

MARCH / APRIL 2015

*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](http://www.westlinnoregon.gov)  
[www.facebook.com/westlinparksandrec](https://www.facebook.com/westlinparksandrec)



Friends Reaching Out  
to Friends

# West Linn Adult Community Center



# Friends of the West Linn Adult Community Center

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*Recreation Coordinator*  
Samantha Zizza, *Chef*

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## Letter from Tiffany



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

Hi Folks,

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

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

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

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

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

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

## President's Corner - The Greatest Wealth is Health



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

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

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

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

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

## Schedule of Ongoing Events

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### EXERCISE CLASSES

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

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

**NEW! Core Class** with Jacquelyn Rodger, Thursdays, starting March 5<sup>th</sup> –April 30th, from 3:00-3:50 pm. This will be similar to the current 8:00 am Core Class she teaches already but with new exercises added on. *\$45.00, drop in \$6.00.*

**Core Strength:** Tuesdays, Thursdays and/or Fridays. 8:00-8:30 am. Half hour of floor exercise and resistance weight training to build your core strength. Your choice twice or three times weekly for 8 weeks. *\$40.00 for 2 classes \$60.00 for 3 classes. \$4.00 drop in.*

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

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

**Nia "Music & Movement":** Tuesdays and Thursdays, 11:15-12:00 pm. Nia is an invitation to self healing, discovery, joy, and community. As my students say: *"It is a gift of aliveness and pleasure to move and be moved by the soulful music of Nia."* It's about enhancing sensation and awareness - *in your own body's way.* You will become stronger, more mobile, agile, stable and flexible with each class. And it's "fun!" Six week sessions are *\$60 for 12 classes, Couples are \$100 for 12 classes or \$7.00 drop in.*

**Strength and Balance:** Tuesdays, Thursdays and/or Fridays, 8:30-9:30 am. Your choice of twice weekly for 8 weeks, *\$70.00.* Or your choice of three times weekly for 8 weeks, *\$108.00.*



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

**Walking Group:** Mondays, Wednesdays and Fridays. Meeting point at the Center at 8:30 am. Walk the neighborhood for about 3 miles with friends. About 1 hour. *NO CHARGE.*

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

### GAMES



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

**Hand and Foot:** Mondays at 10:00-12:00 am. *NO CHARGE.*

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

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

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

**Mah Jongg:** Fridays at 1:00 pm. Are you interested in playing or learning how to play Mah Jongg? While the origin of mahjongg (má jiàng), called mah-jongg in the U.S., is unknown, the fast-paced four-player game is popular throughout Asia. Please call the front desk and let us know if you would be interested. (503-557-4704)

### HEALTH

**Foot Clinic:** First Wednesday and Friday of the month from 9:00 am-2:30 pm. Call 503-557-4704 for an appointment. *FEE \$25.00.*

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

**Acupuncture:** First and third Thursday of the month, appointments are available at SACHI Wellness Center, for WLACC Members only. Call the front desk for an appointment. (503-557-4704)

**Medical Equipment Loan Center:** Call the Center for items available. (503-557-4704)

### MUSIC, DRAMA & MORE

**Acting, Drama Class** (The Antique Road Show Players: **March 2 – April 27** session (no class Easter Monday, April 6), Need laughs? Find them here. The classes explore improvisation, drama games, and scene readings with an emphasis on comedy. Designed for the 40+ age group, this class requires only life experience. Not sure? Try a drop-in class to see if you like it. All are welcome. Directed by Patricia Amore. *\$65 for 8 classes, plus one-time registration fee for new members \$25; drop-in \$10 per class.*

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

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

## Schedule of Ongoing Events (Continued)

### MUSIC, DRAMA & MORE (Continued)

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

## March / April Schedule

Meetings are held some Thursdays

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

**NEW for the first time! Cooking Class:** **Thursday March 19<sup>th</sup>**, (Possibly every third Thursday of the Month). **Simple, Elegant and Nutritious Meals for 1 or 2 people.** When cooking for one or two people, we tend to either cook the same thing every day or worse, not cook at all, and depend on processed convenience foods. Learn to make a versatile, nourishing meal that is easy to prepare for one to two people (or more) with chef, **Samantha Zizza**. She will share tips on how to add variety and nutrition to your plate that is simple to make and budget friendly. For the price of a nice lunch out, you will enjoy a delicious meal as you learn how to make great food and participate in the fun together. For details on our first menu, please see the bulletin board. *Cost \$15.00, payment at sign-up time on form available at the front desk.*

### SPECIAL INTEREST CLASSES (No Charge)

#### Knitting and Crocheting



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

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

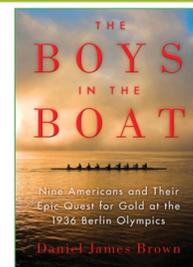
### Book Club

Meets second Wednesday of the month at 1:00 pm

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

#### "The Boys in the Boat" by Daniel James Brown

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

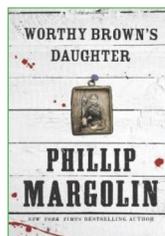


&

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

#### "Worthy Brown's Daughter" by Phillip Margolin

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



**Painting:** Open studio Fridays from 10:00-12:00



Please come and join us and learn from each other.

### FREE Classes for:

**Senior Law Projects.** Half hour consultation every 2nd Monday of the month, and **Computer Instructions** on Fridays. Call the Center at 503-557-4704 for an appointment.

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

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



**Writing:** "Honoring Our Memories", Tuesdays at 10:00-12:00 noon. Topics vary. It may be fiction or based on your own personal life experience. Writing about the past can be especially important for your future generation.

## Save The Date

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

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

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

## Upcoming Bus Trips

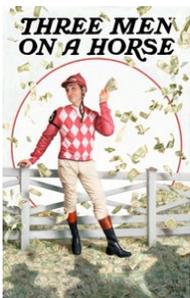
Please note that our sign-up list is now at the front desk and all participants have to pay the fee **BEFORE** their name will be put on the attendance list. Refunds are allowed up to 48 hours before trip departure time. Fees are as stated, which includes the bus ride, unless otherwise listed. **ALL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

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

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

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

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



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

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

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

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

**Neighbors Helping Neighbors: Saturday May 2<sup>nd</sup>.** See ad on page 7 for details.

## Happy Hour Cooking Class

**Friday March 6<sup>th</sup>, 4.30– 6:30** (including eating time). Celebrate the end of the week for a First Friday cooking class! We all love to gather with friends for happy hour appetizers. With chef, Samantha Zizza, let's toast the day together as we learn to make easy, yet healthy

and delicious, happy hour foods! You can bring your own beer or wine if you choose and we will provide a non-alcoholic, sparkling drink to pair well with the food. Location West Linn Adult Community Center. Cost: \$20.00. For more information and how to sign-up, see flyer on the Bulletin Board.

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

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



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

**Plant sale, Thursday and Friday, May 7-8<sup>th</sup>,** from 10:00 am-3:00 pm. Visit the Center for your special plants or herbs for Mother's Day!



## Antique Roadshow Players – Thanks You



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

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

## Did You Know About . . .

### THE BEST KEPT SHOPPING SECRET IN WEST LINN

*Spring is in the air!*



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

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

New wonderful donations continue to pour in to help our fund-raising efforts, and if you would like to donate clean items in perfect condition that you think others would like to purchase, please contact Veronica at the WLACC Gift Shop at 503-557-4704. (No Debit or Credit cards).

### WLACC's NEW CHEF Samantha Zizza

**Editor:** How did you get into cooking?

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

**Editor:** What's your favorite dish or dishes?

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

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

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

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

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

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

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

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

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

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

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

**Editor:** How do you like working in our kitchen?

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

**Editor:** THANK YOU AND WELCOME SAMANTHA!

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## A Story by Dianne Gorveatt, Dog Avoidance Specialist

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

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

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



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

*To be continued . . .*

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**Important Notice:** With the on-line version, you will receive more detailed information plus a photo collage of past events.

**For Your Electronic ON-LINE VERSION, follow these easy steps:**

- ◆ Go to [westlinoregon.gov](http://westlinoregon.gov) and click on Departments, Parks and Recreation, [Adult Community Center Newsletter](#).

- ◆ Click on "[Subscribe to our mailing list](#)",
- ◆ Click on [subscribe](#).

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

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

## Neighbors Helping Neighbors

Saturday, May 2, from 9:00 am to 12:00 noon

***Do you, or someone you know need some extra help with their yard?***

Dedicated volunteers from all around the West Linn Community come together on **Saturday, May 2nd**, to help fellow neighbors, who are unable to care for their yard.

- Those over 70 years of age
- People with limited mobility
- Military spouses with partners overseas
- Neighbors with other critical physical or financial needs.

*Homes are prioritized based on needs and the number of volunteers who signed-up.*

To recommend or request assistance, please email: [WestLinnHNN@live.com](mailto:WestLinnHNN@live.com) or call: Lori Hall, Citizen Engagement Coordinator at **503-723-2525**

# Celebrating

## MARCH B-DAYS

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

## APRIL B-DAYS

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

## MENUS

### ***Mondays in March***

2nd – Asian Chicken Skewers  
9th – Assorted Quesadillas  
16th – Asian Rice Bowls

23rd – Prepared Salads

30th – Creamy Vegetable Pasta

### ***Wednesdays in March***

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

### ***Fridays in March***

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

### ***Mondays in April***

6<sup>th</sup> – Meatloaf  
13<sup>th</sup> – Pasta Salad  
20<sup>th</sup> – Chicken Coconut Curry  
27<sup>th</sup> – Lemon Salmon Pasta

### ***Wednesdays in April***

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

### ***Fridays in April***

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

Lunches are \$ 4.00. Potluck on Fridays,  
and if you bring a large enough side dish,  
YOUR lunch is FREE.

Lunches start at 12:00 noontime.

## WELCOME NEW MEMBERS

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



Foot Care Nurse  
Professional Affordable Service

**Kathy Najdek RN BSN**

**971-400-1828**

*Service in your residence.*

Call for an appointment



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

<p><b>2 MONDAY</b> 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Asian Chicken skewers</i> 12:30- Bridge 1:00-Drama</p>	<p><b>3 TUESDAY</b> Computer Instruction by appointment 8:00- Core Strength 8:30- Strength &amp; Balance 9-3-AARP Taxes 10:00- Yoga 10:00-Honoring Our Memories Writing Class 11:15-Nia-Music &amp; Movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p><b>4 WEDNESDAY</b> 8:30- Walking Group 9:00- Foot care by appt. 9:00- Kettle bell fitness 10:00- Aerobics 11:00 Garden Appreciation Group 11:00- Line dancing 12:00- <i>BirthDay Brunch</i> 12:30- Pinochle</p>	<p><b>5 THURSDAY</b> Computer Instruction by appointment 8:00- Core Strength 8:30- Strength &amp; Balance 9:45-Share Singers TBA 10:00-Yoga 10:00- Knitting &amp; crocheting 10:30- Bridge 11:15-Nia-Music &amp; Movement 3:00-Core Strength</p>	<p><b>6 FRIDAY</b> Computer Instruction by appointment 8:00- Core Strength 8:30- Strength &amp; Balance 8:30- Walking Group 9:00-Foot care by appt. 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00 -Potluck- <i>Shepherd's Pie</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p><b>9 MONDAY</b> 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 9:00-Attorney available by appt. 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Assorted Quesadillas</i> 12:30- Bridge 1:00-Drama</p>	<p><b>10 TUESDAY</b> Computer Instruction by appointment 8:00- Core Strength 8:30- Strength &amp; Balance 9-3-AARP Taxes 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15- Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p><b>11 WEDNESDAY</b> 8:30- Walking Group 9:00- Kettle bell fitness 10:00- Aerobics 11:00 Garden Appreciation Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00-Book Club</p>	<p><b>12 THURSDAY</b> Computer Instruction by appointment 8:00- Core Strength 8:30- Strength &amp; Balance <b>10:00-Bus trip to Equestrian Police Patrol facility tour</b> 10:00- Knitting &amp; crocheting 10:30- Bridge 11:15-Nia-Music &amp; Movement 3:00-Core Strength</p>	<p><b>13 FRIDAY</b> Computer Instruction by appointment 8:00- Core Strength 8:30- Strength &amp; Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00 -Potluck- <i>Sausage Mushroom Risotto</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p><b>16 MONDAY</b> 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Asian Rice Bowls</i> 12:30- Bridge 1:00-Drama</p>	<p><b>17 TUESDAY</b> Computer Instruction by appointment 8:00- Core Strength 8:30- Strength &amp; Balance 9-3-AARP Taxes 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15- Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p> 	<p><b>18 WEDNESDAY</b> 8:30- Walking Group 9:00- Kettle bell fitness 10:00- Aerobics 11:00- Garden Appreciation Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 12:30-<b>Board Meeting</b></p>	<p><b>19 THURSDAY</b> Computer Instruction by appointment 8:00- Core Strength 8:30- Strength &amp; Balance 10:00-Share Singers 10:00- Yoga 10:00- Knitting &amp; crocheting 10:30- Bridge 11:15-Nia-Music &amp; Movement <b>11:15-Cooking class with lunch</b> <b>1:00-LionHeart Healthcare Q &amp; A</b> 3:00-Core Strength</p>	<p><b>20 FRIDAY</b> Computer Instruction by appointment 8:00- Core Strength 8:30- Strength &amp; Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Potluck- <i>Vegetable Lasagna</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p><b>23 MONDAY</b> 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Prepared Salads</i> 12:30- Bridge 1:00- Drama</p>	<p><b>24 TUESDAY</b> Computer Instruction by appointment 8:00-Core Strength 8:30-Strength &amp; Balance 9-3-AARP Taxes 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p><b>25 WEDNESDAY</b> 8:30- Walking Group 9:00- Kettle bell fitness <b>9:15-Bus trip to Tualatin Wildlife Refuge and Cabelas</b> 10:00- Aerobics 11:00- Garden Appreciation Group 11:00- Line dancing 12:00- <i>Soup Cafe</i> 12:30- Pinochle 1:00-Complimentary Kiatsu class (introductory)</p>	<p><b>26 THURSDAY</b> Computer Instruction by appointment 8:00- Core Strength 8:30- Strength &amp; Balance 9:45-Share Singers to Marquis Hope Village 10:00- Yoga 10:00- Knitting &amp; crocheting 10:30- Bridge 11:15-Nia-Music &amp; Movement <b>1:00-Physical Healing presentation</b> 3:00-Core Strength</p>	<p><b>27 FRIDAY</b> Computer Instruction by appointment 8:00- Core Strength 8:30- Strength &amp; Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Potluck- <i>Cajun Chicken and Sausage Gumbo</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p><b>30 MONDAY</b> 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch-<i>Creamy Vegetable Pasta</i> 12:30- Bridge 12:30-Budget Travel Club 1:00- Drama</p>	<p><b>31 TUESDAY</b> Computer Instruction by appointment 8:00-Core Strength 8:30-Strength &amp; Balance 9-3-AARP Taxes 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-music and movement 12:30- Pinochle 2:00- West Linn Uke Jam</p>			

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

		<p><b>1 WEDNESDAY</b>              8:30- Walking Group              9:00- Foot care by appt.              9:00- Kettle bell fitness              10:00- Aerobics              11:00 Garden              Appreciation Group              11:00- Line dancing              12:00- <i>BirthDay Brunch</i>              12:30- Pinochle              1:00-Kiatsu</p>	<p><b>2 THURSDAY</b>              Computer Instruction by appointment              8:00- Core Strength              8:30- Strength &amp; Balance              10:00-Yoga              10:00- Knitting &amp; crocheting              10:30- Bridge              11:15-Nia-Music &amp; Movement              3:00-Core Strength</p>	<p><b>3 FRIDAY</b>              Computer Instruction by appointment              8:00- Core Strength              8:30- Strength &amp; Balance              8:30- Walking Group              9:00-Foot care by appt.              10:00- Open Painting              10:00- Aerobics              10:00- Whist              12:00 -Potluck- <i>Asian Stir-fry</i>              12:30- Pinochle              12:45- Texas Hold 'Em              1:00- Mah Jongg</p>
<p><b>6 MONDAY</b>              8:30- Tai Chi              8:30- Walking Group              9:00- Wood Carving              10:00- Aerobics              10:00- Hand and Foot              12:00- Lunch-<i>Meatloaf</i>              12:30- Bridge              1:00-Drama</p>	<p><b>7 TUESDAY</b>              Computer Instruction by appointment              8:00- Core Strength              8:30- Strength &amp; Balance              9-3-AARP Taxes              10:00- Yoga              10:00- Honoring Our Memories Writing Class              11:15- Nia-music and movement              12:30- Pinochle              2:00- West Linn Uke Jam</p>	<p><b>8 WEDNESDAY</b>              8:30- Walking Group              9:00- Kettle bell fitness              10:00- Aerobics              11:00 Garden              Appreciation Group              11:00- Line dancing              12:00- <i>Soup Cafe</i>              12:30- Pinochle              1:00-Book Club              1:00-Kiatsu</p>	<p><b>9 THURSDAY</b>              Computer Instruction by appointment              8:00- Core Strength              8:30- Strength &amp; Balance  <b>9:30-Bus trip to Tulip Fest, Bauman Farms &amp; AI's Garden</b>              10:00- Knitting &amp; crocheting              10:30- Bridge              11:15-Nia-Music &amp; Movement              3:00-Core Strength</p>	<p><b>10 FRIDAY</b>              Computer Instruction by appointment              8:00- Core Strength              8:30- Strength &amp; Balance              8:30- Walking Group              10:00- Open Painting              10:00- Aerobics              10:00- Whist              12:00 -Potluck- <i>Pulled Pork and Slaw over Rice</i>              12:30- Pinochle              12:45- Texas Hold 'Em              1:00- Mah Jongg</p>
<p><b>13 MONDAY</b>              8:30- Tai Chi              8:30- Walking Group              9:00- Wood Carving              9:00-Attorney available by appt.              10:00- Aerobics              10:00- Hand and Foot              12:00- Lunch- <i>Pasta Salad</i>              12:30- Bridge              1:00-Drama</p>	<p><b>14 TUESDAY</b>              Computer Instruction by appointment              8:00- Core Strength              8:30- Strength &amp; Balance              9-3-AARP Taxes              10:00- Yoga              10:00- Honoring Our Memories Writing Class              11:15- Nia-music and movement              12:30- Pinochle              2:00- West Linn Uke Jam</p>	<p><b>15 WEDNESDAY</b>              8:30- Walking Group              9:00- Kettle bell fitness              10:00- Aerobics              11:00- Garden              Appreciation Group              11:00- Line dancing              12:00- <i>Soup Cafe</i>              12:30- Pinochle  <b>12:30-Board Meeting</b>              1:00-Kiatsu</p>	<p><b>16 THURSDAY</b>              Computer Instruction by appointment              8:00- Core Strength              8:30- Strength &amp; Balance              9:45-Share Singers to the Springs at Carman Oaks              10:00- Yoga              10:00- Knitting &amp; crocheting              10:30- Bridge              11:15-Nia-Music &amp; Movement  <b>11:15-Cooking class with lunch (sign up required-look inside for menu and details)</b>              3:00-Core Strength</p>	<p><b>17 FRIDAY</b>              Computer Instruction by appointment              8:00- Core Strength              8:30- Strength &amp; Balance              8:30- Walking Group              10:00- Open Painting              10:00- Aerobics              10:00- Whist              12:00- Potluck- <i>Bangers and Mash</i>              12:30- Pinochle              12:45- Texas Hold 'Em              1:00- Mah Jongg</p>
<p><b>20 MONDAY</b>              8:30- Tai Chi              8:30- Walking Group              9:00- Wood Carving              10:00- Aerobics              10:00- Hand and Foot              12:00- Lunch-<i>Chicken Coconut Curry</i>              12:30- Bridge              1:00- Drama</p>	<p><b>21 TUESDAY</b>              Computer Instruction by appointment              8:00-Core Strength              8:30-Strength &amp; Balance              9-3-AARP Taxes              10:00- Yoga              10:00- Honoring Our Memories Writing Class              11:15-Nia-music and movement              12:30- Pinochle              2:00- West Linn Uke Jam</p>	<p><b>22 WEDNESDAY</b>              8:30- Walking Group              9:00- Kettle bell fitness              10:00- Aerobics  <b>10:15-Bus trip to Cadillac Café and Kidd's Toy Museum</b>              11:00- Garden              Appreciation Group              11:00- Line dancing              12:00- <i>Soup Cafe</i>              12:30- Pinochle              1:00-Kiatsu</p>	<p><b>23 THURSDAY</b>              Computer Instruction by appointment              8:00- Core Strength              8:30- Strength &amp; Balance              9:45-Share Singers TBA              10:00- Yoga              10:00- Knitting &amp; crocheting              10:30- Bridge              11:15-Nia-Music &amp; Movement              3:00-Core Strength</p>	<p><b>24 FRIDAY</b>              Computer Instruction by appointment              8:00- Core Strength              8:30- Strength &amp; Balance              8:30- Walking Group              10:00- Open Painting              10:00- Aerobics              10:00- Whist              12:00- Potluck- <i>Chicken Pot Pie with Biscuit topping</i>              12:30- Pinochle              12:45- Texas Hold 'Em              1:00- Mah Jongg</p>
<p><b>27 MONDAY</b>              8:30- Tai Chi              8:30- Walking Group              9:00- Wood Carving              10:00- Aerobics              10:00- Hand and Foot              12:00- Lunch-<i>Lemon Salmon Pasta</i>              12:30- Bridge              12:30-Budget Travel Club              1:00- Drama</p>	<p><b>28 TUESDAY</b>              Computer Instruction by appointment              8:00-Core Strength              8:30-Strength &amp; Balance              9-3-AARP Taxes              10:00- Yoga              10:00- Honoring Our Memories Writing Class              11:15-Nia-music and movement              12:30- Pinochle              2:00- West Linn Uke Jam</p>	<p><b>29 WEDNESDAY</b>              8:30- Walking Group              9:00- Kettle bell fitness              10:00- Aerobics              11:00- Garden              Appreciation Group              11:00- Line dancing              12:00- <i>Soup Cafe</i>              12:30- Pinochle              1:00-Kiatsu</p>	<p><b>30 THURSDAY</b>              Computer Instruction by appointment              8:00- Core Strength              8:30- Strength &amp; Balance              10:00- Yoga              10:00- Knitting &amp; crocheting              10:30- Bridge              11:15-Nia-Music &amp; Movement              3:00-Core Strength</p>	

## Antique Roadshow Players – Thanks You



Wow! We felt honored by your presence at our Cup of Holiday Laughs performance December 6, 2014. We relished your laughter as we gathered more than 50 toys for the KGW Great Toy Drive. We will be looking for your support again for our late spring performance, tentatively set for **June 13, 2015**, which will feature old skits from the Carol Burnett show. We look forward to seeing you then.

Check out page 3 for our Acting and Drama classes for March and April, and save the date for the May 4th through June 29th sessions. Classes are directed by Patricia Amor.

*Photo caption: Jack Heiter, Carol Shively and Pat Styles in Cactus Juice Saloon, an Antique Roadshow Players production. © 2014*

**The city of West Linn** is currently working with the Oregon Department of Transportation (ODOT) and others to update the city's Transportation System Plan (TSP). The West Linn TSP is a long-range planning document that helps the city identify and prioritize improvements to the transportation system over the next 25 years.

The West Linn TSP update will include:

- An evaluation of the existing transportation systems within West Linn, including the pedestrian, bicycle, transit, motor vehicle and other systems
- The identification of existing and future transportation system needs
- The prioritization of potential transportation improvement projects to address the needs

At this point, the city has completed a series of draft technical memoranda for the TSP update, which can be found on the project website: <http://westlinnoregon.gov/planning/transportation-system-plan-update>.

The goals for the updated Transportation System Plan include:

- **Safety** - Reduce transportation-related fatalities and injuries for all transportation modes.
- **Mobility, access and environment** - Improve people's access to jobs, schools, health care and other needs in ways that improve health, reduce pollution and retain money in the local economy.
- **Equity** - Deliver transportation improvements equitably.
- **Maintenance** - Deliver access and safety improvements cost-effectively, within available revenues and responsibly to the needs of all users of the transportation system.

**YOU ARE INVITED:** A community meeting for the West Linn TSP update will be held **March 10, 6:00-8 :00 pm**, at West Linn City Hall in the Council Chambers. The purpose of the meeting is to introduce the community to the project purpose, process and intended outcomes as well as to receive comments on the identified transportation needs.

A virtual community meeting will also be established, which will allow local residents to attend the community meeting online and provide comments online. It will be held at the same time on the city's website and will run for up to one week following the meeting. A link to the virtual open house will be provided at the Web address identified above on March 10.

Other upcoming meetings for the West Linn TSP update include a Planning Commission update on March 4. The next community meeting and virtual community meeting will be April 8.

Please feel free to contact Zach Pelz with the city of West Linn at [zpelz@westlinnoregon.gov](mailto:zpelz@westlinnoregon.gov) and 503-723-2542 or Susan Wright with Kittelson & Associates Inc. at 503-228-5230 if you have any questions or comments about the West Linn TSP update.

EXTRA - EXTRA - EXTRA - EXTRA - EXTRA

## Happy Hour Cooking Class



Celebrate the end of the week for a First Friday cooking class! We all love to gather with friends for happy hour appetizers. With chef, Samantha Zizza, let's toast the day together as we learn to make easy, yet healthy and delicious, happy hour foods! You can bring your own beer or wine if you choose and we will provide a non-alcoholic, sparkling drink to pair well with the food.

On the happy hour menu:

- *Baked sweet potato fries with aioli dipping sauce*
- *Stuffed mushrooms*
- *Shrimp endive spears*

West Linn Adult Community Center  
Friday, March 6th, 4:30-6:30 PM (includes eating time) Cost: \$20.00

## Cooking Class: Simple, Elegant and Nutritious Meals for 1 or 2



When cooking for one or two people, we tend to either cook the same thing every day or worse, not cook at all and depend on processed convenience foods. Learn to make a versatile, nourishing meal that is easy to prepare for one to two people (or

more) with chef, Samantha Zizza. She will share tips on how to add variety and nutrition to your plate that is simple to make and budget friendly. For the price of a nice lunch out, you will enjoy a delicious meal as you learn how to make great food and participate in the fun together.

On the menu:

- *Citrus salad with avocado, almonds, feta and parsley*
- *Roasted asparagus with lemon and parmesan*
- *Roasted chicken legs with herbs and mustard*
- *Fruit with sparkling wine*

West Linn Adult Community Center  
Thursday, March 19th, 11:15-1:00 (includes eating time) Cost: \$15.00

# Membership has its rewards!

This article says it all! **Doug Dickston** has let me use the text for the article he recently wrote for *The West Linn Tidings*. Please take a moment to read it and reflect on how important your **SUPPORT** as a member of the “**Friends of the West Linn Adult Community Center**” can be. Let’s make true our slogan of

## Friends Reaching Out To Friends

Registration forms are available at the front desk.

**Thank  
you for your  
support**

**Newsflash!** You can participate in all the activities at the West Linn Adult Community Center without becoming a member of the Friends of the WLACC. The Center is open to all community members free-of-charge.

Should you choose to become a member of the Friends group, it will cost \$10 per year for a single membership or \$15 per year for a couple. So why fork over that kind of money when you could use it for a movie (without popcorn) or a small part of a local restaurant’s happy hour? Good question.

The city foots the bill for many things at the WLACC; it’s the city’s building. The Friends provide the volunteers, the supplemental materials, and the newsletter to make the activities we offer work. So when you choose to pay \$10/\$15 dollars per year to the Friends, you are supporting the very activities that make the place a true “community center.” Without this support, the building would be empty.

And although the newsletter is now available on-line, (see instructions on page 7 of this newsletter), members have the option to receive one in the mail.

But the most important part of becoming a member is the support you show for the community. It speaks well of the town when its citizens contribute to the activities so many enjoy.



And if you’d like to help even more, you can join the Fred Meyer Community Rewards program wherein Freddy’s will make a donation to a non-profit (the WLACC) every time you use your Fred Meyer Rewards Card.

Sign up of the Community Rewards program by linking your Fred Meyer Rewards Card to the WLACC at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards). Search by the name or by the Friends’ non-profit number (87643). You still earn your Rewards Points, Fuel Points, and Rebates just as you do today. If you don’t have a Rewards Card, they are available at any Fred Meyer store customer service desk.

So consider both joining the Friends of the WLACC and using your Fred Meyer Rewards card to show your support for the community activities available in West Linn.

The monthly calendar of events for the WLACC is now available online, and it includes lunch menus. Go to City of West Linn, Departments, Parks & Recreation, Adult Community Center, Newsletter.

Questions? Lunch menu information? Please call the WLACC at 503-557-4704. We are located at 1180 Rosemont Road, West Linn 97068.

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

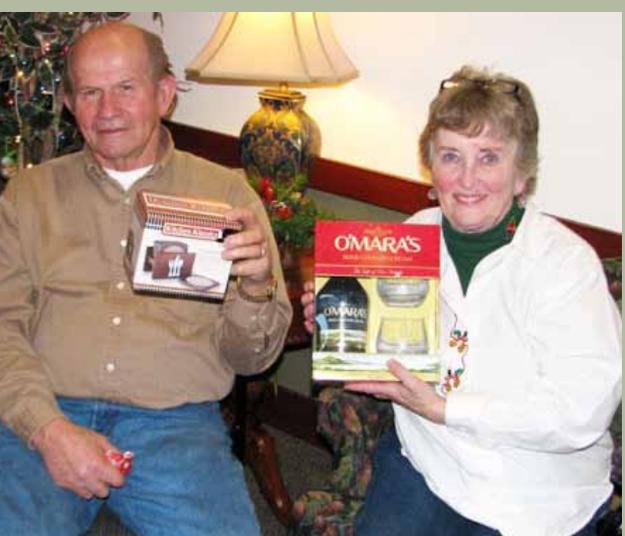
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and many helping hands from many people to make this Christmas Lunch a huge success.





Photo's courtesy  
Doug Dickston





February 13th. Visit to the **Queen of Angels Monastery**. Historic Home of the Benedictine Sisters of Mt. Angel. Our guide, Sister Alberta, a retired professor of .history, gave us a wonderful tour filled with information and many anecdotes about the Benedictine Sisters.



From the Book of Prayer to the Beer and Wurst Festival, where many choices of good German sausages were available for lunch. Plus wine, beer and lots of music to enjoy too.



THAT WAS A  
VERY GOOD  
SAUSAGE ...

