. All of us, should have some sort of emergency preparedness kit at the ready. It does not need to be big and elaborate. Just stash of some non-perishable food and drinking water along with a first aid kit and a list of emergency contact phone numbers, and you are off to a great start. You can also put together a smaller kit for your car,

and of course, do not forget your pets. Some of us have dogs, and some of us have many cats. Make sure, you have a dog and or cat bag ready for your beloved pets. They also need to be rescued at the time when this occurs. A water-bowl, (Collapse water bowls are available at pet stores for hiking, as well as emergency). Dried or canned food, water (of course), maybe even a favorite toy to keep them calm. For us humans, a couple of bottles of water and a few protein and/or breakfast bars will do just fine. **Again, nothing fancy.** Remember the KISS principle. You can always add or change your kit. But please get one started if you do not have one already. One thing though, I would not recommend a bar with a lot of chocolate. A warm car on a sunny day makes for chocolate ooze. (Yes I did learn that the hard way)

Something else to keep in mind is a place to meet up with family members after a disaster. Also have a person who is located out of this area act as your emergency contact. You and your family can hopefully text or email that person with information to say that you are ok, and where you all can meet. I say "text" because it will be easier and faster to get a text message out rather than a voice phone call. The various social media platforms are another good way to communicate if your computer lines are still functional.

We know that disastrous events will occur. When, where, and how severe, we don't know. The best thing we can do is to prepare for ourselves and be there for ourselves, our pets, family, and neighbors.

Here are some Emergency Prep Websites that might interest you.

*State - oregon.gov/OMD/OEM/ — emd.wa.gov — [National - Ready.gov](http://National-Ready.gov)
www.pnsn.org/earthquakes/recent — <http://earthquake.usgs.gov/earthquakes/recenteqscanv/>*

We Are Going On-Line. Sign-up for the Electronic Newsletter and receive all your WLACC news on-line. Help us, and the environment by saving trees, as well as mailing costs. We are working hard toward an electronic newsletter to be accomplished soon. 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, so don't hesitate to sign-up NOW!

The January / February 2015 issue may be then last printed version. (Some exceptions apply). By signing up on-line, you will make sure to receive all the important information, and you don't want to miss out of all of the great things happening at the Center. If you do not have the capabilities to download the on-line version, some printed copies will still be available at the front desk at the center. And, for those who are unable to visit the center, and do not have a computer, regular mailings will still be available upon request only. For those who already have signed up on-line, with this issue comes 3 extra photo pages.

Dear Friends of the WLACC

- Do you have a story to tell and one you would like to share with other friends?
- Do you have a favorite poem, or did you write a poem you would like to share?
- Do you have something special you would want to see mentioned in the newsletter?
- Do you have an opinion about the Center you would like to be known?
- Did you attend an event and took some pictures to share?

Here is your opportunity to have your work, wishes and ideas known. Please email miekew@comcast.net and we will try to get it published in the next upcoming WLACC Newsletter. IfS you do not want to send an email, you can supply a hard copy and put that in the folder at the front desk marked: Irene and Mieke's Newsletter. We would love to hear from you

– Mieke Wiegman, editor

Celebrating

NOVEMBER B-DAYS

Andrea Andersen
John Black
John Brown
Jane Davis
Art Finklea
Patricia Amore Hand
Julie Hoover
Teresa Hostmann
Ethel & Sam Inaba
Naomi Karen
Charlotte & Robert Karl
Beverly Kestek
S. Dio McMahon
Keith Mann
Michael McLaughlin
Bonnie Metcalfe
Betty Misseldine
Ken Orr
Ghods Piroozmandi
Barbara Pope
Sally Posch
Irma Russell
Jacqueline Shoemaker
Kirk Steinseifer
Phyllis Tanner
Mike Taylor
JD Thomas
Alice Willison

DECEMBER B-DAYS

Mary Ann Anderson
Susan & Brian Berger
Joyce Brown
Doanne Brown
Krstl Budina-Robbins
Lou Ann Croy
Peggy Dickston
Betsy Hallquist
Reena Heijdeman
Marie Horvath
Ray Kestek
Lynne Krebs
Loren Krebs
Bob Lee
Deborah Maria
Kent Mays
Sheila Nichols
Sally Olson
Betty Osburn
Renee Paudler
Jim Preble
Janice Sobel
David Spencer
Beverly Whiteley
Carol Wold
Jack Young

MENUS

DUE TO STAFF TRANSITIONS, MENU ITEMS ARE SUBJECT TO CHANGE BUT ONLY FOR THE BETTER.

Mondays in November

3rd – Brats and Kraut
10th – Chicken Cordon Bleu
17th – Pizza and Salad
24th – Barbecue and Chicken

Wednesdays in November

5th – Complimentary Brunch for those celebrating a Birthday
12th, 19th, 26th – Soup and Sandwiches

Fridays in November

7th – Swiss Steak with Peppers
14th – Manicotti
21st – Thanksgiving Dinner - Turkey
28th – Closed

Mondays in December

1st – Cincinnati Chili
8th – Chef's Surprise
15th – Spaghetti Meatballs
22nd – Hors d'oeufs
29th – Closed

Wednesdays in December

3rd – Complimentary Brunch for those celebrating a Birthday
10th, 17th, 24th, – Soup and Sandwiches
31st – Closed

Fridays in December

5th – Fried Chicken
12th – Meatloaf with Roasted Potatoes
19th – Christmas Dinner - Ham
26th – Closed

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

MARILYN BUCHMAN, DOLLY CORFF,
NANCY FARKAS, DIANNE GORVENTT,
JUDITH GRIMSLEY, DEBORAH HANSEN,
DEB IRWIN, KATHRYN KLEREN,
MARVIN KORACH, TED & LYNNE KREBS,
KEVIN & S. DIO MCMAHON, PETER RYDER

THE WLACC WILL BE CLOSED, DECEMBER 25TH THROUGH JANUARY 2ND.



Foot Care Nurse
Professional Affordable Service

Kathy Najdek RN BSN

971-400-1828

Service in your residence.

Call for an appointment

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

| | | | | |
|---|---|--|--|---|
| <p>3 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>Brats and Kraut</i> 12:30- Bridge 1:00-Drama</p> | <p>4 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 9:30-Bus trip to EZ Orchards Farm & Honeywood Winery 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>5 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 1:00- Memory Magic activity with Comforcare</p> | <p>6 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 1:00-Social Security Talk</p> | <p>7 FRIDAY Computer Instruction By Appointment 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>Meatloaf and Mashed Potatoes</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p> |
| <p>10 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 Cordon Bleu</i> 12:30- Bridge 1:00-Drama 1:30-Three Villages Presentation</p> | <p>11 TUESDAY Closed for Veteran's Day </p> | <p>12 WEDNESDAY 8:30- Walking Group 9:00- Foot care by appt. 9:00- Kettlebell fitness 10:00- Aerobics 11:00 Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00-Book Club</p> | <p>13 THURSDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 9:00-2:30-Free Carotid Artery Screening by appointment 10:00-Yoga 10:00-Share Singers meet 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement</p> | <p>14 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>Baked Mac and Cheese</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p> |
| <p>17 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>Pizza</i> 12:30- Bridge 1:00- Drama</p> | <p>18 TUESDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 9:30-HealthNet presentaton 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>19 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell fitness 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 12:30-Board Meeting</p> | <p>20 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 1:00-Health talk from the doctors of Sachi Wellness Center</p> | <p>21 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>Thanksgiving Turkey Dinner</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p> |
| <p>24 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>BBQ Chicken</i> 12:30- Bridge 12:30-Budget Travel Club 1:00- Drama</p> | <p>25 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>26 WEDNESDAY 8:30- Walking Group 9:00- Kettlebell fitness 10:00-Bus trip to Sleigh Bells & Trees Restaurant 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle</p> | <p>27 THURSDAY Closed for the Thanksgiving Day Holiday Have a very happy Thanksgiving!!</p> | <p>28 FRIDAY Closed for the Thanksgiving Day Holiday</p> |
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December 2014 West Linn Adult Community Center 503-557-4704

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| <p>1 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Chili & Cornbread</i> 12:30- Bridge 1:00-Drama</p> | <p>2 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 & Movement 12:30- Pinochle 2:00- West Linn Uke Jam</p> | <p>3 WEDNESDAY 8:30- Walking Group 9:00- Foot care by appt. 9:00- Kettle bell fitness 10:00- Aerobics 11:00 Gardening Group 11:00- Line dancing 12:00- <i>Birthday Brunch</i> 12:30- Pinochle 1:00- Stress Relief for the Holidays talk by Heart to Heart Healing</p> | <p>4 THURSDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to the Springs at Clackamas Woods 10:00-Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement</p> | <p>5 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>8 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>Chef's Surprise</i> 12:30- Bridge 1:00-Drama</p> | <p>9 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>10 WEDNESDAY 8:30- Walking Group 9:00- Kettle bell 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>11 THURSDAY Computer Instruction By Appointment 8:00- Core Strength 8:30- Strength & Balance 9:30-Bus trip to Christmas Trees West Tree Farm 10:00-Yoga 10:00-Share Singers leave for Tanner Springs 10:00- Knitting & crocheting 10:30- Bridge 11:15-Nia-Music & Movement</p> | <p>12 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 Sliders, Baked Beans & Coleslaw</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p> |
| <p>15 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>Spaghetti & Meatballs</i> 12:30- Bridge 1:00- Drama</p> | <p>16 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>17 WEDNESDAY 8:30- Walking Group 9:00- Kettle bell fitness 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 12:30-Board Meeting</p> | <p>18 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</p> | <p>19 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- Christmas Dinner 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p> |
| <p>22 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Christmas party hors'deouvres</i> 12:30- Bridge 12:30-Budget Travel Club 1:00- Drama</p> | <p>23 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>24 WEDNESDAY 8:30- Walking Group 9:00- Kettle bell fitness 10:00- Aerobics 11:00- Gardening Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle</p> | <p>25 THURSDAY Closed for the holidays </p> | <p>26 FRIDAY Closed for the holidays</p> |
| <p>29 MONDAY Closed for the holidays </p> | <p>30 TUESDAY Closed for the holidays</p> | <p>31 WEDNESDAY Closed for the holidays</p> | <p>1 THURSDAY Closed for the holidays </p> | <p>2 FRIDAY Closed for the holidays</p> |

FLASH BACK - FLASH
BACK - FLASH BACK -
FLASH BACK - FLASH
BACK - FLASH BACK -
FLASH BACK - FLASH
BACK - FLASH BACK!



Visit Fort Vancouver and lunch at the Marshall House

June 25, 2014



Visit to the Pendleton Woolen Mills Store and Two Rivers Heritage Museum.

March 26, 2014



Photo's courtesy Mieke Wiegman

MOTHER'S DAY TEA PARTY

May 6th, 2014



Photo's courtesy
Patti McCoy
Tiffany Carlson
Irene Jones



To End ALZHEIMERS WALK

May 18th, 2014

ANNUAL PLANT SALE

May 8th, 2014



SHANGHAI TUNNEL

September 24th, 2014



Going Down into the Unknown ...
Dark and Musty and full of surprises ...



... and walking under four different buildings ...
then ending up visiting the
FAMOUS VOO DOO Doughnuts



Photo's courtesy
Irene Jones
Mieke Wiegman



WISHING YOU ALL
HAPPY HOLIDAYS!



And a Prosperous 2015



FROM ALL THE FRIENDS AT THE
WEST LINN ADULT COMMUNITY CENTER

ANNUAL PLANT SALE

May 8th, 2014



SHANGHAI TUNNEL

September 24th, 2014



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Dark and Musty and full of surprises ...



... and walking under four different buildings ...
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