

January / February 2023

# 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 New Year

Hello Friends,

We are so excited to welcome in 2023. This is going to be a great season to be at the WLACC with lots of fresh and fun activities to keep you busy this winter.

We are looking forward to welcoming back two of our past fitness instructors. Jacquelyn Rodgers is bringing back the much loved Strength and Balance class and Sharon Miller will be teaching her popular Tai Chi class here again. We feel fortunate to have top notch instructors that offer enriching classes and activities to our senior community.



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 are in need of front desk volunteers available to do substitute shifts. Shifts are 9am-12 or 12-3pm.

# Upcoming Events

## Estate Planning Presentation

Tuesday, January 18th 1:00-2:00pm.

Join attorney, Karn Thapar for an informative presentation on estate planning.

Please RSVP at the front desk.



## Paint & Sip

Tuesday, February 21th, 1:00pm-2:30pm

Enjoy an afternoon of painting guided by artist Maureen Heath. Served with sweet treats & fun drinks.

\$40 includes all art supplies, food and beverages.



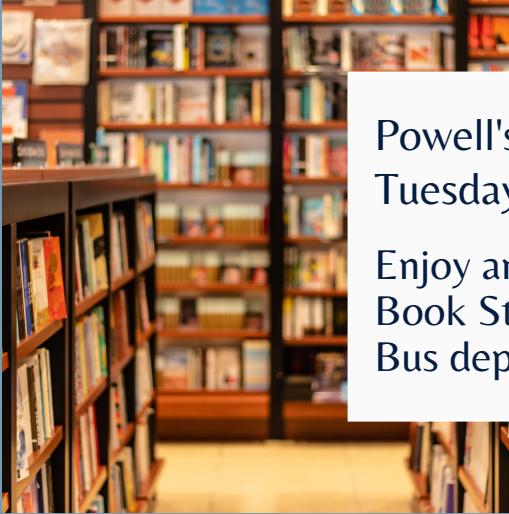
## TAX APPOINTMENTS AT THE WLACC

The WLACC will host the AARP Tax Program again this year. We will start taking appointments in late January, please call the front desk to schedule.

503 557-4704



# Bus Trips



Powell's Books & Lunch at Mother's Bistro  
Tuesday, January 25th - \$10 for transportation

Enjoy an outing to downtown shopping at Powell's Book Store and lunch at Mothers Bistro  
Bus departs the ACC at 9:30am and return around 2pm

Volksfest - Mt. Angel  
Wednesday, February 3rd - \$10 for transportation

Head into Mt. Angel to for a celebration of German sausage. There will be food, beer, and live music.  
Bus departs at 10am and returns around 2pm



Lunch & Wine Tasting - Date TBD  
Late February - Cost: \$10 includes transportation

Enjoy a fun outing with lunch & wine tasting in wine country. Specific date and details to come, check with the front desk for updated info.



# Lunch is Served

Plated lunch served on Weds at Noon and open hours lunch now being served on Fridays - 11:00am-1:00pm.



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

## WEDNESDAYS at NOON

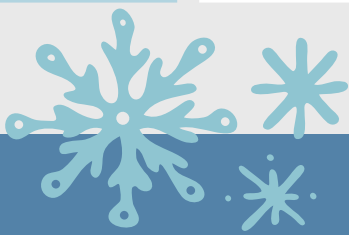
Main dish, salad bar, 2 sides & dessert

Jan 4th	Pot Roast with mashed potatoes
Jan 11th	Chicken Parm with Ravioli and mixed vegetables
Jan 18th	Pork Sliders with Tots
Jan 25th	Brunch for Lunch - Eggs, bacon, sausage and hashbrowns
Feb 1st	Shepards Pie with gravy
Feb 8th	Entree Chef Salad with cheesy bread and cream of broccoli soup
Feb 15th	Pork Chops with mashed potatoes and corn
Feb 22nd	Chicken Pot Pie

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

2 soup choices, half sandwich, tossed salad & dessert

Jan 6th	Soups: Clam chowder & tomato bisque Grilled Cheese
Jan 13th	Soups: Clam chowder & French onion Chicken salad sandwich
Jan 20th	Soups: Clam chowder & chicken noodle with Turkey, Bacon, ranch sandwich
Jan 27th	Soups: Clam chowder & chili with cornbread
Feb 3rd	Soups: Clam chowder & roasted red pepper with Egg Salad sandwich
Feb 10th	Soups: Clam chowder & Hungarian Mushroom with Brisket Sandwich
Feb 17th	Soups: Clam chowder & Asparagus leek with Cuban sandwich
Feb 24th	Soup: Clam chowder & Italian Wedding with Meatball Sub Sandwich





# 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

## Foot Care with Nurse Jan

The WLACC offers footcare with Nurse Jan, the first and third Tuesday of every month. Cost is \$30, currently booking about 6 weeks out. Call the front desk to schedule an appointment today.




**THE STAFFORD**  
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A Boutique Retirement  
Experience



Discover upscale senior living that caters to your independent lifestyle.

1200 Overlook Drive  
Lake Oswego, OR 97034  
(503) 636-4589  
THESTAFFORD.NET

 Find us on Facebook!

## 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.

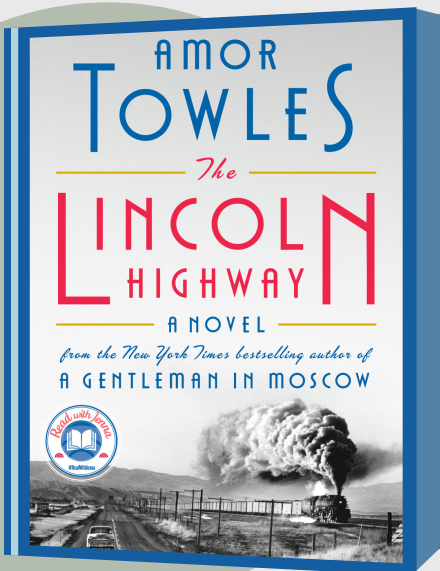


## Table Tennis for Parkinsons

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



### JANUARY 11TH, 1:00PM - THE LINCOLN HIGHWAY BY AMOR TOWLES

Spanning just ten days and told from multiple points of view, Towles's third novel will satisfy fans of his multi-layered literary styling while providing them an array of new and richly imagined settings, characters, and themes.

### FEBRUARY 8TH, 1:00PM - SMALL GREAT THINGS BY JODI PICOULT

With incredible empathy, intelligence, and candor, Jodi Picoult tackles race, privilege, prejudice, justice, and compassion—and doesn't offer easy answers. Small Great Things is a remarkable achievement from a writer at the top of her game.

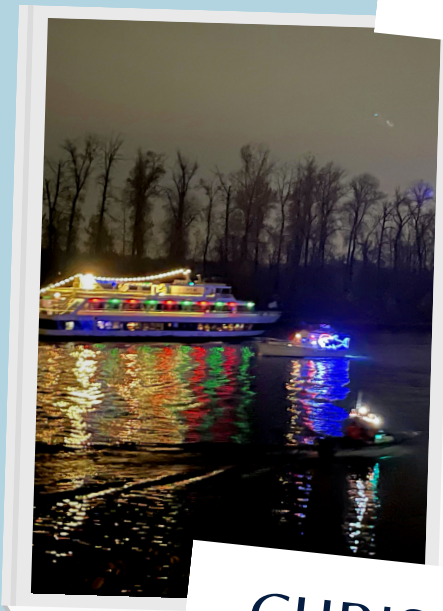




# BUS TRIP TO NICOLETTA'S TABLE & THE MOVIES



# CONCERT BY THE FIRE



# CHRISTMAS SHIPS

# Health & Fitness Activities

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## **New! Strength and Balance: Tuesdays & Fridays, 8:30-9:30am**

Improve your strength and balance to conquer those every day activities. Utilize small hand weights, a resistance band, a chair and standing exercises. Taught by Jacquelyn Rodgers--Certified Pilates, Senior Fitness Specialist and Certified NASM Trainer. January 3rd-February 23rd. \$105 resident or \$115 for nonresident for 2x a week. \$55 resident or \$65 nonresident for 1x a week. \$10 drop in

## **New! T'ai Chi (Taiji) Beginning: Thursdays, 12:30-1:30pm**

Improve your balance! Increase your vitality. Strengthen your immune system! Stimulate your brain! Achieve strength and flexibility. Alleviate anxiety and depression. Relieve chronic pain and inflammation. Playing Taiji can offer all of this and more! This class will introduce you to the ancient Chinese 24-Movement Yang-Style Form. The Movements are performed in a continuous sequence at slow speed—appropriate and beneficial for any age or physical shape. Min 6 Max 12. Taught by S.V. Miller January 26th-April 13th. \$108 resident or \$118.00 non resident. No drop in option.

## **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 \$10 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. Taught by Master Qigong Instructor, Lyndalea Ruffner. WL residents \$65 full term; non residents \$75 or \$10.00 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. WL residents \$66; non residents \$76 for full term; \$10.00 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. 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. WL residents \$32 full term; non residents \$42; \$10 drop in fee for both.

-Wednesday classes for Balance. WL residents \$32 full term; non residents \$42; \$10 drop-in fee for both.

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

## **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 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.



# January 2023 West Linn Adult Community Center – (503) 557-4704

<p><b>2 MONDAY</b></p> <p>ACC Closed- New Year holiday observed</p>	<p><b>3 TUESDAY.</b></p> <p>9:00- Foot Care by Appt. 8:30-Strength and Balance 10:00- Honoring Our Memo- ries Writing 10:00- Gentle Yoga and Strength 12:30- Pinochle 1:00 –Table Tennis for Parkinsons 1:00-Uke Jam</p>	<p><b>4 WEDNESDAY</b></p> <p>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</p>	<p><b>5 THURSDAY</b></p> <p>9:00-Zumba Gold 10:00-Gentle Yoga and Strength 10:00- Knitting &amp; Crocheting 10:00- Quilting for a Cause 12:15- Marimba Ensemble</p>	<p><b>6 FRIDAY</b></p> <p>8:30-Zumba Gold 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00 – Gentle Yoga and Strength 10:00- Aerobics 10:00- Whist 11:00-1:00-Lunch 12:00- Texas Hold ‘Em 12:00- Mah Jongg – Chinese 12:30- Pinochle</p>
<p><b>9 MONDAY</b></p> <p>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</p>	<p><b>10 TUESDAY.</b></p> <p>8:30-Strength and Balance 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 Parkinsons 1:00-Uke Jam</p>	<p><b>11 WEDNESDAY</b></p> <p>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 1:00-Book Club-The Lincoln Highway by Amor Towles</p>	<p><b>12 THURSDAY</b></p> <p>10:00-Gentle Yoga and Strength 10:00- Knitting &amp; Crocheting 12:15- Marimba Ensemble</p>	<p><b>13 FRIDAY</b></p> <p>8:30-Zumba Gold 8:30-Strength and Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00 – Gentle Yoga and Strength 10:00- Whist 11:00-1:00-Lunch 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p><b>16 MONDAY</b></p> <p>Closed in honor of MLK day</p>	<p><b>17 TUESDAY</b></p> <p>8:30-Strength and Balance 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</p>	<p><b>18 WEDNESDAY</b></p> <p>8:30-Zumba Gold 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 10:00- Qigong 12:30- Pinochle 1:00-Band Jam 1:00-Estate Planning Presenta- tion</p>	<p><b>19 THURSDAY</b></p> <p>10:00- Gentle Yoga and Strength 10:00- Knitting &amp; Crocheting 10:00- Quilting for a Cause 12:15- Marimba Ensemble</p>	<p><b>20 FRIDAY</b></p> <p>8:30-Zumba Gold 8:30-Strength and Balance 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</p>
<p><b>23 MONDAY</b></p> <p>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</p>	<p><b>24 TUESDAY.</b></p> <p>8:30-Strength and Balance 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</p>	<p><b>25 WEDNESDAY</b></p> <p>8:30-Zumba Gold 8:30- Walking Group 8:30- Move Well Yoga 9:30-Bus trip to Powell’s Books and lunch at Mother’s Bistro 10:00- Aerobics 10:00- Qigong 12:30- Pinochle 1:00-Band Jam</p>	<p><b>26 THURSDAY</b></p> <p>10:00- Gentle Yoga and Strength 10:00- Knitting &amp; Crocheting 12:15- Marimba Ensemble</p>	<p><b>27 FRIDAY</b></p> <p>8:30-Zumba Gold 8:30-Strength and Balance 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</p>
<p><b>30 MONDAY</b></p> <p>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</p>	<p><b>31 TUESDAY.</b></p> <p>8:30-Strength and Balance 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</p>			

## February 2023 West Linn Adult Community Center – (503) 557-4704

<p><b>MONDAY</b></p>	<p><b>TUESDAY.</b></p>	<p><b>1 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</p>	<p><b>2 THURSDAY</b>              10:00-Gentle Yoga and Strength              10:00- Knitting &amp; Crocheting              10:00- Quilting for a Cause              12:15- Marimba Ensemble</p>	<p><b>3 FRIDAY</b>              8:30-Zumba Gold              8:30-Strength and Balance              8:30- Walking Group  <b>10:00-Bus trip to Volksfest in Mt. Angel</b>              10:00- Open Painting              10:00 – Gentle Yoga and Strength              10:00- Aerobics              10:00- Whist              11:00-1:00-Lunch              12:00- Texas Hold ‘Em              12:00- Mah Jongg – Chinese              12:30- Pinochle</p>
<p><b>6 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</p>	<p><b>7 TUESDAY.</b>              8:30-Strength and Balance              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              Parkinsons              1:00-Uke Jam</p>	<p><b>8 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>1:00-Book Club-Small Great Things, by Jodi Picoult</b></p>	<p><b>9 THURSDAY</b>              10:00-Gentle Yoga and Strength              10:00- Knitting &amp; Crocheting              12:15- Marimba Ensemble</p>	<p><b>10 FRIDAY</b>              8:30-Zumba Gold              8:30-Strength and Balance              8:30- Walking Group              10:00- Open Painting              10:00- Aerobics              10:00 – Gentle Yoga and              Strength              10:00- Whist              11:00-1:00-Lunch              12:00- Texas Hold ‘Em              12:00- Mah Jongg - Chinese              12:30- Pinochle</p>
<p><b>13 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</p>	<p><b>14 TUESDAY</b>              8:30-Strength and Balance              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</p>	<p><b>15 WEDNESDAY</b>              8:30-Zumba Gold              8:30- Walking Group              8:30- Move Well Yoga              10:00- Aerobics              10:00- Qigong              12:30- Pinochle              1:00-Band Jam</p>	<p><b>16 THURSDAY</b>              10:00- Gentle Yoga and Strength              10:00- Knitting &amp; Crocheting              10:00- Quilting for a Cause              12:15- Marimba Ensemble</p>	<p><b>17 FRIDAY</b>              8:30-Zumba Gold              8:30-Strength and Balance              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</p>
<p><b>20 MONDAY</b></p> <p style="text-align: center;">Closed in honor of President’s Day</p>	<p><b>21 TUESDAY.</b>              8:30-Strength and Balance              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</p>	<p><b>22 WEDNESDAY</b>              8:30-Zumba Gold              8:30- Walking Group              8:30- Move Well Yoga  <b>Bus trip; wine tasting-details TBD</b>              10:00- Aerobics              10:00- Qigong              12:30- Pinochle              1:00-Band Jam</p>	<p><b>23 THURSDAY</b>              10:00- Gentle Yoga and Strength              10:00- Knitting &amp; Crocheting              12:15- Marimba Ensemble</p>	<p><b>24 FRIDAY</b>              8:30-Zumba Gold              8:30-Strength and Balance              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</p>
<p><b>27 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</p>	<p><b>28 TUESDAY.</b>              8:30-Strength and Balance              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</p>			