

November / December 2016

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 • Ste. 1100
West Linn • OR 97068

www.westlinnoregon.gov

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



Friends Reaching Out
to Friends

FRIENDS

of the West Linn Adult Community Center



Friends of the West Linn Adult Community Center

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Tiffany Carlson
Recreation Coordinator

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Warren Guest, *President*
Bill Barger, *Vice-President*
Margaret DeJardin,
Treasurer

Irene Jones, *Secretary*

Directors:

Mieke Wiegman
Lorene Bay
Marsha Wilkins,

Committee Members:

Veronica Ferenz, *Gift Shop*
Dick Hunt, *Memorial Bricks*
Rita Perry, *Historian*
Bev Whiteley, *Sunshine*
Chair

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Facebook and Volunteer
Staff Writer

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

Letter from Tiffany



Here we are heading into the holiday season again when we're always reminded to consider what we're grateful for. A few years back, I had all of you write what you were thankful for on cut out, fall leaves and we put them up by the dining room. I'd like to do that again this year. It's great to see what all of you write down. This year has brought some big changes for me and I'm so grateful I've been able to work without sickness as I carry this baby into the spring. Thank you to all of you for your kindness, concern and words of encouragement as Matt and I embark on this new chapter in our lives.

Going back to the holiday subject, our combined Thanksgiving and Christmas lunch will be on December 16th this year. The Stafford will be putting together a delicious, catered meal for you and we'll have our usual gift exchange afterward around the Christmas tree. Look for details at the front desk bulletin board as we get closer to December.

Our first Memory Café took place on October 12th and was a huge success. We now have some new volunteers that will be coming regularly to these cafes every month and also new folks attending. It's always inspiring to see new faces and get more folks involved in important endeavors that benefit our community. Future Memory Cafés and details are listed on page 5.

The Stafford has been so, so good to us this past year. They've sponsored the Open House, Mother's Day Tea, our Volunteer appreciation event and made us delicious meals. In addition, Melissa and the rest of the staff are warm and friendly. This is why it's so hard to let them go! They are discontinuing their catering department and services at the beginning of the new year. While this is sad for us, let's spend these next two months letting them know how much we have appreciated their great food and services. I have been working busily to find a suitable replacement for the new year. I am optimistic that we will find a caterer or cook that will be wonderful for the ACC.

Happy Holiday season to all of you!

~ Tiffany

President's Corner – What's in the Works:

Commemorative bricks and area. A new gift shop and event sign. Large display cabinet suggested by the wood carvers. Locked storage area for the gift shops' records and inventory. A new bus that does not require a CDL. (Some of these projects require City Approval.)



From left to right, top: Marsha Wilkins; Mieke Wiegman; Bill Barger. Bottom: Irene Jones; Margaret DeJardin; Lorene Bay; Warren Guest

Board members have been busy, especially Margaret DeJardin, your Treasurer, as this is the time for the FWACC audit. The Audit Committee is made up of non-committee members as current board members and board members whom were present during the last audit, cannot be involved. Three members had been selected and voted on by the Board of Directors. The audit was October 14, 2016 and witnessed by Mark Thomas, Rita Perry and Kathleen Watkins. A big thanks to them for volunteering their time.

Members and non-members please take a little time and learn whom your board members are and visa versa. Also, we cannot forget the all-important volunteers as they are a special group. See you soon.

~ Warren H. Guest, *President*

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..-

Nia- Music & Movement: Tuesday's/Thursday's: 11:15 am-noon. Nia is music and movement as medicine: an invitation to self-healing. It encompasses the classic movement forms of the martial arts, the healing arts and dance. It's practice touches all levels: body, mind, heart and spirit. Come move and be moved with us in your own body's way. Monthly Pass \$40 (8 classes) \$7 drop in. Ongoing classes.

Pilates with Foam Rolling: Fridays from 9:45-10:30 am. Ongoing classes. Pilates is a system of physical and mental conditioning that uses resistance rather than impact to strengthen and stretch the entire body, as well as to calm and focus the mind. The Emphasis is on quality of movement rather than quantity of reps or weight lifted. This results in a strong core, longer, leaner muscles, strong, stable joints, reduced stress, increased endurance, circulation, flexibility and much more. Applying sustained pressure with a foam roller can release tension in the muscles and tissues, and minimize constriction and also restores heart rate and blood pressure levels after a workout. Bring yoga mat and a foam roller. \$48 for 8 week term, \$6 drop in at any time.

Qigong (Jade Body Qigong):

Mondays 10:00-11:30 am. This class will include routines for daily practice, including, but not limited to breathing, immune boosting Qigong and Six Sound Meditation for the lungs, stomach and spleen. These exercises will assist the students in obtaining a peaceful, calm transition from summer to fall and fall to winter. An in depth description of this class is listed at the ACC. Please inquire if you'd like to see more. Taught by Master Qigong teacher, Lyndalea Ruffner, certified by the LGIHQS. (\$55.00 or \$7 drop in fee.

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, 8:45-9:45 am. Open floor, advanced self-led class. (No instructor). FREE.

T'ai Chi (Instructor lead.) Tuesdays 11:00 am-12:00 pm, sessions are from **10/25-12/13**. Increase your vitality, coordination and balance. This class will introduce you to

the ancient Chinese Yang-Style Form. The 24 Movements are performed in a continuous sequence at slow speed beneficial for any age or physical shape. Non-competitive. Taught by Sharon Miller. (8 week term, 8 classes) \$48.00.

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. Instructor: Tiffany.

GAMES

Bridge: Mondays at 12:30-3:00 pm, and Thursdays at 12:30 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

NEW! Starting the second Tuesday of November (Nov. 8th) at 12:30 pm Luella Hunt will be giving **Pinochle** lessons. Anyone who would like to learn a fun card game is welcome. 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. Call the front desk and if you are interested call 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.

Adult coloring:

Thursdays 1:00-3:00 pm. Research shows that adult coloring has a de-stressing power and can be therapeutic to the older adult mind. Come join this new activity and enjoy the relaxing benefits of coloring with friends. You may bring your own book or purchase them at the ACC. Colored pencils will be provided.



Schedule of Ongoing Events (Cont'd)

DRAMA AND MUSIC:

The Aged Cured Hams Drama Class: The Aged Cured Hams Drama Class will be meeting **Mondays at 1:00 pm.** They are planning a holiday performance in December that collects toys for tots. Check out the bulletin board for upcoming information, or call the front desk at 503-557-4704 and leave a message for Carol Shiveley if you would like to participate. Classes are FREE.

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: Wednesdays from 1:00-3:00 pm. Join us and have lots of fun. All instruments welcome. For questions and information, please call Mark Thomas at 503-723-6088. FREE.

SPECIAL INTEREST CLASSES:

NEW! Craft of the Month:

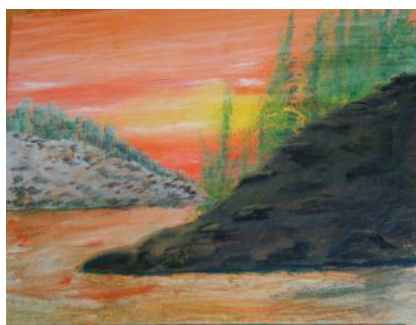
Second Monday (Nov. 14th, and Dec. 12th) from 1:00-3:00 pm. FREE. In November we will be covering and decorating glass craft blocks. In December we will be making Christmas ornaments from paper and glue. Supply lists and sign up sheets showing a sample, are available at the front desk.



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. FREE.




Painting:

Open studio Fridays from 11:00-2:00. FREE.

Share Singers: We visit nearby senior living communities to share sing-alongs and conversations with the residents. Our goal is to interact with residents, not entertain them. Our motto is, "share a smile, share a story, share a song." New members are welcome at any time. FREE.

November/December 2016 Schedule

Meetings are held some Thursdays

Nov. 3	9:45 am	Depart WLACC to visit Hearthstone at Murrayhill
Nov. 17	10:00 am	Meet at WLACC to prepare for Christmas visits
		
Dec. 1	9:45 am	Depart WLACC to visit Emerson House
Dec. 8	9:45 am	Depart WLACC to visit Brookdale River Valley
Dec. 15	9:45 am	Depart WLACC to visit Marquis Tualatin

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



Writing: "Honoring Our Memories": Tuesdays at 9:45-12:00 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: Half hour consultations every 2nd Monday of the month.

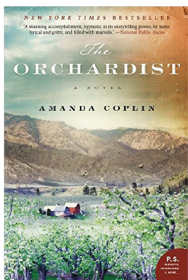
Computer Instructions: Fridays.

For an appointment for both services call the Center at 503-557-4704.

Schedule of Ongoing Events (Cont'd)

Book Club

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



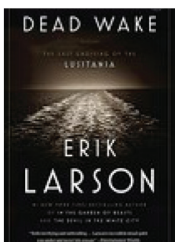
Join Us Wednesday, November 9th at 1:00 pm to discuss the book

“*The ORCHARDIST*”
by Amanda Coplin

At once intimate and epic. The Orchardist is historical fiction at its best, in the grand literary tradition of William Faulkner, Marilynne Robinson, Michael Ondaatje, Annie Proulx, and Toni Morrison.

Set in the untamed American West, a highly original and haunting debut novel about a makeshift family whose dramatic lives are shaped by violence, love, and an indelible connection to the land. –You belong to the earth, and the earth is hard.

&



Join Us Wednesday, December 14th at 1:00 pm to discuss the book

“*DEAD WAKE*”
by Erik Larson

On May 1, 1915, with WWI entering its tenth month, a luxury ocean liner as richly appointed as an English country house sailed out of New York, bound for Liverpool, carrying a record number of children and infants. The passengers were surprisingly at ease, even though Germany had declared the seas around Britain to be a war zone. Gripping and important, Dead Wake captures the sheer drama and emotional power of a disaster whose intimate details and true meaning have long been obscured by history.

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FROM The Desk of



AN OPEN LETTER: *About membership . . .*

I'm sure you've all seen the new posters currently posted on the windows of many classrooms asking you to join us. Membership is totally voluntarily. Everyone can be at the Center, participate in all classes, learn from the many presentations, enjoy the bus trips, and gather with people for a great lunch or activity.

However, this is what your membership fee may go towards:

- Helping to buy patio furniture
- A new bus that does not require a CDL for a higher base of volunteer drivers, allowing for more bus trips!
- Maybe a new sign advertising our gift shop and other events (providing this is allowed by the City code ordinance, and currently under advisement)
- Possibly a large display case for our woodworking artists (you are already members, right?)
- And the list goes on and on . . .

The New Year is almost upon us, and I ask you to join me in renewing your membership for 2017, or if you are new, please join us now. For the year 2015 and 2016, we had over 300 members, please help us do the same for 2017 and aid the Center with increasing activities, maintaining our current high standard, and improve wherever and whenever improvement is needed.

Thank You! – Have a wonderful November and December.



Indiana Glass - 31 pieces.
Pattern: Birds and strawberries. Set includes one piece of Goofus Glass.
Accepting offers!



Belleek china dishes - 48 pieces
Pattern: Limpet.
Made in Ireland, third green mark.
Accepting offers!



Noritake china dishes - 69 pieces.
Pattern: Cardinal.
Made in occupied Japan.
Accepting offers!

At our West Linn Adult Community Center we have had several wonderful donations which are for sale to help our fundraising. They will enhance your Thanksgiving and Christmas table. Please contact Veronica or John for more information or call the center at 503-557-4704.

Thank you so much!

Also available: Set of Vintage Ruby glass dishes made in France - 37 pieces. \$50 for the whole set.



Want to share this on facebook or tell your friends? Email Mieke at miekew@comcast.net for a copy of this ad.

SAVE The Date

**Saturday, November 12th, here at the WLACC
HOLIDAY BAZAAR**

8th Annual Holiday Bazaar with over 25 vendors. For more information, see ad on page 6. Our gift shop will also be open on that day.

Upcoming Bus Trips

All lunches are at your own expense, unless stated otherwise.

Wednesday, November 23rd – A great, local trip before Thanksgiving. Enjoy brunch at Oregon City’s, Yvonne’s, before heading to Coin Toss – a new, local brewery that will offer a private tour of the beer making operations, some Oregon City history and beer samplings! Leave the ACC by 10:00 am for brunch and return around 1:00 or 1:30 pm. Bus trip cost to be determined.

Thursday, December 1st. – Albertina Kerr. Leave the ACC by 10:15 and return around 2:30 pm. Cost is \$33 and includes bus trip, lunch with a nonalcoholic beverage and tip. Shopping cost and wine (if you so choose) will be on your own.

Tuesday, December 13th – Watch the Christmas ships go by at Who Song and Larrys! Leave ACC by 5:00 pm and return time is estimated to be around 9:00 pm. Cost is \$15 for the bus trip and dinner cost is on your own.

Friday, December 16th – Our big Holiday Lunch. See page 9 for more details.

Presentations

Shiba– Thursday, November 3rd at 1:00 pm. Main Medicare presentation. One on one meetings will be on **Thursday, November 17th, from 10:30 am-2:30 pm.**

HealthNet –Tuesday, November 15th from 1:00 pm.

West Linn Memory Café – It’s here!

November 9th and December 14th, and thereafter every 2nd Wednesday of the month from 1:30-3:00 pm. Our new Memory Café will be meeting in the dining room. It will be a regular gathering where folks living with dementia and other memory care needs can socialize with peers and community members.

- Safe, supportive community environment
- Refreshments provided free of charge by *The Stafford.*
- Relaxed atmosphere
- Entertainment or creative activity included

Please note: this is not a drop off site, participants must be accompanied by a care-partner.

Fundraiser at **FIVE GUYS** BURGERS and FRIES

Friday and Saturday, November 11th and 12th – from 9:00 am-

11:00 pm. Your chance to help us raise money! Fundraising is not an easy task, and our board members are working hard to come up with new ideas and new ways to inspire us to do so, as well as make it fun!!!

Look out for flyers and information on the bulletin board at the Center on a regular basis. AND please, remember, you do have to participate to make sure all of this will be a success. The Burgerville fundraiser last July was quite a success, and we will be basing the next few on a similar pattern. The plan is to have many local diners participate in the upcoming months. Of course, we rely on you to be there to enjoy your dinner with friends, family and loved ones, PLUS at the same time helping us.

First restaurant up is **Five Guys** on 8th Street in West Linn. They serve handmade burgers and fries, **plus** Milkshakes . . . could you ask for anything more . . . ? And there is no clean-up or waiting on tables. (See flyer available at the front desk to present to cashier when ordering, or just mention that your order is for the WLACC fundraiser. Also see ad on page 8.)



Lakewood Theatre Presents:



One Man, Two Guvnors
November 4 – December 11
Directed by Don Alder.
One Boss Too Many

By Richard Bean with songs by Grant Olding based on “*The Servant of Two Masters*” by Carlo Goldoni.

Easily confused Francis is trapped working for two bosses who are connected in wildly improbable ways. He has to keep them from discovering each other. The inspired insanity and nimble wordplay is highlighted with live on stage musicians paying homage to rockabilly and a certain Fab Four. Winner of the Outer Critic’s Circle Award for Best New Play.

IMPORTANT NOTICE: Lakewood staff has requested that we limit those attending the free Lakewood rehearsal to 15 people. We will have a sign up at the front desk up to a month in advance of each Wednesdays’ rehearsal play. **Please note:** If you are unable to attend after signing up, you need to call the front desk to let them know of your cancellation so we know that there is room for another person to sign up. Let’s do our best to comply with their regulations so that they continue to offer these free rehearsal plays to the West Linn seniors. Thank you!

DID You Know!

COOKING Classes

Whether you're looking to improve your cooking skills or just want to enjoy a fabulous meal with others in the community, our cooking classes will provide a fun and educational atmosphere that will leave you with new skills, new friends and a satisfied, enjoyable early dinner.

Cooking classes are \$20.00 and include the meal. 6-person minimum is required. Sign up at the front desk of the Adult Community Center, or call 503-557-4704 to pay by credit card.

Thanksgiving Hors d'oeuvres – November 3rd, 3:30-5:30 pm. A hands on class! Caprise salad skewers, olive tapenade on top of crostini, smoked salmon mousse on top of English cucumber and stuffed cherry tomatoes with dill cream cheese. All great appetizers to learn to make for your Thanksgiving meal or anytime you're entertaining.

Our cooking instructor Danial James has spent many years working in fine dining establishments where he learned from some of the best head chefs in the state. He has a passion for cooking in all of its various styles.



THE Best Shopping Secret in West Linn!

Please bring your friends and family to the Gift Shop!

More customers will help with our fundraising! Volunteers are there to assist you and show you all the hidden items in the newly designed drawers.

NOTE: On Saturday, November 12th, between 9:00 am - 4:00 pm, the shop will be open during the 8th Annual Holiday Bazaar.

Come and check out all the wonderful gifts available.

AND now accepting credit and debit cards.

Hope to see you at the Holiday Bazaar too!

– *Veronica and John.*



FRIENDS

of the West Linn Adult Community Center

We are 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

HONOR your loved ones.

Do you know that our West Linn Adult Community Center has a brick memorial garden? Yes, you can purchase a brick, have it engraved with your choice of text, (three lines, sixteen characters per line, maximum) and then have it installed, cost is \$40.00. Ask the volunteer at the desk for more information, and fill out the form available. All proceeds will benefit the Friends of the West Linn Adult Community Center.

HOLIDAY BAZAAR



Saturday, November 12th, 2016

Adult Community Center

1180 Rosemont Road

From 9:00 am - 4:00 pm

Join us at our 8th Annual Holiday

Bazaar with over 25 vendors featuring:

Handcrafted Gifts – Jewelry – Paintings –

Woodworks – Sweets and more.

CITY OF
**West
Linn**
PARKS & RECREATION

Call 503-557-4700 for more information.

Free admission!

CONQUERING 'SAD' Days – by Keli Stevens

Seasonal affective disorder (SAD) touches many people year after year, when the seasons change. SAD is characterized by periods of depression or mood disorder that can happen when we experience changes in the amount of daylight we are exposed to. This can occur in spring to summer cycles of season change, but is more commonly seen in the beginning of fall and sustained throughout January and often into March. For this reason, it is commonly referred to as the winter blues. The percentage of people suffering from SAD goes up as you move north of the equator. People living in areas like the Pacific Northwest, where the days get shorter when the temperature drops, are at greater risk for SAD. People who spend a majority of the winter months indoors and also live in the Pacific Northwest would benefit from a little understanding about SAD and how to treat it.

Although not fully understood, SAD is generally attributed to a combination of factors. The fluctuation in natural light one receives during season change can affect a person in various ways. The light affects the chemical balance in the brain and can result in too much or too little serotonin being produced. Serotonin is a neurotransmitter in the brain that plays a role in mood regulation. Not enough light can lead to a drop in serotonin levels and trigger depression. Our biological clock (circadian rhythm) is believed to be another factor affected by changes in light. Our bodies were designed to take their cues for initiating patterns of sleep and wakefulness from the sun. Awake when the sun goes up, asleep when the sun goes down. Artificial light, shorter days, and less light can affect these natural patterns, causing one to feel more or less tired at inappropriate times. Melatonin production is also affected by light exposure, as it is only produced in the dark. In people with SAD, there may be too much melatonin produced, which makes them feel sleepy and lethargic.

The symptoms of SAD can take the form of changes - in sleep or appetite, weight, energy level, social withdrawal, loss of interest or enjoyment, destructive behavior, even thoughts of suicide. The symptoms will be varied by the season. In winter months one might crave carbohydrates, thus contributing to weight gain. They may feel tired and weak and sleep more. In summer months someone may experience insomnia, anxiety and weight loss.

If you experience these changes, combined with a prolonged feeling of depression, you may want to talk to your doctor. There are several proven treatments, often used in conjunction with others, that can help you find relief. Your doctor will evaluate you and determine which treatments are right for you.

The most common treatment is phototherapy, or sitting in front of a special light for a prescribed period of time every day. These special SAD lights come in a wide array of sizes and types. Your doctor will help you pick the best one for you. It is important to get one made for light therapy as opposed to skin therapy, as the majority of ultraviolet rays have been filtered out. Usually the standard treatment has the person sit in front of the light 30 minutes a day, with eyes open but not looking directly at the light.

Your doctor may also prescribe antidepressant medications and/or psychological therapy. The psychological therapy can help someone learn to recognize stressors and change harmful thoughts or behavioral patterns that bring about the problematic symptoms. Other alternative treatments include the use of herbal supplements, like St. John's Wort, SAME, melatonin and Omega-3 fatty acids. Meditation, massage, yoga and acupuncture have also been reported to help. Every individual is different and will respond differently to each treatment. Finding the correct recipe to turn the SAD days into happy days may take some trial and error, but the good news is that there are options. You CAN say goodbye to SAD.

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Consultant, Owner

(503) 780-7353

DON'T forget:



FIVE GUYS

BURGERS and FRIES

FRIENDS OF THE WEST LINN ADULT
COMMUNITY CENTER FUNDRAISER

WHEN: Saturday and Sunday, November 12th
and 13th from 11:00 am - 9:00 pm.

WHERE: 2050 8th Avenue, West Linn

Five Guys will donate 15% of your purchase!

Please present flyer to cashier at time of
ordering, or verbally mention that this is for
the WLACC Fundraiser. **Thank you for**

your support!



How to be creative with your compost
heap. - Picture courtesy of Dianne Corveatt.

HELPING THE COMMUNITY BUY AND SELL HOMES.



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WHAT YOUR HOME IS WORTH.**



SCOTT FOSTER
LICENSED OREGON BROKER

Phone: 503-860-9318

Email: Scott@homes503.com

Website: www.homes503.com



17040 Pilkington Rd. #200
Lake Oswego, OR 97035

Upcoming Friends Board Meetings: Wednesdays
November 16th and December 21st at 12:45 pm.
ALL MEMBERS WELCOME!

**The Center will be closed for the Holidays on the following
days:** **Veteran's Day – November 11th**
Thanksgiving – November 24th and 25th
Christmas Holiday – December 26th-30th



**Wishing you all HAPPY HOLIDAYS and a
Healthy and Prosperous New Year.**

VOL UN TEERS

NEEDED!

The West Linn Adult Community Center is looking for new volunteers to build our substitute and permanent positions data base. There are many volunteer opportunities available at the front desk, gift shop, kitchen/dining room and many other occasional events. If it's not a permanent position you're looking for, the substitute list is a great opportunity to help out. Volunteers are a very integral part of helping the City of West Linn keep the doors open and the operation running smoothly for the WLACC from 9:00-3:00 Monday through Friday.

Volunteer applications are available on the City of West Linn website (westlinnoregon.gov/parksrec/volunteer) or at the front desk at the Community Center.

November B-Days

Janet Bradley
Ed Buckman
Merle Burns
Rita Burton
Bob Fresh
Stuart Guimary
Julie Hoover
Ethel and Sam Inaba
Naomi Karen
Robert and Charlotte Karl
Allan Kawada
Keith Mann
Mary Martin
S. Dio McMahon
Minerva Meek
Bonnie Metcalfe
James Munyon
Mary Peebler
Irma K. Russell
Kevin Segura
Judy Shipley
Jacqueline Shoemaker
Lois Wallin-Sancher

December B-Days

Mary Ann Anderson;
Rob Barker; Gary Brinck;
Susan Berger; Joanne Bowers
Joyce Brown; Doanne Brown
Krstl Budina-Robbins
Sophronia Coleman
Lou Ann Croy; Peggy Dickston
Herb Gercke; Betsy Hallquist
Jay Henry; Marie Horvath
Charlene Imholt;
Richard Kenna;
Marilynne Krebs;
DeWitt Leitch
Charline Linquist;
Janice Manley; Deborah Maria
Kent Mays; Patti Millage
Mary Milner; Jim Preble
Krstl Robbins
Janice Sobel
David Spencer
Beverly Whiteley
Marsha Wilkins
Carol Wold

MENUS

The Stafford will be catering our lunches. Lunch donation will be \$5.00 and served at 12:00 noon on Mondays, Wednesdays and Fridays.

Complimentary birthdays will be-honored on the first Wednesday of the month.

Menus will be listed weekly in the West Linn Tidings weekly newspaper, together with our ACC article in the neighbors section. Also menus will be posted in the dining room and front bulletin board, updated weekly, or call the Center for more details at 503-557-4704. *(Menus are subject to change).*

WELCOME New Members

Eleanore and Tom Hall – Sue and Bob Shields – Theresa and Gary Cummings. And thank you to those who have already re-newed their membership for 2017.

Way to Go!!!

To sign-up for the on-line version of this newsletter, take 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.



Our Christmas lunch followed by the gift exchange (after giving a little time for kitchen clean up) will be on Friday, December 16th.

Each gift should have a value of \$ 10.00. See

Flyer for more details. We will be taking reservations for this meal so that the Stafford will know how many people to plan for. Thank you!



YOU CAN HELP THE FRIENDS OF THE ADULT COMMUNITY

Every month, I get to draw the winner for the free lunch from the Fred Meyer rewards receipts. I am happy to say Janet McDonald and Judy Hutchinson are the winners. However, we are all winners, because Fred Meyer gives **The Friends of the West Linn Adult Community Center** a portion of the money, from your purchases to us.

Please join the group of people who have added the West Linn Adult Community Center to their Fred Meyer rewards. If you are already a member of the Fred Meyer rewards program simply call 1- 866 -518 -2638 and press 3, give the operator your information and your Fred Meyer reward number or your phone number plus our group number 87643. Then just deposit your receipt with your name, phone number and "Thank you for participating in the 2016- 2017 Fred Meyer Rewards"- in the container at the front desk. You requested Fred Meyer donates to the West Linn Community Group."

Remember Christmas is almost here. It is a great time to give to The Friends of the West Linn Adult Community Center with just adding us to your Fred Meyer rewards. Thank you and happy shopping.

– Lorene

Volunteer Appreciation Casino Night and Dinner, September 15th, 2016.



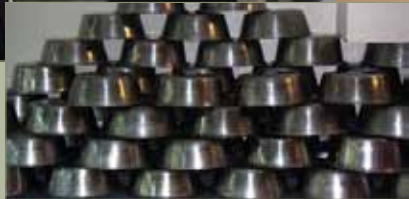
And what fun we had betting and losing money, plus enjoying a wonderful dinner catered by The Stafford and their dedicated staff.

Photo's by Mieke Wiegman. If you are interested in having a copy, please email me at miekew@comcast.net.

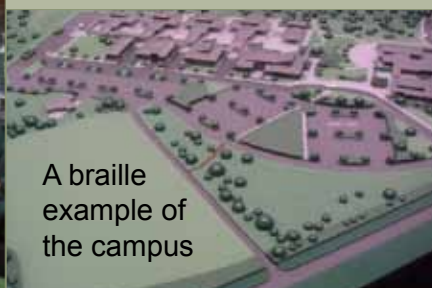
More fun at the Volunteer Appreciation Night



Bus trip to the "Guide dogs for the blind" - September 28th 2016.



This was a wonderful, very informative trip to the "Guide Dogs for the Blind". A non-profit which does tremendous work training dogs and helping people all over the United States.



A braille example of the campus



November 2016 West Linn Adult Community Center 503-557-4704

	<p>1 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15- Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>2 WEDNESDAY 8:30- Walking Group 9:00- Foot care by appt. 10:00- Aerobics 11:00- Garden Appreciation Group 12:00- Birthday Brunch 12:30- Pinochle 1:00- Rosemont Rhythm Band</p>	<p>3 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Share Singers to Hearthstone at Murrayhill 10:00- Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15- Nia-Music and Movement class 1:00- Adult Coloring 1:30 SHIBA Medicare Presentation 3:30- Cooking Class</p>	<p>4 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:00- Foot care by appt. 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Lunch 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>07 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Qigong 10:00- Hand and Foot 12:00- Lunch 12:30- Bridge 1:00- Drama</p>	<p>08 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15- Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>9 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 11:00- Garden Appreciation Group 12:00- Soup/Sandwich Bistro 12:30- Pinochle 1:00- Rosemont Rhythm Band 1:00- Book Club 1:30- Memory Café (NEW!)</p>	<p>10 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15- Nia-Music and Movement class 1:00- Adult Coloring</p>	<p>11 FRIDAY Closed for Veteran's Day</p>
<p>14 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 9:00- Attorney available by appt 10:00- Aerobics 10:00- Qigong 10:00- Hand and Foot 12:00- Lunch 12:30- Bridge 1:00- Drama 1:00- Craft of the month (NEW!)</p>	<p>15 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15- Nia-Music and Movement class 12:30- Pinochle 1:30 HealthNet Medicare Presentation 2:00- West Linn Uke Jam</p>	<p>16 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 11:00- Garden Appreciation Group 12:00- Soup/Sandwich Bistro 12:30- Pinochle 12:45- FACC Board Meeting 1:00- Rosemont Rhythm Band</p>	<p>17 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00- Share Singers meet at ACC 10:00- Yoga 10:30- one on one, SHIBA Medicare meetings 10:00- Knitting & crocheting 12:30- Bridge 11:15- Nia-Music and Movement class 1:00- Adult Coloring</p>	<p>18 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Lunch 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>21 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Qigong 10:00- Hand and Foot 12:00- Lunch 12:30- Bridge</p>	<p>22 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15- Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>23 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 10:00- Bus trip to Coin Toss Brewery 11:00- Garden Appreciation Group 11:15- Line dancing 12:00- Soup/Sandwich Bistro 12:30- Pinochle 1:00- Rosemont Rhythm Band</p>	<p>24 THURSDAY Closed for Thanksgiving Happy Thanksgiving!</p>	<p>25 FRIDAY Closed for the Thanksgiving holiday.</p>
<p>28 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch 12:30- Bridge</p>	<p>29 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15- Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>30 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 11:00- Garden Appreciation Group 12:00- Soup/Sandwich Bistro 12:30- Pinochle 1:00- Rosemont Rhythm Band</p>		

December 2016 West Linn Adult Community Center 503-557-4704

			01 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Emerson House 10:00-Yoga 10:00- Knitting & crocheting 10:15- bus trip to Albertina Kerr 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring	02 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:00-Foot care by appt. 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lunch 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
05 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 12:00-Lunch 12:30- Bridge 1:00-Drama	06 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Honoring Our Memories Writing Group 10:00- Yoga 11:00-T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam	07 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 9:00-Foot care by appt 11:00-Garden Appreciation Group 12:00-Birthday Brunch 12:30- Pinochle 1:00-Rosemont Rhythm Band	08 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Brookdale River Valley 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring	09 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lunch 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
12 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 9:00-Attorney available by appt 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 12:00-Lunch 12:30- Bridge 1:00-Drama 1:00-Craft of the month	13 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam 5:00- Bus Trip to see the Christmas Ships	14 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Soup/Sandwich Bistro 12:30- Pinochle 1:00-Rosemont Rhythm Band 1:00-Book Club 1:30- Memory Cafe	15 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Marquis Tualatin 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00-Adult Coloring	16 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Holiday Lunch (reservations required) 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
19 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 12:00-Lunch 12:30- Bridge	20 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam	21 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Soup/Sandwich Bistro 12:30- Pinochle 12:45-FACC Board Meeting 1:00-Rosemont Rhythm Band	22 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00-Adult Coloring	23 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lunch 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
26 MONDAY Closed for the Christmas and New Year holiday 	27 TUESDAY Closed for the Christmas and New Year holiday	28 WEDNESDAY Closed for the Christmas and New Year holiday	29 THURSDAY Closed for the Christmas and New Year holiday	30 FRIDAY Closed for the Christmas and New Year holiday 