

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



September / October 2014

**Friends Reaching
Out To Friends**

Friends of the West Linn Adult Community Center

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Tiffany Carlson
Recreation Coordinator
Veda Thomas, *Cook*

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Peggy Dickston, *Membership*
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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 Spaghetti Dinner
Fundraiser - 8/8/2014*

Letter from Tiffany

I always have mixed feelings when this time of year rolls around. I love the warmth and activity of the summer but also can't wait for my favorite season to come when I can put a cozy sweater on. These last few months have been good to us—classes and activities are humming along, we had fun exploring the Oregon Olive Mill and the Oregon Gardens and will be heading to the Chinese Garden later this week. The Friend's of the ACC Spaghetti Dinner fundraiser and car show was a success also. The outpouring of generous donations from local businesses was so encouraging to see. As always, the hard work that so many did to put this event on was inspiring to see as well. As the summer leaves us, I'm looking forward to fall and all that lies ahead at the ACC.

Coming from a health background, I've been eager to bring in various experts on wellness topics that will benefit and enrich the senior community. We have informative talks scheduled with doctors from both Revive Wellness and Injury in September and Sachi Wellness in November. In addition to this, we will also have presentations on senior housing options and tips, several Medicare presentations and a new class called Kiatsu in October. Karen Lewis, who will be teaching the Kiatsu class, will be coming in for a brief presentation on what Kiatsu is and the health benefits it offers. More topics and further information can be found on page 6.

We have some great trips planned in the next few months! The Cannon Beach trip was postponed due to Hwy 26 delays but has been rescheduled for October 2nd. The weather showed rain for the August date anyway so maybe we'll have a sunny day this time around. In Oregon, we can never be sure. We will also be taking the bus to the Mt. Angel Octoberfest, The Shanghai Tunnels of the Portland underground, the Hood River fruit loop and the Maryhill Museum in Goldendale, Washington. Bus trip information can be found on page 5.

If you haven't been here in a while, stop in and say hello! We have an amazing and friendly group of volunteers that truly make this a great place to be. ~Tiffany

President's Corner - Back to School



Before I talk about that time of year when all of the kids head back to school I want to give a big thank you to all that took part in this year's Annual Spaghetti Feed. The weather was ideal for the classic car display on the lawn and we had our largest turnout yet for the car show and spaghetti feed. This was made possible by the many volunteers that take pride in putting on this event. Thank you. I also want to thank the members that joined us to have a spaghetti meal and take in the car show.

The kids are headed back to school in a few weeks. I think most of them are eager to get back to class. Many children look forward to the opportunity to learn. Their young minds are like sponges that soak up knowledge. Even their teachers are learning more, as they take continuing education during their time off to be more effective teachers. Learning is not just for the children and their teachers. We can all learn new things every day. How often do you say "I learned something new today"? Active learning is a way to keep the mind young. Learning something new and challenging stimulates the brain in ways that doing that same familiar thing does not. Studies show an increase in memory and higher level brain function when we strive to learn something new.

There are a variety of classes available to us. Adult education opportunities are at the community colleges with just about every topic one could think of. Classes are also available on a smaller scale through the local schools. Whether you have always wanted to learn a little more about your computer or the tango . . . take the plunge and sign up for a class. Yes, it is work to learn something new. Benefits and a sense of accomplishment come with hard work. I love learning new things and plan to do so for the rest of my life. The more challenging it is, the more sense of accomplishment I have after mastering it. You are never too old to learn something.

Milo Update: My grandson is 10 months old now and pulling himself up to a standing position every chance he gets. He is still the happy little guy that he has always been and loves to motor around the house when I babysit on Thursday mornings. It is very likely that he will be walking before the next newsletter. I will keep you posted. — 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.*

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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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 . . .

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.

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 Club: 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.



Foot Care Nurse
Professional Affordable Service

Kathy Najdek RN BSN

971-400-1828

3
1
971-400-1828

Service in your residence.

Call for an appointment

Save The Date

MEDICARE PRESENTATION at the WL Adult Community Center.

Monday, October 13th, at 1:15 - 2:30 pm: SHIBA Medicare informational meeting

Tuesday, October 21st, at 10:30 am: HealthNet Medicare presentation

Thursday, October 30th, at 10:00 am - 3:00 pm: by appointment only to be made directly with SHIBA volunteers at 503-655-8269.

A Presentation and Individual Counseling Sessions. These classes are designed for Medicare recipients and those new to Medicare, seeking more information and changes for 2015. Or if you are considering changes to their Medicare Advantage/Prescription drug plans.

The annual Medicare open enrollment period is from October 15 through December 7th, so the time to change Medicare coverage for next year is NOW! Certified SHIBA Counselor Volunteers can help you with understanding the plan and the changes for 2015.

Upcoming Bus Trips

Thursday, Sep 11th – Mt Angel Oktoberfest, \$15 includes bus ride and event admission

Wednesday, Sep 24th – Shanghai Tunnel underground tour, \$25 includes bus ride, tour admission and lunch!

Thursday, October 2nd – Cannon Beach, \$12 includes bus ride

Thursday, October 16th – Mt. Hood Fruit Loop, \$10 includes bus ride

Wednesday, October 22nd – McMenamins Edgefield tour. \$10 includes bus trip.

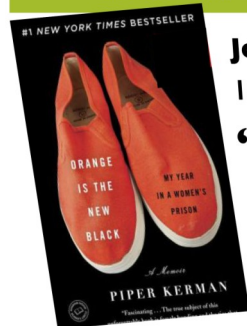
For departure times, please check the bulletin board. All lunches are at your own expense, except Sept. 24.



Lakewood Theatre: Young Frankenstein.

Sept. 12 - Oct. 19. A monstrously entertaining new musical comedy. This wickedly inspired re-imagining of the Frankenstein legend based on Mel Brooks' parody of classic horror films. Frankenstein succeeds in creating a monster -- but not without scary and quite often hilarious consequences!

The WLACC Book Club



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

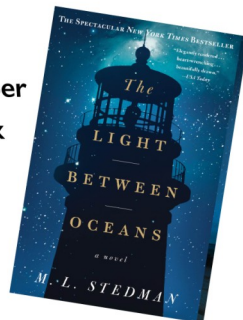
“Orange is the new Black”

by Piper Kerman

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

“Light Between Oceans”

by M.L. Stedman



The Share Singers

Meetings are held some Thursdays

September / October 2014 Schedule

Sept. 11	10:00 am	Meet at WLACC (Prepare for Fall)
Sept. 18	9:45 am	Depart WLACC for The Springs at Carman Oaks
Oct. 2	9:45 am	Depart WLACC for Homewood Heights
Oct. 9	9:45 am	Depart WLACC for Marquis Hope Village
Oct. 23	9:45 am	Depart WLACC for Hearthstone at Murrayhill

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

Walk to End Alzheimer's: Sunday, Sept. 7th.

Sign-up sheet at the front desk or contact Mike Lindner at 503-519-8352.

Save The Date (Continued)

Thursday, September 18th at 1:00 pm.

Experience the *music time machine* with Robert Samuelson. Stimulate your long-term memory by listening to brief samples of popular songs from the 30's through the 60's. Are you familiar with that song? Did the song bring back any memories? Come, listen and learn. *Please RSVP at the front desk.*

Calling all of you who love to travel!

Monday, Sept. 29 and Monday, Oct. 27. (Every last Monday of the month) at 12:30 pm

We will be starting a special interest group for those who want to learn more, and share traveling tips on a budget. Bonnie Metcalfe will be leading this group sharing her traveling experience and expertise.

Join us for various presentations from local experts on health, safety and senior living topics.

Thursday, September 25th at 1:00 pm. Dr. Vermillion from Revive Wellness and Injury in West Linn will be sharing her expertise on wellness, and specific ways we can improve our health. Please RSVP at the front desk.

Kiatsu: Wednesdays, October 8th, 15th, 22nd and 29th at 1:00 pm. (Dates and time are tentative!) This 4-week class, is held by Karen Lewis, a certified Kiatsu instructor. She will give a brief description of Kiatsu and the healing benefits at a presentation. (Date to be determined.)

Thursday, October 9th at 1:00 pm. Julie Ouillette from NW Senior Resources will be speaking about senior housing options, general pricing and how to pay for it. *Please RSVP at the front desk.*

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 new items as they change with the seasons. New wonderful other donations continue to pour in to help our fundraising efforts, and if you would like to donate clean

Adorable, AND Affordable baby clothes. Hand knitted by a Mother and Daughter Team, right here in West Linn. Check out more items at the Gift Shop.

The bibs, large and small are sewn by a local artisan.

Items are on consignment to help the WLACC raise funds. A portion of the sales will go toward the 'Friends of the Center' Group.

items in perfect condition that you think others would like to purchase, please contact Veronica at the WLACC Gift Shop at 503-557-4704.

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.

Thank You All!

The article written by Doug Dickston, published in the Lake Oswego Review/West Linn Tidings on Thursday, August 21st, says it more clearly, and with his permission we are running his story again here. – *Editor*

Thanks to all for fundraising support

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

Many thanks are in order starting with the community members who brought and displayed their antique cars on the WLACC's lawn. The Tualatin Valley Fire & Rescue group brought up their old Fire Engine #1 as well.

Also, thanks go to our own Ukulele Strummers and Share Singers groups for providing music and song after the delicious spaghetti dinner organized and put on by the WLACC Friends Board. One hundred nineteen meal tickets were sold for the event.


And special thanks go to all the community businesses that donated raffle gifts:

Albertsons – WL • Bank of Oswego • Bellagio's Pizza • Blush Salon & Day Spa • Chase Bank • Conkle Family • Dragonfly Gifts • Edible Arrangements – WL • Elements Massage – WL • Elk Cove Vineyards • Ensemble Salon – WL • Fred Meyer – OC • Lakewood Theatre Company • Linn City Pub • Marlene Rickett • Morrow's Flowers • Pamplin Media Group/ West Linn Tidings • Pete's Mountain Vineyards • Portland Opera • Safeway – WL/OC/LO • San Blas Mexican Restaurant • Shari's Café and Pies • Starbucks – on Hwy 43 and off Salamo Rd. • Walmart – WL • West Linn Hairport • West Linn Liquor Store – off Hwy 43.

Please show your and our appreciation for these generous businesses by patronizing them when you can. – *Doug Dickston*

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 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, so don't hesitate to sign-up NOW!

We will continue to print and mail our newsletter in the usual way for the time being. But again, our goal is to go paperless by the end of the year, so please make sure you're signed-up to receive it electronically. 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. For those who already have signed up on-line, with this issue comes 3 extra pages, showing photo's of the 2014 Annual Spaghetti Dinner Fundraiser.



BOO! *Are You Ready!!*
Friday, October 31st is
HALLOWEEN
WLACC Dress-up and win a prize.
Be Creative!



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Celebrating

SEPTEMBER B-DAYS

Elaine Carlson
Sirima Chuladul
Maria Conkle
Lynne DePretto
Karen Faw
Douglas Fellman
Donna Flaherty
Duane Funk
Mary Hill
Jack Hoke
Joyce Johnson
James Judd
Norma Jühr
Carl Klavik
Mike Lindner
Carol Ann Korpinen
Jay McCoy
Carol Middendorff
Ingrid Mueller
June Olson
Bob Pierce
Celeste Rose
Gloria Stangarone
Sheri Steinseifer
Carl Tercek
Marlene Youso

OCTOBER B-DAYS

Dianne Austin
Jon Bezayiff
Linda Brown
Miriam Chitty
Evelyn Elkinton
Jan Engler
Barbara Handley
Ed Hastings
Maria Herwig
Virginia Hitchrick
Bob Hoover
Jake Jacobs
Grace Lin
Gay Lobel
Patrick Lynch
Margaret Matthies
Dean McDonald
Lynette Meadows
Adline Meindl
John Micetic
John Nielsen
Jim Ponti
Linda Scott
Hugh Tucker
Dottie W Vanderlaag
Scott Way
Norma Weddle
Bob Worley
Betsy Young

MENUS

Mondays in September

1st – Closed
8th – Stuffed Cabbage Rolls
15th – Quiche and Salad
22nd – Ham, Macaroni and Cheese
29th – Spaghetti and Meatballs

Wednesdays in September

**3rd – Complimentary Brunch
for those celebrating a Birthday**
10th, 24th – Soup and Sandwiches
17th – Cook-Out. Hamburgers and Hot Dogs

Fridays in September

5th – Shepherd's Pie
12th – Chicken Cacciatore
19th – Salisbury Steak w/mushrooms & gravy
26th – Sloppy Joseph

Mondays in October

6th – Pasta Primavera
13th – Beef Stew
20th – Turkey Tetrazzini
27th – Shrimp Fried Rice

Wednesdays in October

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

Fridays in October

3rd – Fried Chicken
10th – Stuffed Peppers
17th – Spaghetti and Meatballs
24th – Parmesan Lemon Chicken
31st – Halloween Party - Finger Foods

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

Susan Bridenbaugh – Sandra Carlson
Jane Forbes – Donna Gabrielson
Jake and Joan Jacobs – Patricia O'Neil
Renee Paudler – Russ Schumacher
Ron and Florence Sczesny – Janice Sobel



Happy Hour at the WLACC

**Are you interested in a monthly, or
bi-monthly Happy Hour?**

For more information and a sign-up sheet, please see the Bulletin Board opposite the front desk.

Special Friends of the WLACC Fundraiser Event - 8/8/2014

Spaghetti Dinner and Classic Car Show.
119 people attended, and many volunteers worked extremely hard throughout the day to make this a huge success. Thank you to all volunteers and to those who participated. **Friends of the West Linn Adult Community Center** are proud and grateful!



The Guys and Gals Classic Car Show.

Thank you for participating



Volunteers & Patrons

Thank you all for all the hard work you did.



Photo's courtesy of:
Doug Dickston &
Mieke Wiegman