

November / December 2022

# West Linn Adult Community Center Newsletter



## CONNECT, SERVE, GROW.

The Center enriches the lives of those 50 and better in West Linn and surrounding areas by providing social, recreational, health and educational services and programs.

1180 Rosemont Road  
West Linn, OR 97068  
503-557-4704

Center Hours:  
Monday- Friday  
9am-3pm



CITY OF  
**West Linn**

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## HAPPY HOLIDAYS

Hello Friends,

We have a wonderful holiday line up of events and we are excited to celebrate the season with you all. Please take a look at the many festive activities and sign up quickly as spaces fill up fast.

Also, we are opening lunches on Fridays starting in November. Check out the menu page for details as it's going to be a different format from our Wednesday lunch!

Another great activity coming back to the ACC is a Ukulele Jam. We can't wait to listen to them play. They will be meeting on Tuesdays at 1pm.

Warmly,  
Meghan and Tiffany



Meet the Staff:  
Tiffany Carlson,  
Recreation Coordinator  
[tcarlson@westlinnoregon.gov](mailto:tcarlson@westlinnoregon.gov)

Meghan Matthies,  
Recreation Coordinator  
[mmatthies@westlinnoregon.gov](mailto:mmatthies@westlinnoregon.gov)

## Volunteer Corner - We Need Your Help

- We could use some volunteers to help decorate the ACC for the holidays. If you would like to join us, please talk to Tiffany or Meghan about scheduling.

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# In Memoriam - Kathleen Atkins

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Sadly, on September 30th, we said goodbye to a friend and longtime volunteer - Kathleen Atkins. You might have met her while browsing the library, she always had a recommendation. She may have quietly greeted you while working the front desk. You may have learned to arrange flowers from her and gone home with something gorgeous for your table. You may have seen her tending the center's plants. You might have seen her act with Age-Cured Hams and laughed a lot. You may have taken her painting class and discovered you could do it too.



Happily, we will celebrate her life on Nov. 15 at 1 pm. Please join us as we share Kathleen stories. Many will likely include samples of her sly, dry wit. We know none of us get out of this alive, but still every loss hurts. Let us comfort each other with tales of happy days when Kathleen enriched our lives. Hope to see you there.

Join us Tuesday, November 15th at 1pm in the dining room. Come and share memories over tea and cookies.

\*\*We would like to feature different groups and individuals for each issue, please let us know if you have someone you would like us to spotlight.

**THE STAFFORD**  
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# Upcoming Events

## Holiday Paint & Sip

Tuesday, November 29th 1:00-3:30pm.

Come have goodies and sips while you take a fun and instructional painting class with artist, Maureen Heath. \$40 includes all art supplies, food and beverages.

## Music By the Fire Concert

Thursday, December 15th, 3:30pm-5pm

Enjoy a holiday themed piano concert by the fire with pianist, Ruth Yerden and violinist, Jeremy Clawson. Food and wine will be served after the concert. Wine graciously provided by the Stafford.

\$20 includes the concert, appetizers and beverages.

## Holiday Baking Social

Tuesday, Dec 6th & Thursday, Dec 8th

Come bake with us! Share recipes, swap goodies, enjoy snacks & mimosa's while you get your holiday baking underway. We provide all the basic baking supplies, holiday music and best yet, we clean up the kitchen when you're done!

9:00am-noon (1st session - Bake your own)

1:00-4:00pm (2nd session - Cookie exchange with fellow bakers)

Cost: \$40 per session includes snacks, mimosa, baking supplies and to-go boxes for your goodies.

## TOYS FOR TOTS

We will be hosting the Toys for Tots bins in our front lobby again this year. Starting on November 23rd, please bring new, unwrapped toys to donate to children in need.



# Bus Trips



Lunch & a Movie at the Stafford - "You've Got Mail"  
November 10th - Cost: \$10 includes transportation

Enjoy a relaxing afternoon with lunch at Nicoletta's Table and a movie at the Stafford. Bus departs at 12:40pm and returns before 5pm.

Silverton Christmas Market - Oregon Garden  
December 1st - Cost: \$25 (includes admission)

Enjoy the beautiful lights and holiday vendors!  
Bus departs the ACC at 3:30pm and return around 8pm



Viewing of the Christmas Ships (Full with waitlist)  
with dinner at the Old Spaghetti Factory

December 6th - Cost: \$15 includes transportation

Bus departs the ACC at 5pm, dinner at 6pm,  
estimated return around 9pm.

# NEW! Open hours Lunch now being served on Fridays - 11:00am-1:00pm

Lunch will now be served between 11:00-1:00pm on Fridays! There will be 2 soup options, half sandwich, mixed green salad and dessert. Sign up the Wednesday before, cost is \$8.



# NOVEMBER & December

# MENU

Served by our Caterer, Baker's Dozen. Price: \$8

## WEDNESDAYS at NOON

Nov 2nd	Hot Open-faced Turkey Sandwich
Nov 9th	Entree Cobb Salad
Nov 16th	Swedish Meatballs, mashed potatoes and lingonberry jam
Nov 23rd	Brunch for Lunch - Eggs, bacon, sausage, biscuits and gravy
Nov 30th	French Dip with Fries
Dec 7th	Chicken Fried Steak, mashed potatoes. com
Dec 14th	Holiday Lunch (\$12) - Ham, Turkey and all traditional sides (wine available for purchase)

## FRIDAYS from 11:00AM-1:00PM

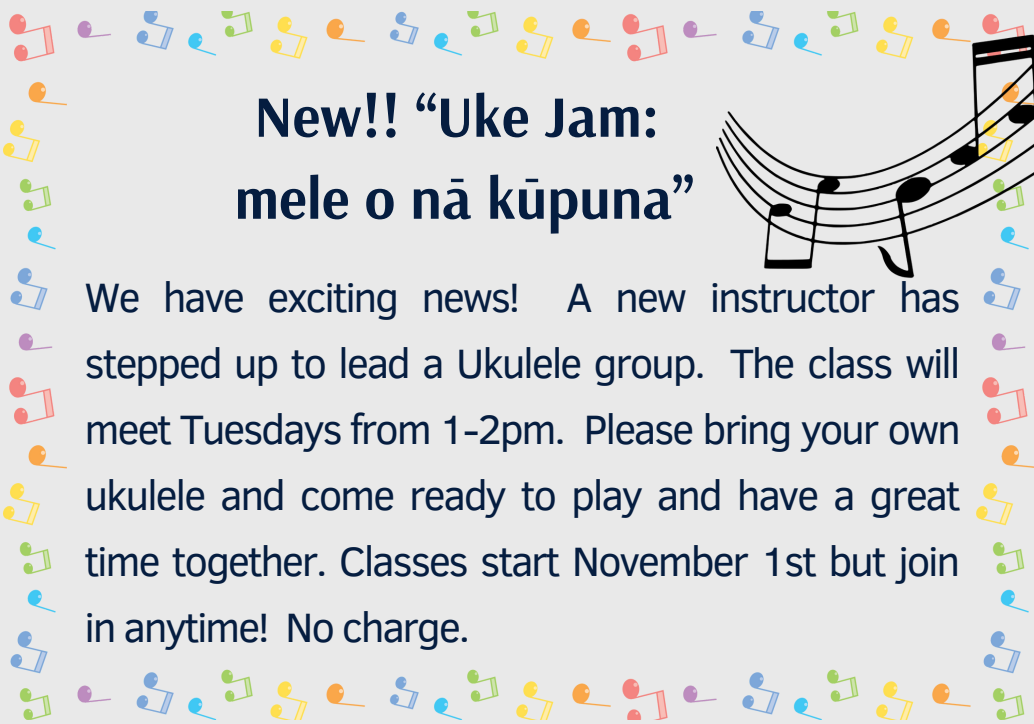
Nov 4th	Soups: clam chowder and tomato basil Tuna salad sandwich
Nov 11th	No lunch - Closed for Veterans Day
Nov 18th	Soups: clam chowder & chicken noodle with Turkey, Bacon, ranch sandwich
Nov 25th	No Lunch - Closed for Thanksgiving
Dec 2nd	Soups: clam chowder & split pea with Ham & Swiss sandwich
Dec 9th	Soups: clam chowder and Broccoli Cheddar with Roast Beef Hoagie
Dec 16th	Soups: clam chowder & Chicken Tortilla with grilled quesadillas





# Medical Equipment

The WLACC has medical equipment to loan out free of charge. Please call the front desk to see what is available.  
(503) 557-4704



## New!! “Uke Jam: mele o nā kūpuna”

We have exciting news! A new instructor has stepped up to lead a Ukulele group. The class will meet Tuesdays from 1-2pm. Please bring your own ukulele and come ready to play and have a great time together. Classes start November 1st but join in anytime! No charge.



## Portland Senior Housing

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OSRAA  
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Portland Senior Housing



I'm dedicated to helping your family as if you were mine.

## Parkinsons Support Group

2nd Monday of the month, 1-2pm

For you, a loved one or friend living with Parkinsons disease, join us for a support group to share, learn and connect with others navigating Parkinsons.



## Table Tennis for Parkinsons

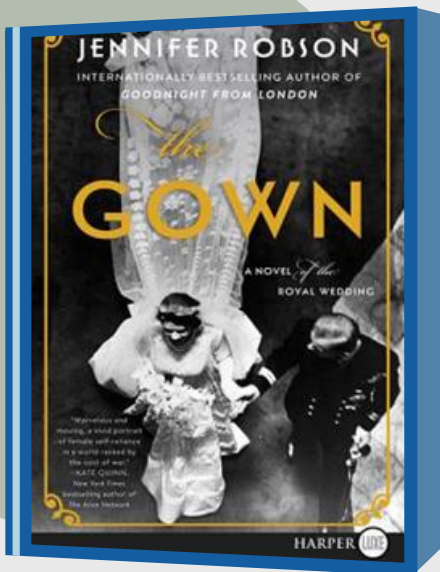
Tuesdays, 1:00-2:00pm

If you or a loved one has Parkinson's, please join us for table tennis. No cost to play and is a great way to exercise and meet new friends!

## BOOK CLUB UPCOMING READS

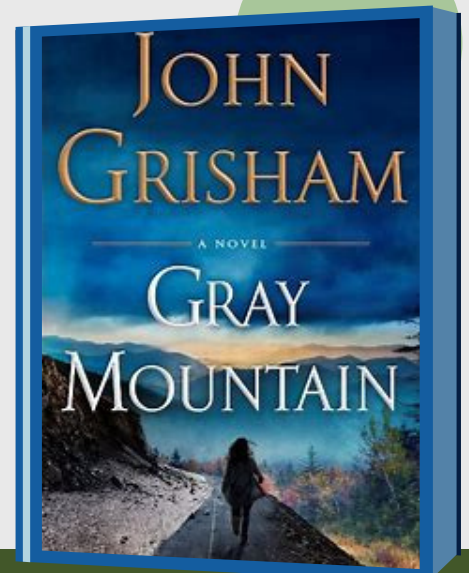
**NOVEMBER 9TH, 1:00PM - THE GOWN BY JENNIFER ROBSON**

Jennifer Robson takes us inside the workrooms where one of the most famous wedding gowns in history was created. Balancing behind-the-scenes details with a sweeping portrait of a society, she introduces readers to three unforgettable heroines, their points of view intersecting throughout its pages, whose lives are woven together by the pain of survival, the bonds of friendship, and the redemptive power of love.



**DECEMBER 14TH, 1:00PM - GRAY MOUNTAIN BY JOHN GRISHAM**

The year is 2008 and Samantha Kofers career at a huge Wall Street law firm is on the fast track—until the recession hits and she is downsized, furloughed, and escorted out of the building. Samantha, though, is offered an opportunity to work at a legal aid clinic for one year without pay, all for a slim chance of getting rehired.





WE LOVED MEETING SO MANY NEW PEOPLE AT OUR COMMUNITY OPEN HOUSE



TASTY FOOD, GOOD MUSIC AND LOTS OF SOCIALIZING



WE'VE BEEN HAVING LOTS OF FUN! JOIN US NEXT TIME!

# Health & Fitness Activities

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## Zumba Gold: Wednesdays & Friday, 8:30-9:30am

Join us for Zumba Gold, a lower intensity version of Zumba fitness that focuses on balance, range of motion and coordination specifically for older adults. No experience necessary. WL residents \$70 monthly; non residents \$80 or \$9 drop in fee for both.

## Gentle Yoga and Strength: Fridays 10:00-11:30am

Where East meets East; combining the best of the stretch, strength and balance of yoga with the healing benefits of each pose explained by the ancient Chinese Qigong theory. Each class will end with a 15 minute meditation for the reduction and control of anxiety and stress. Taught by Master Qigong Instructor, Lyndalea Ruffner. Current term runs September 16th-November 4th; WL residents \$65 full term; non residents \$75 or \$7.50 drop in fee for both.

## Move Well Yoga: Mondays & Wednesdays 8:30-9:30am

Move Well Yoga is a unique slow-paced class of gentle movements open to all levels, modifications offered, mostly floor poses, and some standing. Wendy combines Yoga and mobility in a unique teaching style designed to move the body, increase range of motion and build joint strength. Bring a Yoga mat & blocks. Drop-ins welcome class size permitting. Taught by Wendy Bless. November 11th-December 14th ; WL residents \$66; non residents \$76 for full term; \$9.00 drop in fee for both.

## Qigong classes: Mondays and/or Wednesdays 10:00am - 12:00pm

Qigong classes are taught by Master Qigong Teacher Lyndalea Ruffner who is certified by the Ling Gui International Healing Qigong School. All classes include Qigong breathing, self-massage, immune boosting techniques, meditation, and skills to assist you in becoming your own best healer.

-Monday classes featuring Dai Mai Qigong. November 14th, 21st, December 5th and 12th. WL residents \$32 full term; non residents \$42; \$9 drop in fee for both.

-Wednesday classes for Balance. November 16th, 30th, December 7th and 14th. WL residents \$32 full term; non residents \$42; \$9 drop-in fee for both.

-Students attending both Monday and Wednesday classes- \$60 for WL residents; \$70 for non residents

## Yoga and Strength, Tuesday & Thursday 10:00 –11:00 am.

Gentle Yoga and Strength is a comprehensive and gentle class covering balance, strength and stretching moves while relaxing your body and mind. Taught by Tiffany Carlson. Currently at full capacity. Please contact the front desk to be added to the wait list.

## Walking Group

We have a very friendly group of morning walkers, who are at all levels, so you won't be left behind. Join them at the Adult Community Center on Mon, Wed and Fri @ 8:30 – 9:30 am. No charge.

## Aerobics Class

Come join this group morning video exercise class. What a great way to start your day!  
Mon, Wed and Fri @ 10 - 11 am. No charge

# Creative/Special Interest Activities

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Wood Carving: Mondays @ 9:00am-12:00pm.

This group ranges from novice to expert carvers. Join us! Bring your own tools and supplies.

Knitting Group: Thursday @ 10:00am-12:00pm.

Bring your knitting and/or crocheting and join in with a fun social group.

Marimba Ensemble: Gather together once each week and learn and perform repetitive patterns and parts on the various Instruments in our ensemble. Thursdays, 12:00pm-1:00pm. \$15 per class.

Open Painting: Fridays @ 10:00am-12:00pm

Bring your painting project and supplies and enjoy some social time while painting your works together. Instruction provided if desired.

Uke Jam; "mele o nā kūpuna" - Tuesdays, 1:00-2:00pm. Bring your own ukulele and come ready for fun. No charge.

Writing group-Honoring Your Memories: Tuesdays @ 10:00am-12:00pm

Topics vary. It may be fiction or based on your own personal life experience. Writing about the past can be especially important for the future generations.

Quilting: Every other Thursday (November 3rd, 17th, December 1st and 15th) 10:00am-12:00pm

CARD GAMES (no charge unless otherwise noted)

Bridge: Mondays @ 12:00-3:00 pm

Hand & Foot: Mondays @ 10:00-12:00pm

Pinochle: Tuesdays, Wednesdays and Fridays @ 12:30-3:00pm

Texas Hold 'Em: Fridays @ 12:00pm (\$5.00 buy-in)

Whist: Fridays @ 10:00am

Mah Jongg: Fridays @ 12:00pm

Footcare with Nurse Jan: By appointment only every 1st and 3rd Tuesday of the month.

See front desk for sign up. \$30. Please note, currently booking at 6 weeks out.

Attorney Consultations with Nicole Sakys from Edgel Law Group, specializing in Estate Planning, POA, Wills, Trusts and more. Receive a one time complimentary meeting offered every first Wednesday of the month. See front desk for sign up.

City of West Linn presents the annual

# HOLIDAY BAZAAR



Over 30 artists  
selling unique  
and hand  
crafted items

NOV 19-20  
9:00 am - 3:00 pm



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West Linn Lions Burgers &  
Forest Edge Vineyard

West Linn Adult Community Center  
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FOR MORE INFO: 503 557-4704



CITY OF  
**West  
Linn**  
PARKS & RECREATION



WEST LINN ADULT COMMUNITY CENTER



# HOLIDAY BAKING SOCIAL






Come bake with us! Share recipes, swap goodies, enjoy snacks & mimosa's while you get your holiday baking underway. We provide all the basic baking supplies, holiday music and best yet, we clean up the kitchen when you're done!

- Bring your recipes and your holiday spirit.



TUES. DECEMBER 6TH &  
THURS. DECEMBER 8TH

9:00AM-NOON (1ST SESSION - BAKE YOUR OWN)  
1:00-4:00PM (2ND SESSION & COOKIE EXCHANGE  
WITH FELLOW BAKERS)



**COST: \$40 PER SESSION INCLUDES SNACKS,  
MIMOSA, BAKING SUPPLIES AND TO-GO  
BOXES FOR YOUR GOODIES.**



Please sign up at the front desk.  
limited space available





# Holiday Tree Lighting & Community Celebration

6pm-8pm Friday, December 2, 2022

West Linn City Hall  
22500 Salamo Road • West Linn

- Entertainment
- Visit and photo with Santa & treats from Mrs. Claus
- Treats and more!



# November 2022 West Linn Adult Community Center – 503-557-4704

	<b>1 TUESDAY</b> 9:00- Foot Care by Appt. 9:00-Zumba Gold 10:00- Honoring Our Memo- ries Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinson’s 1:00-Uke Jam	<b>2 WEDNESDAY</b> 8:30-Zumba Gold 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00: LUNCH 12-2:00: Attorney by appt. 12:30- Pinochle 1:00-Band Jam	<b>3 THURSDAY</b> 9:00-Zumba Gold 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 12:15- Marimba Ensemble	<b>4 FRIDAY</b> 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 11-1:00-Lunch 12:00- Texas Hold ‘Em 12:00- Mah Jongg – Chinese 12:30- Pinochle
<b>7 MONDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	<b>8 TUESDAY.</b> 9:00-Zumba Gold 10:00- Honoring Our Memo- ries Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinson’s 1:00-Uke Jam	<b>9 WEDNESDAY</b> 8:30-Zumba Gold 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00: LUNCH 12-2:00: Attorney by appt. 12:30- Pinochle <b>1:00 – Book Club: The Gown            by Jennifer Robeson</b> 1:00-Band Jam	<b>10 THURSDAY</b> 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble <b>12:45- Bus trip to Nicolatta’s            Table and movie at the Stafford</b>	<b>11 FRIDAY</b>  <h2 style="text-align: center;">Closed in honor of Veteran’s Day</h2>
<b>14 MONDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge 1:00-Parkinson’s Support Group	<b>15 TUESDAY</b> 9:00- Foot Care by Appt. 10:00- Honoring Our Memo- ries Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinson’s 1:00-Uke Jam	<b>16 WEDNESDAY</b> 8:30-Zumba Gold 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 10:00- Qigong 12:00 - LUNCH 12:30- Pinochle 1:00-Band Jam	<b>17 THURSDAY</b> 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 12:15- Marimba Ensemble	<b>18 FRIDAY</b> 8:30-Zumba Gold 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 10:00 – Gentle Yoga and Strength 11-1:00-Lunch 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle  <b>Saturday and Sunday is our            Annual Holiday Bazaar from            9am-3pm</b>
<b>21 MONDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	<b>22 TUESDAY.</b> 9:00- Foot Care by Appt. 10:00- Honoring Our Memo- ries Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinson’s 1:00-Uke Jam	<b>23 WEDNESDAY</b> 8:30-Zumba Gold 8:30- Walking Group 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 12:00: LUNCH 12:30- Pinochle 1:00-Band Jam	<b>24 THURSDAY</b>  <h2 style="text-align: center;">Closed for the Thanksgiving Holiday</h2>	<b>25 FRIDAY</b>  <h2 style="text-align: center;">Closed</h2>
<b>28 MONDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	<b>29 TUESDAY.</b> 10:00- Honoring Our Memo- ries Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinson’s 1:00-Uke Jam <b>1:00-Paint and Sip class</b>	<b>30 WEDNESDAY</b> 8:30-Zumba Gold 8:30- Walking Group 8:30- Move Well Yoga 10:00-Qigong 10:00- Aerobics 12:00: LUNCH 12:30- Pinochle 1:00-Band Jam		

## December 2022 West Linn Adult Community Center – 503-557-4704

			<b>1 THURSDAY</b> 9:00-Zumba Gold 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 12:15- Marimba Ensemble <b>3:30-Silverton Christmas Market Bus trip</b>	<b>2 FRIDAY</b> 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 11:00-1:00-Lunch 12:00- Texas Hold 'Em 12:00- Mah Jongg – Chinese 12:30- Pinochle
<b>5 MONDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	<b>6 TUESDAY.</b> 9:00- Foot Care by Appt. 9:00-Zumba Gold <b>9:00-3:00-Holiday Baking classes</b> 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinsons 1:00-Uke Jam <b>5:00-Christmas Ships bus trip</b>	<b>7 WEDNESDAY</b> 8:30-Zumba Gold 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 12:00: LUNCH 12-2:00: Attorney by appt. 12:30- Pinochle 1:00-Band Jam	<b>8 THURSDAY</b> <b>9:00-3:00-Holiday Baking classes</b> 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble	<b>9 FRIDAY</b> 8:30-Zumba Gold 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 11:00-1:00-Lunch 12:00- Texas Hold 'Em 12:00- Mah Jongg - Chinese 12:30- Pinochle
<b>12 MONDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge 1:00-Parkinson's support group	<b>13 TUESDAY</b> 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinson's 1:00-Uke Jam	<b>14 WEDNESDAY</b> 8:30-Zumba Gold 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 10:00- Qigong <b>12:00 –Holiday meal</b> <b>1:00-Gift exchange</b> 12:30- Pinochle <b>1:00- Book club-Gray Moun-tain by John Grisham</b> 1:00-Band Jam	<b>15 THURSDAY</b> 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 12:15- Marimba Ensemble <b>3:30-Music by the Fire-Holiday concert</b>	<b>16 FRIDAY</b> 8:30-Zumba Gold 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 10:00 – Gentle Yoga and Strength 11:00-1:00-Lunch 12:00- Texas Hold 'Em 12:00- Mah Jongg - Chinese 12:30- Pinochle
<b>19 MONDAY</b> 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge	<b>20 TUESDAY.</b> 9:00- Foot Care by Appt. 10:00- Honoring Our Memories Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinson's 1:00-Uke Jam	<b>21 WEDNESDAY</b>  <p style="text-align: center; color: red;"><b>Closed</b> <b>Happy Holidays!!</b></p> <p style="text-align: center; color: red;"><b>We look forward to seeing you in 2023!</b></p>	<b>22 THURSDAY</b>  <p style="text-align: center; color: red;"><b>Closed</b></p>	<b>23 FRIDAY</b>  <p style="text-align: center; color: red;"><b>Closed</b></p>
<b>26 MONDAY</b>  <p style="text-align: center; color: red;"><b>Closed</b></p>	<b>27 TUESDAY.</b>  <p style="text-align: center; color: red;"><b>Closed</b></p>	<b>28 WEDNESDAY</b>  <p style="text-align: center; color: red;"><b>Closed</b></p>	<b>29 THURSDAY</b>  <p style="text-align: center; color: red;"><b>Closed</b></p>	<b>30 FRIDAY</b>  <p style="text-align: center; color: red;"><b>Closed</b> <b>Happy New Year!</b></p>