

May / June 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 Spring/Summer!

It's a great time to come and enjoy all the fun things happening at The West Linn Adult Community Center! We are excited to start planting in our new garden beds and to go on new adventures with alpacas and wine tasting! We will celebrate Moms in May, then Dad's in June and welcome the start to summer.

Come join the fun!

Tiffany & Nicole



Meet the Staff:

Tiffany Carlson,
Recreation Coordinator
tcarlson@westlinnoregon.gov

Nicole Budden,
Recreation Coordinator
nbudden@westlinnoregon.gov

Volunteer Corner

We want to thank Kristen Christnacht for her many hours of volunteering at the ACC front desk. She'll be working more often at the West Linn Library and they are so fortunate to have her there! She always goes above and beyond for the ACC patrons. Thank you, Kristen!

Happy To Be At WLACC



I feel so lucky to join The West Linn Adult Community Center team and work in a place where people make great friendships and enjoy wonderful activities!

I'm a local resident and can now walk to work! I have worked in several senior living communities and so some of you may recognize me as the ice-cream lady who use to sponsor birthday lunch here and other events.

A little about me, I have two children of my own, the youngest is still in school here in West Linn. My daughter is graduated from U of O. We live in a merged household with my boyfriend and his two boys who are also still in West Linn schools. I can't forget our two dogs - Charlie and Dunthorpe. When I'm not at the WLACC, you may find me in my little shop called The Vintage West Linn in Historic Willamette.

Thank to everyone for being so welcoming! I look forward to getting to know you!

All the best,
Nicole

Upcoming Events



An Evening of Line Dancing!

Saturday, June 10th, 6:30pm-7:30pm

Put your best foot forward and try an evening of beginning line dancing taught by Diane Pohl.

Free to join! Spots limited so please sign up at the front desk.



Mother's Day Plant Sale

Thursday May 11th and Friday May 12th
9:00am-3:00pm

Many beautiful plants to choose from including hanging baskets, veggie starts, annuals and perennials

ACTIVITY HIGHLIGHT

Quilting for a Cause

We are so thankful to Brenda Parker and the team of ladies that are graciously giving of their time and talents to make quilts for children and women with cancer.

Their quilts are being accepted at Shriner's Childrens Hospital and other places. They meet every 1st and 3rd Thursday at 10am if you are interested in joining them.



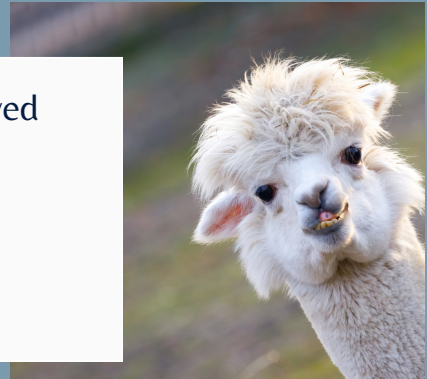
Bus Trips

Join us for a farm tour at Marquam Hill Alpaca Farm followed by lunch at Cindy's Cafe in Mollala.

Tuesday, May 18

\$22 includes tour and transportation

Depart the ACC at 9:15am - return around 2:00pm



Visit Adelman Peony Garden, then enjoy lunch at Country Cottage in Woodburn

Thursday, June 8th

\$15 includes transportation.

Depart ACC at 10:00am - returns around 2:00pm



Take the bus to Historic Willamette Main Street Summer Street Market

Wednesday, June 14th

\$5 includes transportation only

Depart ACC at 4:00pm - return around 6:30pm


Sign up for bus trips at the WLACC front desk.
Payment is due at time of registration to reserve your spot.

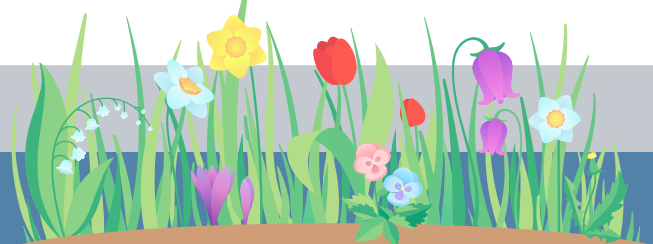
Lunch is Served

Plated lunch is served on Wednesdays at Noon,
please sign up in advance at the front desk. Cost: \$8.00

May & June

Main dish, salad bar, 2 sides & dessert

May 3rd	Pork Street Tacos with Rice and Beans 
May 10th	Mother's Day Tea/Lunch - 1/2 Egg Salad and 1/2 Cucumber with Cream Cheese Sandwiches, Asparagus & Leek Soup, and Sweet Potato Fries
May 17th	Pot Roast, Oven Roasted Veggies & Mashed Potatoes
May 24th	Entree Chef Salad with Cheesy Bread & Tomato Soup
May 31st	Ham & Scalloped Potatoes
June 7th	BBQ Chicken, Mac and Cheese & Potato Salad
June 14th	Father's Day - Brunch for Lunch
June 21st	Burger Sliders & Tots
June 28th	Pulled Pork, Sweet Potato Fries & Cole Slaw





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.



New Garden Boxes

Check out the new garden boxes out back, thank you to Freddie and his crew from Parks & Rec for all their hard work.

If anyone would like to take on a volunteer gardening position, please see Tiffany or Nicole.

Parkinsons Support Group

2nd Thursday of the month, 1:30-2:30pm

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

MAY 10TH, 1:00PM - THE NURSES SECRET

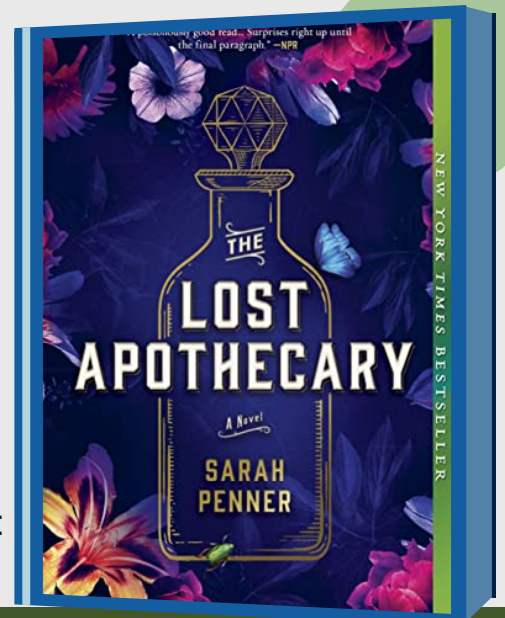
BY AMANDA SKENANDORE

Bellevue is the first school of its kind in the country. Where once nurses were assumed to be ignorant and unskilled, Bellevue prizes discipline, intellect, and moral character, and only young women of good breeding need apply. At first, Una balks at her prim classmates and the doctors' endless commands. Yet life on the streets has prepared her for the horrors of injury and disease found on the wards, and she slowly gains friendship and self-respect.



JUNE 14TH, 1:00PM - THE LOST APOTHECARY
BY SARAH PENNER

Nella is the proprietor of a secret apothecary shop where she has been vending poisons, known only by word-of-mouth by the women of the city. Eliza, a young girl with a curiosity about her trade, enters the store. In present day, Caroline has just discovered her husband's infidelity and comes upon a clue about the past existence of the apothecary shop.



Out and About on the Town



Participants enjoyed touring Pendleton Woolen Mills and lunch at the Puffin Cafe! Thank you to Justin for driving the bus!



Health & Fitness Activities

Strength and Balance: Tuesdays & Fridays, 8:30-9:30am

Improve your strength and balance to conquer those everyday 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. May 5/9-6/30. Full term \$105 IC, \$115 OC for 2x a week. \$55 IC, \$65 OC for 1x a week. \$10 drop in per class.

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. 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. April 27th-July 13th. \$108 IC or \$118 OC. No drop in option.

Gentle Yoga: Tuesdays, Thursdays 10:00-11:00am --Currently full

A comprehensive exercise class that combines elements of strength, flexibility, balance and flow. Taught by Yoga instructor, Lyndalea Ruffner. 5/9-6/29. Full term \$88 IC, \$98 OC or \$10 drop in fee per class.

Gentle Yoga: 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. 5/12-6/30 . Full term \$75 IC, \$85 OC or \$10 drop-in fee per class.

Move Well Yoga: Mondays and/or 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. 5/22-6/28. Full term \$72 IC, \$82 OC or \$10 drop-in fee per class.
Mondays only \$30 IC, \$40 OC; Wednesdays only \$36 IC, \$46 OC

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. Wednesdays class specifically focuses on balance. There is a \$10 discount for full term, both Monday and Wednesday. 5/8-6/26. Full term \$127 IC, \$137 OC or \$10 drop-in fee per class. Mondays only \$60 IC, \$70 OC, Wednesdays only \$77 IC, \$87 OC.

Walking Group: Mondays, Wednesdays and Fridays 8:30-9:30am

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 promptly at 8:30am. No charge.

Aerobics Class: Mondays, Wednesdays and Fridays 10:00-11:00am

Enjoy aerobics by video with friends! What a great way to start your day! No charge.

*IC- In City, OC-out of City

Creative/Special Interest Activities

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.

Band Jam: Wednesdays, 1:00-3:00pm. Bring your own instrument or come and sing along. Free to join or call Liz at (503) 936-3415 with questions.

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 1st and 3rd Thursday 10:00am-12:00pm

Table Tennis for Parkinsons: Every Tuesday 1:00-2:30pm. If you or a loved one has Parkinsons, please join us for Table Tennis. No cost to play and is a great way to get exercise and meet new friends.

Parkinsons Support Group: Every 2nd Thursday of the month 1:30-2:30pm. 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.

CARD GAMES (no charge unless otherwise noted)

Bridge: Mondays @ 12:00-3:00 pm (\$1 goes toward prizes)

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

Pinocle: 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.

Mothers Day Plant Sale

○—————○
May 11 & 12

9AM - 3PM

○—————○

Many beautiful plants to choose from,
including: hanging baskets, veggie starts,
annuals, perennials and fruit options.

West Linn Adult Community Center

1180 Rosemont Rd.

9am-3pm





WEST LINN OLD TIME FAIR

Celebrating 67 years!

PARADE - AMBASSADOR CORONATION - CARNIVAL -
VINTAGE CAR SHOW - WATER SKI SHOW - BEER GARDEN -
EXHIBITOR & FOOD BOOTHS - BINGO - RAFFLE - PIE
EATING CONTEST - MUTT & PET CONTEST - PJ'S TO
PANCAKES RUN - & SO MUCH MORE!

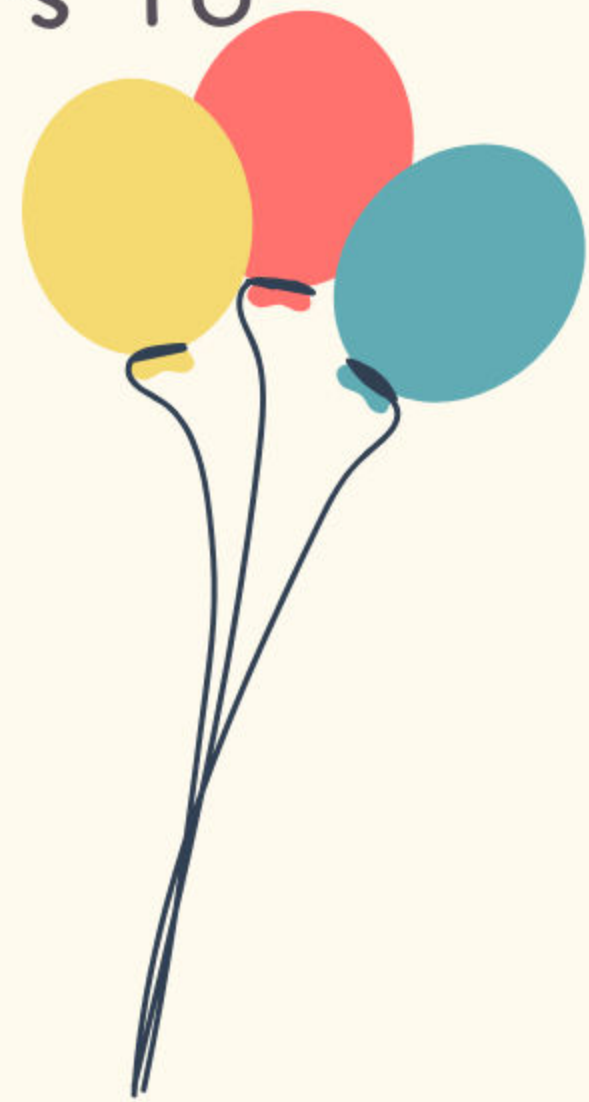
7-9
JULY

FRIDAY 6-10:30PM

SATURDAY 11AM-10:30PM

SUNDAY 11AM-6PM

WILLAMETTE PARK
1100 12TH ST. WEST LINN



SPONSORED BY:

Smile Linn  Dental
Family Dental Care

 **LES SCHWAB**
WEST LINN



TOYOTA

MUSIC IN THE PARK ²⁰²³

TANNER CREEK PARK | THURSDAYS | 7-9PM

Thursday, July 27th

DANCEHALL DAYS



Thursday, August 3rd

TAKEN BY THE SKY

Thursday, August 10th

ROCKIT RADIO



Thursday, August 17th

SOUL VACCINATION

Thursday, August 24th

NATE BOTSFORD



Bring your blanket, or low back chair and enjoy Music in the Park 2023! Food and drink will be available for purchase.

THANK YOU TO OUR SPONSORS



TOYOTA



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

<p>1 MONDAY 8:30- Walking Group 8:30- Move Well Yoga 9:00- Wood Carving 10:00-Qigong (not mtg today) 10:00- Aerobics 10:00- Hand and Foot 12:00- Bridge</p>	<p>2 TUESDAY. 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>3 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 10:00-Qigong (not mtg today) 12:00: LUNCH 12-2:00: Attorney by appt. 12:30- Pinochle 1:00-Band Jam</p>	<p>4 THURSDAY 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 12:15- Marimba Ensemble 12:30-Tai Chi</p>	<p>5 FRIDAY 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 12:00- Texas Hold ‘Em 12:00- Mah Jongg – Chinese 12:30- Pinochle</p>
<p>8 MONDAY 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>9 TUESDAY. 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>10 WEDNESDAY 8:30- Walking Group 8:30- Move Well Yoga 10:00- Aerobics 10:00-Qigong 12:00: Mother’s Day LUNCH 12:30- Pinochle 1:00-Band Jam 1:00-Book Club - The Nurses Secret by Amanda Skenandore</p>	<p>11 THURSDAY 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 12:30-Tai Chi 1:30 – Parkinson’s Support Group PLANT SALE 9:00-2:00</p>	<p>12 FRIDAY 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 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle PLANT SALE 9:00-2:00</p>
<p>15 MONDAY 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>16 TUESDAY 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>17 WEDNESDAY 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</p>	<p>18 THURSDAY 9:15 – Bus Trip to Marquam Hill Alpaca Farm 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 10:00- Quilting for a Cause 12:15- Marimba Ensemble 12:30-Tai Chi</p>	<p>19 FRIDAY 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 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p>22 MONDAY 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>23 TUESDAY. 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>24 WEDNESDAY 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</p>	<p>25 THURSDAY 10:00- Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 12:30-Tai Chi</p>	<p>26 FRIDAY 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 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle</p>
<p>29 MONDAY Closed for Memorial Day</p>	<p>30 TUESDAY. 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>31 WEDNESDAY 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</p>		

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19 MONDAY WLACC CLOSED In celebration of Juneteenth	20 TUESDAY. 8:30-Strength and Balance 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	21 WEDNESDAY 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	22 THURSDAY 10:00- Gentle Yoga and Strength 12:15- Marimba Ensemble 12:30-Tai Chi	23 FRIDAY 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 12:00- Texas Hold ‘Em 12:00- Mah Jongg - Chinese 12:30- Pinochle
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