
Friends of the West Linn Adult Community Center

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Recreation Coordinator

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West Linn, OR 97068

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

Letter from Tiffany



Not that I need to state the obvious, but construction is in full swing at the ACC! There are all sorts of new noises, smells and new faces around. All things considered, it's been very smooth so far and I know many are excited to see the finished product come the end of January. We will be moving our activities to various locations beginning November 9th through January for the completion of the construction. You'll notice that we've color coded the back schedule with additional details inside this newsletter to make this transition as easy as possible.

Our temporary locations include Willamette Christian Church, the West Linn Library, Sunset Fire Hall and West Linn Lutheran Church. I want to give a big thank you to those community organizations for so graciously hosting our activities. I'll be working from City Hall and while we're closed, but you can still reach me at the ACC number (calls will be forwarded to me there). You'll notice on the back schedule that we'll have a simple lunch on Fridays only and this may be our only time to all be together in one place and at one time so I hope you can join us!

While on the subject of being thankful (and perfect timing as Thanksgiving approaches), I can't say enough how grateful I am for our amazing volunteers who have stepped up to assume some of the kitchen duties after Samantha moved on. In addition to our regular volunteers who have always been so faithful, Bill Barger, Danny James, Maureen Stevens and Gilbert Amestoy have been wonderful new kitchen volunteers and have poured their heart and soul into fabulous, home cooked meals. I am still so amazed with the volunteer spirit we have around here. I feel very blessed to work with all of you and again, thank you. I want to make special mention of our holiday lunch on December 11th. It will be at Willamette Christian Church at 12:00 PM. For \$8, we will provide all the food so come hungry and in a festive mood! We will have a gift exchange for those who'd like to participate after lunch. Please bring a wrapped gift with a value of \$20 or so. It's always a fun time to see the gifts get "stolen" several times and who ends up with what. Unfortunately, we are limited on space to 70 people, so please sign up and pay at the front desk before our last day open on November 6th. If we still have room on the sign up list after the 6th, you can still sign up and make payment arrangements with me at City Hall.

Thank you all for your patience during this construction and closure. Here's to a new and improved ACC in 2016!

– Tiffany

Not Quite President's Corner

First let me give a huge thank you to Tom Brady for all of the time and effort he put in as Board President for the Friends of the WLACC. He will be sorely missed. We wish him well.

As for the construction project, let me say that nobody likes change. Especially once you have established a daily routine. It can be rather uncomfortable and sometimes even stressful. But I would like for us to look at the bigger picture. This construction project will enhance the services available to the Friends Group and to the whole community as well. Keep in mind that the duration of the construction will last for only a short time.

Having patience and being a little flexible will help us all get through this. Also keep in mind that construction projects can AND WILL vary their schedule a little from day to day. What was stated one day may not be true the next day. So a little flexibility on everyone's part can go a long way to smooth out a rough situation.

I would encourage all members of the various groups at the WLACC to talk amongst yourselves about possible alternative places to meet. To exchange ideas and phone numbers can help keep your group together while the center is closed. One of the keys to reducing stress during times of change is to maintain open lines of communication. Work is progressing on finding alternate meeting places.

Remember that this is a short period of time to receive a very nice positive benefit.

– Bill Barger

Schedule of Ongoing Events

EXERCISE CLASSES

■■■ **Aerobics:** Mondays and Fridays, 10:00 am. Exercise with a videotape. FREE.

■■■ **Chair Aerobics:** Wednesdays, 10:00 am. Exercise with a videotape. FREE.

■■■ **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.

■■■ **Music & Movement:** Tuesday's and Thursday's: 11:15 am-noon. This is a movement class with no judgment or requirements, only the invitation to move to the music and learn a few basic steps and gestures. As a student, you will receive many benefits including increased mobility, stability, flexibility, strength and agility. Important if you want to move through life with more vitality and sense of safety. Please come move and be moved with us. Session 11/3 thru 12/22, 14 classes = \$70 prepaid. (No class on 11/26.) Couples: \$120 per prepaid session. Drop-ins welcomed at \$7/class.

■■■ **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. FREE-.

■■■ **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. FREE

■■■ **Hand and Foot:** Mondays at 10:00-12:00 am. FREE.

■■■ **Pinochle:** Tuesdays, Wednesdays and Fridays, 12:30-3:00 pm. FREE.

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

■■■ **Whist:** Fridays at 10:00 am. FREE.

■■■ **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

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)

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. *(Closed after November 9th, re-opening the last week of January.)*

DRAMA AND MUSIC

■■■ **Acting, Drama Class:** (The Antique Road Show Players). Mondays at 1:00 pm.

■■■ **West Linn Uke Jam:** Tuesdays at 2:00 pm. Visitors are encouraged and all levels are welcome. If you'd like to bring music to share with the group, please bring about 30 copies and deposit them on the front table so folks can pick them up as they arrive. Instruments other than ukuleles are also welcome. FREE.

The Rosemont Rhythm Band will resume when the Center reopens in January or February 2016.

YOUR **NEW** TEMPORARY LOCATION

(See maps on page 6)

■■■ Willamette Christian Church
3153 Brandywine Drive, WL

■■■ Sunset Fire Hall,
2215 Long Street, WL

Schedule of Ongoing Events (Cont'd)

MUSIC 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." FREE.

November/December Schedule

Meetings are held some Thursdays

- Nov. 5 9:45 am Depart WLACC to visit
Hearthstone at Murrayhill
- Nov. 19 10:00 am Meet to prepare for Christmas visits
at the **West Linn Lutheran Church**,
20390 Willamette Drive in West Linn.



- Dec. 3 9:45 am Depart Bank of America* to visit
Marquis Hope Village
- Dec. 10 9:45 am Depart Bank of America* to visit
Homewood Heights
- Dec. 17 9:45 am Depart Bank of America* to visit
The Springs at Carman Oaks

* Depart from the parking lot across Salamo Road from Willamette Christian Church. We will gather in that parking lot near the front of Bank of America, either to be picked up by the WLACC bus or to organize our car pools.

SPECIAL INTEREST CLASSES (FREE).

Knitting and Crocheting:



Thursdays from 10:00-12:00
noon. FREE.

Garden Appreciation Group: Wednesdays,
11:00-12:00 noon. A weekly gathering to explore the
plants, science, crafts and art of gardening.

Writing: "Honoring Our Memories", Tues-
days 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.

Senior Law Projects: The attorney appointments will
not be available November -January but by February, we

will continue the usual 2nd Mondays of the month, except
for March. In March, the attorney will be here the **first
Monday**, instead of the 2nd.

Book Club

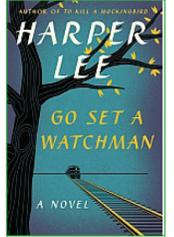
Meets 2nd Wednesday of the month at 1:00 pm

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

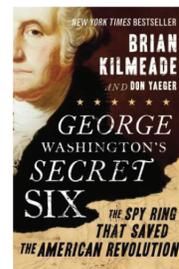
"Go Set a Watchman"

by Harper Lee

Go Set a Watchman features many of the characters
from *To Kill a Mockingbird* some twenty years later.
Returning home to Maycomb to visit her father, Jean
Louise Finch struggles with personal and political issues ...



&



Join Us Wednesday, December 9th at
1:00 pm to discuss the book

**"George Washington's Secret Six:
The Spy Ring That Saved the
American Revolution"**

by Brian Kilmeade and Don Yaeger

When General George Washington beat a hasty retreat
from New York City in August 1776, many thought the American Revolution
might soon be over. Instead, Washington rallied—thanks in large part to a
little-known, top-secret group called the Culper Spy Ring.

**Painting: Open studio Fridays from 11:00-
2:00.** (Reserved through November.)



Wood Carving: Mondays from 9:00-12:00 noon.
FREE.

YOUR NEW TEMPORARY LOCATION
(See maps on page 6).

-    Willamette Christian Church
3153 Brandywine Drive, WL
-    Sunset Fire Hall,
2215 Long Street, WL
-    West Linn Public Library
1595 Burns Street, WL

Save The Date

Upcoming Bus Trips

Sign-up list is at the front desk. Participants have to pay the fee before their name will be put on the list. Payment is required at time of sign up. Refunds are allowed up to 48 hours before departure time. Fees include bus ride, unless otherwise stated. All lunch fees are at your own expense. **NOTE: Only a few days left before sign-up for ALL bus trips, due to the closing of the Center. All trips leave from the Willamette Christian Church.**



Thursday, November 12th– Speed Museum. Leave the Church at 9:30 am and return at 3:30 pm. Cost \$20.00 including busride and admission. Lunch at “The Ram”.

Since the ACC building will be closed during this time and we can't have lunch together as often, here's a chance for us to taste something new and visit together!

Wednesday, November 18th. Lunch at New Seoul Garden in Beaverton. Haejung Lee, chef/owner of New Seoul Garden in Beaverton (a.k.a. Koreatown) is known for her “son-mat,” or “the taste of her hands” as a traditional Korean cook. Since taking over the helm of New Seoul Garden a few years ago, Ms. Lee has gained a loyal following from those looking for the best traditional Korean dishes such as spicy black cod, monk fish stew, and spicy pork bulgogi with kimchi tofu.

Leave at 11:30 am, -returning before 2 pm. \$30 includes bus ride, lunch and tip. Beverage cost is on your own.

Thursday, December 10th– Albertina Kerr Christmas lunch and shopping. Depart from the **Willamette Christian Church** at 10:30 am, return at 3:00 pm. Bus Seat and Lunch: \$ 30.00. *Only a few seats left, reserve TODAY!*

SHIBA Medicare Individual Counseling Sessions (Enrollment Event): Thursday, November 12th, 10:30-2:30 at the Willamette Christian Church, 3153 Brandywine Drive, West Linn, OR 97068

HOLIDAY BAZAAR

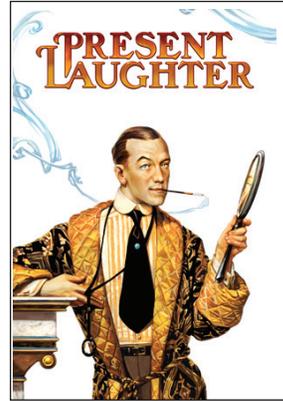
Saturday, November 14, from 9:00 am - 4:00 pm at the WLACC. Join us for the 7th Annual Holiday Bazaar. We will have over 25 vendors featuring handcrafted gifts, jewelry, woodworks, paintings, sweets and more. **FREE Admission.**

Lakewood Theatre: Present Laughter

November 6 - December 13

Directed by Don Alder.

A comedy of Cheek and Chic, Pose and Poise! By Noël Coward. A successful, yet self-obsessed, theatre matinee idol (a character Noël Coward based on himself) prepares for a performance tour in Africa. Before he can leave, he has to deal with a lovestruck ingénue, his



long-suffering secretary, his estranged wife, and a crazed young playwright while trying to overcome his impending mid-life crisis.



WIN A FREE LUNCH

THANK YOU for your support of the West Linn Adult Community Center, with your Fred Meyer Rewards. We just received our largest check from Fred Meyer Rewards and have increased the number of people who donate to the Center. To donate to the Center online to go Fred Meyer Community Rewards and follow the link. Our organization number is **87643**. To donate by phone call 1-866-518-2686 between 8:00 am and 9:00 pm Pacific time Monday - Friday, then press 3 and give the operator your information and organization number 87643. Your donation does not change your Fred Meyer Rewards.

As the holiday season approaches this is a great time to support the Center and with the re-opening in January, we will continue having a monthly drawing, for a **FREE LUNCH**. So please save your receipts with “*Thank You for participating in the Fred Meyer Community Rewards. You requested Fred Meyer to donate to West Linn Community Group.*” with your name and phone number.

Jay Rice won a **FREE LUNCH** in September with his entry in the Fred Meyer Community Rewards. You could be the next winner.

Thank you, happy shopping and good luck.

- Lorene

From the Desk of Mieke

MADE
IN
— U.S.A. — HOLLAND

Ahh, so many things happening at the Center. The foundation for the expansion may be poured as I write this. Of course, the rain also has started to fall, which may delay some things. Still, there's excitement in the air, despite the upheaval of the center closing. And what a wonderful, no, let me rephrase that, what a **great** job Tiffany has done in relocating every one of us to a new location, just so that we could continue with all our many activities. I'm sure that could not have been an easy task. So my thanks, and kudo's go out to her, and to those who may have assisted in this most challenging venture. Do you know there are – give or take a few – about 30 classes scheduled!

A HUGE thank you to the many volunteers who have helped to keep up the delicious lunches. I'm sure I do not have all the names, but for the few I do, THANK YOU Julynne Pang, our Friday temporary cook and Lara Dewey our temporary kitchen help on Mondays and Wednesdays. Danny James and his mother in law Maurleen has been our Wednesday cooks and our own Bill Barger has been our Monday cook too. (*Editors note: I've seen many new and different faces in the kitchen, so again, even if your name is not listed here, we really appreciate all your help.*)

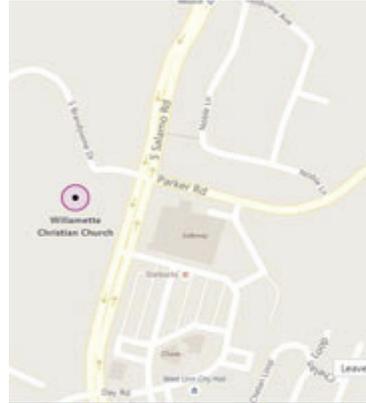
Don't forget to **RENEW** your membership for 2016. Please see form on page 8 of this newsletter or pick up a form at the front desk.

We are happy to learn that Scott Foster is slowly, but surely getting better. After a long absence from babysitting, he is now able to look after grandson Milo again, drive his car, and, I quote: "sleep in his own bed, instead of a recliner." Some more surgeries are ahead, but we will continue to wish him a speedy, and total recovery.

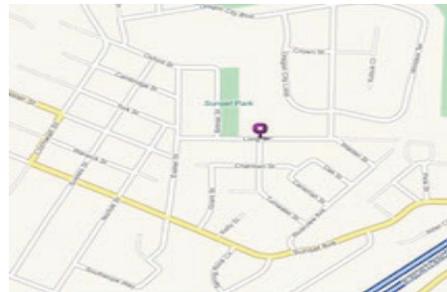
Enjoy the photo collage on page 10 of an interesting and pleasant visit to Cedar Creek Grist Mill. Submitted by Nadia Tanita. For more photo's of other events, check out, and sign up for the On-Line version of this newsletter. Check page 7 for easy directions.

Your NEW location for the next few months: Check the color code in front of your class, and then look at the bottom of the page for the location were you will be going:

YOUR **NEW** TEMPORARY LOCATIONS ARE:



 Willamette
Christian Church
3153 Brandywine Drive,
WL



 Sunset Fire Hall,
2215 Long Street,
WL



 Library
1595 Burns Street,
WL

The Best Kept Shopping Secret in West Linn



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

THANKSGIVING &



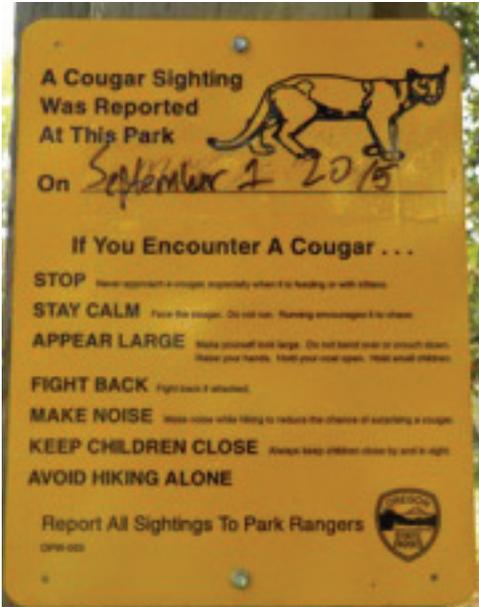

X
M
A
S

Rolled into one!

Get all your shopping done
NOW!

Dog Savvy... Let's Be Safer As We Age – Cougars by Dianne Gorveatt

“Cougar” is sometimes the last thing people hear before they feel the body slam delivered by an attacking cougar. Cougars are fast becoming part of the suburban and even urban landscape as shrinking habitat and expanding human populations are forcing wildlife to share our living space. While it can be enjoyable to attract birds, squirrels, deer, and raccoons by providing habitat, when you attract enough such animals predators will follow.



As you know if you watch local news, cougar sightings are becoming more common in the Willamette Valley and fatal attacks against livestock (who were more like pets) have occurred. There have been no human attacks or fatalities in Oregon since 1950 (with the exception of a sanctuary worker) but that can change at any time. Cougars are careful observers and change strategies as conditions change. Once a big cat decides that humans are food, it will hunt them until hunted down itself. I knew little about cougar attacks and put myself at risk as a result. When I found tracks on a hike near Salem, I was delighted. I thought that cougars only attacked in back country where a human alone might be mistaken for something else. Not true. Cougars know what a human is and can pick us off right out of a vehicle in a parking lot. A yelled out warning is sometimes the last thing victims hear because they are not always alone when an attack happens.

When it comes to dogs, unless your dog is specifically bred and trained, he or she is not likely to survive a cougar attack or protect you from one. Even if your companion is a mighty hunter with a fair number of squirrel tails in her private collection a cougar is a considerable foe. Your dog may defend

you to the end, or may turn and run. Wait a minute, you say, dogs are used to hunt cougars. Yes, but hunting dogs are bred to the task and receive conditioned training starting when they are puppies.

What to do? First, the unpopular recommendation made by professionals who track, hunt, or conversely work to protect cougars is this: do not allow dogs to run off leash in natural areas. This advice is rarely followed. Most dogs enjoy chasing wildlife, check Internet if you don't believe me: dogs running woods. But an adult male cougar can kill a dog as easily as it can kill a fully grown, extremely fit human. One more thing, experts all warn that cougars are good at hiding; also, because it's unexpected, we tend not to see them even when they are in plain sight. Our minds turn them into dogs or even deer due to their size and color. I sure see a lot of deer and dogs...at least that's what I hope they are! Cougar?

Disclaimer: The author assumes no responsibility or liability for any injury resulting from applying the information in these “Dog Savvy” essays.

Editors Note: Articles published in this newsletter are not necessarily our views, nor the views of the Friends of the WLACC. The articles are meant to be informative or entertaining.

Don't forget: With the on-line version, you will receive more detailed information plus a photo collage of past events. To sign-up, follow these easy steps:

- Go to westlinoregon.gov and click on [Departments, Parks and Recreation, Adult Community Center Newsletter](#).
- Click on “Subscribe to our mailing list”.
- Click on subscribe.
- Type in YOUR email address, first name and last name.
- Soon you will receive confirmation via email indicating that you are now subscribed.



Friends of the West Linn Adult Community Center are NOW on Facebook. To connect, sign-up today and join us for the latest photo's, topics and more information.

www.facebook.com/Friends.of.the.WLACC

FRIENDS

of the West Linn Adult Community Center

Location Address: 1180 Rosemont Road • West Linn • OR 97068 • Phone: 503-557-4704 • Fax: 503-723-4251
Mailing Address: c/o City Hall • 22500 Salamo Road • Suite 1100 • West Linn • OR 97068

Membership Registration for the year **2016**

THANK YOU
FOR
YOUR
SUPPORT!

Please make checks payable to FACC.

\$ _____ Individual membership annual dues \$ 10.00

\$ _____ Couple membership dues \$ 15.00

\$ _____ Additional donation (tax deductible).

*Return completed form to front desk with check, or mail to
mailing address as shown.*

Please complete personal information below.

New Member Renewal Member Since: _____

Last Name: _____ First _____ Birth Month: _____

Last Name: _____ First _____ Birth Month: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____

Email Address: _____

For Office Use Only:

Paid Cash: _____ Check #: _____ Date Paid: _____

Received by: _____

Entered by: _____ ID # _____

Comments: _____

Welcome New Members

Gilbert Amestoy – Debra Bartlett – Robert Bayly – Bernice & Robert Bishop – Dick & Coeta Flecter
Amber Jones-Black – Richard Kenna – Bob & Mary Martin – Steve & Cori Rice – Krstl Robins
Janis & Wayne Rosenlof – Jean Scott

Happy Birthday to all of you celebratiting in November

Janet Bradley – Ed Buckman – Rita Burton – Thomas Cummings – Lois Farleigh – Stuart Guimary
Patricia Amore Hand – Julie Hoover – Ethel Inaba – Sam Inaba – Naomi Karen – Charlotte Karl
Robert Karl – William Kaiss – Allan Kawada – Max Lein – Mary Martin – Merry McAdoo
Michael McLaughlin – S. Dio McMahan – Pepi Nieva – Ghodsi Rosham Piroozmandi
Jeanne Rohrbacker – Irma K. Russell – Jacqueline Shoemaker – Mike Taylor – Alice Willison

and in December

May Ann Anderson – Marsha Barfield – Joanne Bowers – Gary Brinck – Joyce Brown – Liu Ann Croy
Kathy Daufel – Teresa Delaney – Peggy Dickston – Herb Gercke – Betsy Hallquist – Marie Horvath
Loren Krebs – Lynne Krebs – Janie Manley – Deborah Maria – Kent Mays – Robert Montgomery
Sheila Nichols – Sally Olson – Jim Preble – David Spencer – Krstl Robbins – Janice Sobel – Kim Stewart
Bliss Talbot – Brian Williams – Beverly Whiteley – Carol Wold

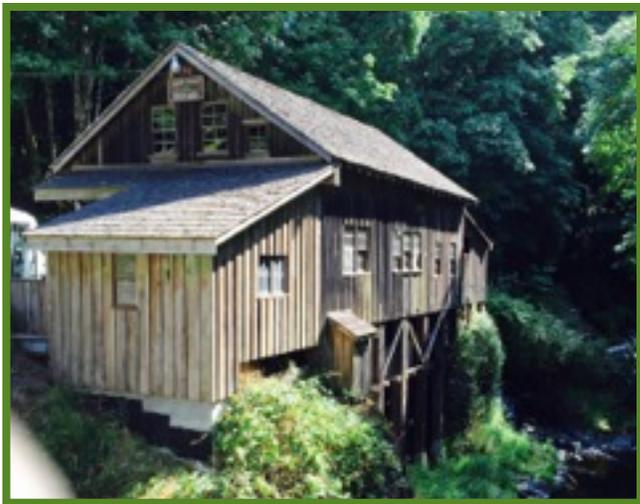
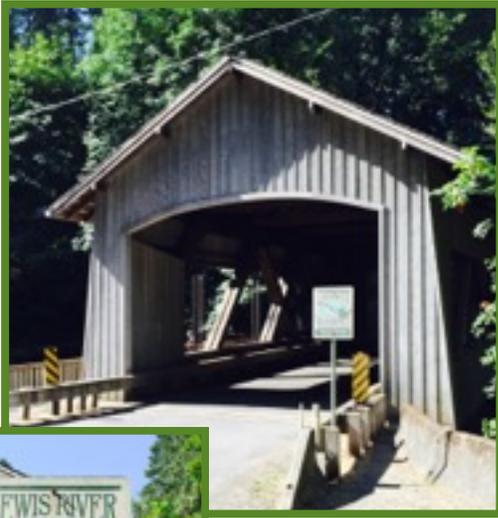
LUNCHES

Lunches will only be served on Fridays at the **Willamette Christian Church at 12:00 noon time**. No fixed or set menu at this point, but we are sure our wonderful volunteers will come up with some wholesome and good recipes. Also, check out the luncheon trip on **Wednesday, November 18th** at the New Seoul Garden in Beaverton on page 5.



Holiday Lunch, December 11th. Sign up at the front desk BEFORE the center closes on **November 9th**, We will be holding it at the Willamette Christian Church (across from Safeway) but are limited on space to the first 70 people. Lunch will be fully provided for \$8.00 per person. Please pre-pay to guarantee your seat. 😊

Have A Wonderful Thanksgiving,
Happy Holidays and best wishes for 2016.
See you at the NEW Center!



West Linn Adult Center
Field Trip to Woodland WA
Cedar Creek Grist Mill
August 26, 2015
Photos by Nadia Tanita, West Linn Resident

FLASH BACK... FLASH BACK... FLASH BACK...



*Volunteer Appreciation Dinner
September 24th, 2015.*



and MORE~...



Wine tasting at Pete's Mountain
October 6th, 2015



And
enjoying the
beautiful
view

And an even earlier FLASH BACK... FLASH BACK ... FLASH BACK ...
more great wine tasting.

Photo's courtesy of Doug Dickston



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

Green (W)-Willamette Christian Church Red (S) Sunset Fire Hall Blue (L)-WL Library Purple-(WLL)WL Lutheran Church

<p>2 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch- <i>Chef's Surprise</i> 12:30- Bridge 1:00-Drama</p>	<p>3 TUESDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15- Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>4 WEDNESDAY 8:30- Walking Group 9:00-Foot Care by appt. 9:00- Kettle bell fitness 10:00- Aerobics 11:00 Garden Appreciation Group 11:00- Line dancing 12:00- <i>Breakfast Brunch</i> 12:30- Pinochle 1:00-Rosemont Rhythm Band</p>	<p>5 THURSDAY Computer Instruction by app't. 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Hearthstone at Murrayhill 10:00-Yoga 10:00- Knitting & crocheting 10:30- Bridge 11:15- Music and Movement class</p>	<p>6 FRIDAY Computer Instruction by app't. 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>Chef's surprise</i> 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>9 MONDAY (S) 8:30- Tai Chi (W) 8:30- Walking Group (W) 9:00- Wood Carving (W) 10:00- Aerobics (W) 10:00- Hand and Foot (W) 12:30- Bridge (W) 1:00-Drama</p>	<p>10 TUESDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S) 10:00- Yoga (L) 10:00- Honoring Our Memories Writing Class (S) 11:15- Music and Movement class (W) 12:30- Pinochle (W) 2:00- West Linn Uke Jam</p>	<p>11 WEDNESDAY (W) 8:30- Walking Group (W) 10:00- Aerobics (S) 11:15- Line dancing (W) 12:30- Pinochle (W) 1:00-Book Club</p>	<p>12 THURSDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (W) 9:30-Bus trip to World of Speed Museum/TVF&R Antique Fire engine museum (W) 10:00- Knitting & crocheting (W) 12:30- Bridge (S)11:15- Music and Movement class</p>	<p>13 FRIDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S) 10:00- Open Painting (W) 10:00- Aerobics (W) 10:00- Whist (W) 12:00 -Lunch (W) 12:30- Pinochle (W) 12:45- Texas Hold 'Em (W)1:00- Mah Jongg</p>
<p>16 MONDAY (S) 8:30- Tai Chi (W) 8:30- Walking Group (W) 9:00- Wood Carving (W) 10:00- Aerobics (W) 10:00- Hand and Foot (W) 12:30- Bridge (W) 1:00-Drama</p>	<p>17 TUESDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S) 10:00- Yoga (L) 10:00- Honoring Our Memories Writing Class (S) 11:15- Music and Movement class (W) 12:30- Pinochle (W) 2:00- West Linn Uke Jam</p>	<p>18 WEDNESDAY (W) 8:30- Walking Group (W) 10:00- Aerobics (S) 11:15- Line dancing (W) 11:30-Bus trip to have lunch at New Seoul Garden (W) 12:30- Pinochle (W) 1:00-Book Club 12:45-FACC Board Meeting</p>	<p>19 THURSDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S)10:00-Yoga (WLL)10:00-Share Singers music practice (W) 10:00- Knitting & crocheting (W) 12:30- Bridge (S) 11:15- Music and Movement class</p>	<p>20 FRIDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (W) 8:30- Walking Group (S) 10:00- Open Painting (W) 10:00- Aerobics (W) 10:00- Whist (W) 12:00 -Lunch (W) 12:30- Pinochle (W) 12:45- Texas Hold 'Em (W)1:00- Mah Jongg</p>
<p>23 MONDAY (S) 8:30- Tai Chi (W) 8:30- Walking Group (W) 9:00- Wood Carving (W) 10:00- Aerobics (W) 10:00- Hand and Foot (W) 12:30- Bridge (W) 1:00-Drama</p>	<p>24 TUESDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S) 10:00- Yoga (L) 10:00- Honoring Our Memories Writing Class (S) 11:15- Music and Movement class (W) 12:30- Pinochle (W) 2:00- West Linn Uke Jam</p>	<p>25 WEDNESDAY (W) 8:30- Walking Group (W) 10:00- Aerobics (S) 11:15- Line dancing (W) 12:30- Pinochle (W) 1:00-Book Club</p>	<p>26 THURSDAY Closed for the Thanksgiving holiday Happy Thanksgiving!</p>	<p>27 FRIDAY Closed for the Thanksgiving holiday</p>
<p>30 MONDAY (S) 8:30- Tai Chi (W) 8:30- Walking Group (W) 9:00- Wood Carving (W) 10:00- Aerobics (W) 10:00- Hand and Foot (W) 12:30- Bridge (W) 1:00-Drama</p>				

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

(W) Green-Willamette Christian Church (S) Red-Sunset Fire Hall (L) Blue-WL Library Purple-WL Lutheran Church

	<p>1 TUESDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S) 10:00- Yoga (L) 10:00- Honoring Our Memories Writing Class (S) 11:15- Music and Movement class (W) 12:30- Pinochle (W) 2:00- West Linn Uke Jam</p>	<p>2 WEDNESDAY (W) 8:30- Walking Group (W) 10:00- Aerobics (S) 11:15- Line dancing (W) 12:30- Pinochle</p>	<p>3 THURSDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S) 10:00-Yoga 9:45-Share Singers to Marquis Hope Village (W) 10:00- Knitting & crocheting (W) 12:30- Bridge (S) 11:15- Music and Movement class</p>	<p>4 FRIDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (W) 8:30- Walking Group (S) 10:00- Open Painting (W) 10:00- Aerobics (W) 10:00- Whist (W) 12:00 -Lunch (W) 12:30- Pinochle (W) 12:45- Texas Hold 'Em (W) 1:00- Mah Jongg</p>
<p>7 MONDAY (S) 8:30- Tai Chi (W) 8:30- Walking Group (W) 9:00- Wood Carving (W) 10:00- Aerobics (W) 10:00- Hand and Foot (W) 12:30- Bridge (W) 1:00-Drama</p>	<p>8 TUESDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S) 10:00- Yoga (L) 10:00- Honoring Our Memories Writing Class (S) 11:15- Music and Movement class (W) 12:30- Pinochle (W) 2:00- West Linn Uke Jam</p>	<p>9 WEDNESDAY (W) 8:30- Walking Group (W) 10:00- Aerobics (S) 11:15- Line dancing (W) 12:30- Pinochle (L) 1:00-Book Club</p>	<p>10 THURSDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance 9:45-Share Singers to Homewood Heights (W) 10:30-Bus trip to Albertina Kerr (W) 10:00- Knitting & crocheting (W) 12:30- Bridge (S) 11:15- Music and Movement class</p>	<p>11 FRIDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (W) 8:30- Walking Group (S) 10:00- Open Painting (W) 10:00- Aerobics (W) 10:00- Whist (W) 12:00 -Lunch (W) 12:30- Pinochle (W) 12:45- Texas Hold 'Em (W) 1:00- Mah Jongg</p>
<p>14 MONDAY (S) 8:30- Tai Chi (W) 8:30- Walking Group (W) 9:00- Wood Carving (W) 10:00- Aerobics (W) 10:00- Hand and Foot (W) 12:30- Bridge (W) 1:00-Drama</p>	<p>15 TUESDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S) 10:00- Yoga (L) 10:00- Honoring Our Memories Writing Class (S) 11:15- Music and Movement class (W) 12:30- Pinochle (W) 2:00- West Linn Uke Jam</p>	<p>16 WEDNESDAY (W) 8:30- Walking Group (W) 10:00- Aerobics (S) 11:15- Line dancing (W) 12:30- Pinochle 12:45-FACC Board Meeting</p>	<p>17 THURSDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance 9:45-Share Singers to the Springs at Carman Oaks (S) 10:00-Yoga (W) 10:00- Knitting & crocheting (W) 12:30- Bridge (S) 11:15- Music and Movement class</p>	<p>18 FRIDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (W) 8:30- Walking Group (S) 10:00- Open Painting (W) 10:00- Aerobics (W) 10:00- Whist (W) 12:00 -Lunch (W) 12:30- Pinochle (W) 12:45- Texas Hold 'Em (W) 1:00- Mah Jongg</p>
<p>21 MONDAY (S) 8:30- Tai Chi (W) 8:30- Walking Group (W) 9:00- Wood Carving (W) 10:00- Aerobics (W) 10:00- Hand and Foot (W) 12:30- Bridge (W) 1:00-Drama</p>	<p>22 TUESDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S) 10:00- Yoga (L) 10:00- Honoring Our Memories Writing Class (S) 11:15- Music and Movement class (W) 12:30- Pinochle (W) 2:00- West Linn Uke Jam</p>	<p>23 WEDNESDAY Closed for the holidays</p>	<p>24 THURSDAY Closed for the holidays</p>	<p>25 FRIDAY Merry Christmas & Happy Holidays!</p>
<p>28 MONDAY (S) 8:30- Tai Chi (W) 8:30- Walking Group (W) 9:00- Wood Carving (W) 10:00- Aerobics (W) 10:00- Hand and Foot (W) 12:30- Bridge (W) 1:00-Drama</p>	<p>29 TUESDAY (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S) 10:00- Yoga (L) 10:00- Honoring Our Memories Writing Class (S) 11:15- Music and Movement class (W) 12:30- Pinochle (W) 2:00- West Linn Uke Jam</p>	<p>30 WEDNESDAY (W) 8:30- Walking Group (W) 10:00- Aerobics (S) 11:15- Line dancing (W) 12:30- Pinochle</p>	<p>31 THURSDAY (W) 10:00- Knitting & crocheting (W) 12:30- Bridge (S) 11:15- Music and Movement class</p>	