

May / June 2016

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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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Cassandra Smit, *Meals
Coordinator*

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Dick Hunt, *Memorial Bricks*
Rita Perry, *Historian*
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Chair*

WLACC Newsletter:

Mieke Wiegman, *Editor*
Dianne Gorveatt, *Volunteer
Staff Writer*
Keli Stevens,
*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



Happy Spring to you all! I'm looking out my window right now and wishing I could take this computer outside to write this. It's such a beautiful day.

I hope you were able to join us for our open house on April 8th. We had well over 150 people there and it was so neat to see all of the new faces! I'd like to give a big thank you to The Stafford for providing the food and wine. Not only did they sponsor the open house, they also catered our lunches on Mondays and Fridays while Cassandra was out of town. The food was delicious and I know we're all so grateful to Melissa Danielson, the catering manager's help. As a side note, Melissa will also be helping us with the Mother's Day Tea as well. A lot of the food and tea will be provided by them. It was great to have Susan Danielski from Tanner Springs at the open house as well to host a table with giveaways. If you like ice cream (who doesn't!), she comes every third Friday of the month and serves ice cream sundaes at lunch. Thank you to

both Melissa and Susan!

Another thank you I'd like to highlight goes to Danny James. For those of you who may not know him, he volunteers at times in the kitchen and makes us all wonderful meals. He's also started a cooking class once a month here at the ACC. We have information listed on page 7 for his next two classes in May and June. His class in April sold out and May is already full as of this writing.

Also coming up soon is a bus trip to Astoria! I've had this destination requested and I'm so thankful to our volunteer bus driver, Bill Barger, for agreeing to drive our group there. He has done so much for the ACC — as a driver, as a stand in president of the Friend's group, and a huge help in the kitchen in the past... I think I may say this every time but again, I am always in awe and inspired by our dedicated volunteers. I won't begin naming all of them here because Mieke only gives me a certain amount of space (ha!) but you all are very much appreciated!

Looking onward to great days ahead, – Tiffany

The Not Quite President's Corner

Lots of things to see and do at the open house last month. If this was your first visit to the center, I hope you come back. Those of us who are of a mature age, are always looking for new people to join the daytime activities that the center has to offer. A special thanks goes out to all of the people who gave their time to showcase some of these activities. This open house proved once again that the members of West Linn Adult Community Center are still quite active and very talented. It's not just bingo anymore.

Whether you are new to the community, or lived here for years, please feel free to stop by any weekday until 3 PM. Have a noontime lunch with us on Monday, Wednesday, or Friday. You can meet with some of the friendly folks and hopefully find an activity that will interest you. We are always looking for new members to join our happy little family.

As for you existing members, just a gentle reminder that we have an annual meeting with election of new officers coming up soon. Please contact any boardmember if you are interested in one of the open positions.

– Bill Barger

Schedule of Ongoing Events

EXERCISE CLASSES

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

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

Core Strength: Tuesdays, Thursdays and/or Fridays. 8:00-8:30 am. Half hour of floor exercise and resistance weight training to build your core strength. Your choice twice or three times weekly for 8 weeks. \$40.00 for 2 classes \$60.00 for 3 classes. \$4.00 drop in.

NEW! Foam Roller Class: Fridays from 9:45-10:30 am. Starting April 8th. Foam rolling is a popular form of self-myofascial release, a type of therapy that prevents injury and stiffness by concentrating on the connective tissue surrounding muscle. Learn how to roll every part of your body effectively to remove knots, increase flexibility, and instill muscle health and wellness. Please bring a foam roller and a mat to class. \$48:00 for 8 wk session.

Kettlebell Fitness: Wednesdays, 9:00-9:45 am. Increase your strength, flexibility and aerobic fitness. Please call City Hall Parks and Recreation for registration information at 503-557-4700. \$7.00 per class.

Line Dancing: Wednesdays, 11:00-12:00 noon. 8 Weeks, \$40.00 or \$5.00 drop in.

Nia- Music & Movement: Tuesday's/Thursday's: 11:15 am-noon. Nia is movement as medicine: an invitation to self-healing. It encompasses the classic movement forms of the martial arts, the healing arts and dance. Is kind to the joints, good for the heart and mind, and the music is indescribably delicious like chocolate. You can't describe it, you have to taste it." Dick Van Dyke just published a book on aging gracefully: "KEEP MOVING". Everyone can benefit from Nia's unique approach, so come move and be moved with us. Monthly pass \$40.00 (8 classes), drop-ins \$7:00.

NEW! Qigong: Mondays from 10:00-11:00 am. An introduction to the Qigong philosophy and practice. A philosophy of life fostering wisdom, well-being and harmonious living is practiced using a combination of movement, breathing techniques and meditation. You will learn self-massage, stretching, breathing techniques and other simple forms. No prior experience is necessary. Recommended equipment is a yoga mat, blanket and pillow. Recommended attire is loose fitting clothes. \$55.00 for 8 classes. (min 5, max 20) Instructor: Lyn Ruffner.

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.

T'ai Chi: Mondays, 8:45-9:45 am. Open floor, advanced self-led class. (No instructor). FREE.

T'ai Chi: Tuesdays at 11:00-12:00 am. (No class May 10th.) Many thanks for your interest. We will have fun "playing" T'ai Chi. \$48.00 for eight classes. (Class started April 26). Instructor: Sharon Miller.

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 10:30 am-3:00 pm. FREE

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

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

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

Whist: Fridays at 10:00 am. FREE.

Mah Jongg: Fridays at 1:00 pm. Are you interested in playing or learning how to play Mah Jongg? While the origin of mahjongg (má jiàng), called mah-jongg in the U.S., is unknown, the fast-paced four-player game is popular throughout Asia. 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.



NEW! Adult coloring:

Tuesdays 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)

NEW! Meditation changes everything: Thursdays from 10:00-11:00 am. In this six week class you will discover for yourself the immediate benefits of a meditation practice. You will learn simple techniques to quiet your mind, to observe and release the thoughts that stress your body, as you practice looking at life from a gentler, simpler perspective. A meditative practice can be life changing and life transformative for people of all ages even when sitting mindfully and quietly for only short periods of time on a daily basis. May it be so for you. \$50 for 6 classes. Instructor: Claudette Pelletier.

DRAMA AND MUSIC

Acting, Drama Class: (Age-Cured Hams). Mondays at 1:00 pm. For more information leave a message at the front desk for Carol Shively. 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:

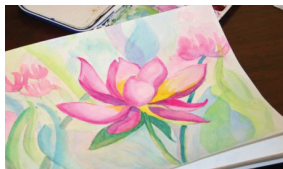


Knitting and Crocheting:

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.



Wood Carving:

Mondays from 9:00-12:00 noon. 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.

May / June 2016 Schedule

Meetings are held some Thursdays

May 5 9:45 am Depart WLACC to visit
Marquis Hope Village

May 19 9:45 am Depart WLACC to visit
SpringRidge Court



June 2 10:00 am Meet at WLACC to prepare for
Summer visits

June 16 9:45 am Depart WLACC to visit
Brookdale River Valley

June 23 9:45 am Depart WLACC to visit
Marquis Tualatin

Writing: "Honoring Our Memories": Tuesdays at 10:00-12:00 noon. Topics vary. It may be fiction or based on your own personal life experience. Writing about the past can be especially important for your future generation.

Senior Law Projects: 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.

CHUCKLE CORNER:

What kind of dog did the Chi Master have? – **A Chihuahua.**

What was the dog's name? – **Chi Chi.**

What did the Italian Chi Master say at the beginning and end of each class? – **Chi-ao.**

What was the Italian Chi Master's favorite food? – **Chi-ao Mein.**

What was the Texan Chi Master's favorite food? – **Chi-li**
Why do Chi Masters make lousy time travelers? – **They can only stay present in the moment.**

Why did the Chi Master secretly return the Gucci fanny pack her daughter gave her? – **She thought it was too chichi.**

What is the Chi Master's favorite Olympic event? – **The balance beam**

What is the Chi Master's favorite movie? – **Blue La-gun**

Schedule of Ongoing Events (Cont'd)

Book Club

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



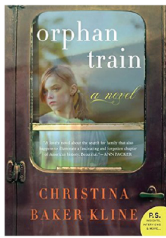
Join Us Wednesday, May 11th at 1:00 pm to discuss the book

“Me Before You”

by Jojo Moyes

A Love Story for this generation, *Me Before You* brings to life two people who couldn't have less in common - a heartbreakingly romantic novel that asks, 'What do you do when making the person you love happy also means breaking your own heart?'

&



Join Us Wednesday, June 8th at 1:00 pm to discuss the book

“Orphan Train”

by Christina Baker Kline

This is an unforgettable story of friendship and second chances that highlights a little-known but historically significant movement in America's past—and it includes a special PS section for book clubs featuring insights, interviews, and more. Penobscot Indian Molly Ayer is close to “aging out” out of the foster care system. A community service position helping an elderly woman clean out her home is the only thing keeping Molly out of juvie and worse...

FROM The Desk of



Mieke

MADE
IN
U.S.A. HOLLAND

BACK To Normal?

Last time I wrote about being back at “**Home Sweet Home**”. This time I would like to write about “**Back to Normal**”, or is it? For some of us it may seem that way, for others possibly not.

One Monday morning I noticed Marsha at the front desk trying to answer questions, take in money, answer phones, and greet lots of people coming in all at the same time. It seemed quite a hectic time for her, but I observed that she dealt with it perfectly, as I'm sure happens on many other days too.

Part of this new ‘buzz’ maybe because the Center is trying to expand it's programs.

With the new spaces, plus the extra classes, and our *Open House* in between, Tiffany has been more than just busy, so please let us all help her in making sure that, while we grow, we also help her, and each other to continue getting back to normal. The *Open House* was well attended and many activities and exchange of information were enjoyed. A big thank you to The Stafford & Expressions Catering, who supplied ample wine and snacks for this event.



As a FYI, Dave Pitzer, Marsha and I, are updating the Volunteer Handbook. Please, when you are at the front desk, familiarize yourself with this book as it will help you remember what to do when certain questions and inquiries come up. *Have a wonderful May and June.*

WELCOME to the artistry of the WLACC!

— by Dave Pitzer

In an ongoing attempt to promote local artists and recognize those participating in art at the center I will be writing articles informing you about exhibits we have planned for each newsletter's duration. We have two painting classes and a very creative, lively wood carving group. For the next several months you will be able to view Keli & Danny's vision.

Keli Stevens and Danial James

Artists Bio: Keli and Danny live in West Linn with Keli's service dog Jack. They both enjoy helping out at the WLACC! Keli uses a wheelchair due to a debilitating accident years ago. Her interests are family, oil painting, computers, web design, reading, writing, (see Keli's article on page 8) and service dog training. Danny likes to cook, garden, and point his camera at people and places. *Quote from Danny:* “I've always been interested in photography! I like photographing adults and children in unguarded moments, capturing a look or an expression that speaks to the viewer. The same when I shoot scenery. I want my work to say something to you!”

Keli's artist statement: “I lost the use of my dominant hand in a car accident 19 years ago and taught myself to oil paint as a way to improve the control and dexterity in my left hand. It turned out to be therapeutic in other ways too. I love it! It lets me de-stress and also express my emotions.”



YOU CAN HELP THE FRIENDS OF THE ADULT COMMUNITY

It's back, The FRED MEYER Rewards Drawing for a free lunch. Just drop your Fred Meyers receipt showing you have joined the Fred Meyer Rewards Program. Your receipt will say: “Thank you for participating in the Fred Meyer Community Rewards. You have requested Fred Meyer to donate to the West Linn Community Group with your name and phone number”. Place your receipt in the NEW container at the front desk at the Center. (The tall red vase has disappeared during the move).

If you have not joined the Fred Meyer Rewards program, but want to donate to the Center online, go to Fred Meyer Community Rewards and follow the link. Our organization number is 87643. To donate by phone call 1-866-518-2686 between 8 am and 9 pm Pacific time Monday-Friday, then press 3 and give the operator your information and organization number 87643. Your donation does not change your Fred Meyer Rewards.

Thank you, happy shopping and good luck. — Lorene

SAVE The Date



The very popular annual Mother's Day Tea will be held **Monday, May 2nd, at NOON** at our newly expanded West Linn Adult Community Center. Handsome men in tuxedo's will serve you. Wear your favorite hat and you may win a prize. At the same time, enjoy, and visit our larger Gift Shop which will also be open! Advance tickets for \$14.00 are on sale now. Check the front desk for more details.



Annual Plant Sale. Thursday and Friday, May 5th and 6th at the WLACC.

From 9:00 am - 3:00 pm. Support the WLACC by stopping by! Buy

your Mom's special Mothers Day gift from a choice of beautiful hanging baskets, tomato plants and so much more. All proceeds will go towards the operation of our center.

Upcoming Bus Trips

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

Thursday, May 12th – Experience beautiful Astoria. A trip itinerary will be at the front desk. Bus leaves at **8:00 am** (set your alarm clock!) and estimated return time is at 5:00 pm. \$15.00 includes bus trip.

Wednesday, May 25th — Schreiner's Iris Garden. Bus leaves at 9:45 am and is estimated to return by 2:00 pm. Lunch will be at the highly rated Moroccan Restaurant, Dar Essalam in Wilsonville. Lunch cost is on your own. \$10:00 includes bus trip.

Thursday, June 9th — Wine tasting trips. Locations TBD. (Look for details on the bulletin board!) Price will be \$10.00, including bus trip.

Wednesday, June 22nd — Best of Portland's chocolate companies. Bus leaves at 9:30 am and is estimated to return by 2:30 pm. \$10 includes bus trip.



Age-Cured Hams presents on **Saturday, May 7th at 5:00 pm** at the WLACC:

Spring Follies

Refreshments will be available at 4:30 pm, and the show starts at 5:00 pm. It runs about an hour and fifteen minutes. (Admission FEE is canned food for the West Linn food pantry.) **Thank you!**

Lakewood Theatre Presents:



Man Of La Mancha: April 29 – June 12, 2016

Music by Mitch Leigh, Lyrics by Joe Darion. Book by Dale Wasserman. Directed by Greg Tamblyn. Winner of five Tony Awards, including Best Score and Best Musical, Man of La Mancha follows the eccentric Don Quixote, his faithful manservant Sancho, and the tough, but beautiful, Aldonza in a mythic and spiritual quest for the impossible dream. The musical adaptation of the classic Cervantes

novel includes the touching ode to romance, "Dulcinea," the heroic "I, Don Quixote," and the immortal ballad, "The Impossible Dream." **Show sponsor: Bill & Barbara Warner and Dr. Fritz Camp.**

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Join Us for a presentation by Scott Foster.

Thursday, June 2nd, at noon time at the WLACC and learn the following:

Preparing your house to sell

- Pricing Strategies
- Showing your house
- Negotiating with buyers
- Accepting an offer
- Opening Escrow
- Inspections
- Close of Sale

DID You Know!

NEW! 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. 8-person minimum is required. All classes will run from 3:30-5:30 pm. Sign up at the front desk of the Adult Community Center, or call 503-557-4704 to pay by credit card.

May 5th. Pan Seared Pacific Red Snapper topped with 'beurre blanc' (white wine butter sauce), roasted red potatoes with fresh thyme and rosemary and steamed asparagus.

June 2nd. Chicken Pesto Fettuccini with fresh tomatoes and pine nuts. Included is a garden salad and crusty bread with fresh made garlic butter.ing onions.

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 and is happy to share that with us.



THE Best Kept Shopping Secret in West Linn is here!

More beautiful, larger, and with lots of new gifts. Come on in, and check out all the hard work done by Veronica and John Ferenz to make this such a fun place to shop. For more pictures of the new shop, please check the on-line version of this newsletter. *Needed:* Greeting Cards and other, in good condition donations.

AND what do you think About the R/C Model Sport?

Are you looking for a hobby that you and your children or grand children can enjoy together? Or from the opposite perspective, maybe your KIDS are looking for something they can enjoy doing with you, parents or grandparents? Well, all parties have definitely chosen the right sport. It's called the **R/C Model Sport**. (Maybe you already know a friend whose participating in this sport, and which has influenced you, and if so, you are one of the lucky ones.)

So what am I talking about: I am talking about building a R/C Model Plane, or car or helicopter! One we can take outside and start it moving . . .! Believe me, it is a great hobby.

How do we start? Well, let me first start by explaining about a R/C Model plane. In this case I've chosen to talk about a plane. There may seem to be too much to learn and some skill could be required. But how can you learn it all and still keep the fun factor high and the frustration and expense factors low? Simply by getting the right instructor. You may not be in tune with all the kids' video games, but remember this is just the first part. In this first part, it will teach you about the building of the R/C model and the equipment used.

You may ask yourself? Are there any special skills or physical requirements. The sport of R/C is open to anyone. You do need to be able to see at least 20/30 with correction, but you do not necessarily need both eyes. I have seen great model pilots in wheelchairs, with hearing or speaking challenges, R/C pilots who are in their early 90's and a few as young as four years old. In fact, a four-year old starter was the 2004 US Precision Aerobatics Champion and was selected to head up the US Precision Aerobatics World Team in 2005!

With the same hand/eye coordination skills needed to drive a car, will make you a super R/C pilot. You do not need to have special technical knowledge, nor know anything about electronics or even know how to build a model engine. In today's modeling world, you can buy a complete kit, although it might feel great to fly your own R/C model if you made it from scratch.

Are you interested in learning more in how to build a R/C Model plane. If so, please contact me. My name is **Michael Parker**, and I can be reached at **971-263-4635**. I actually have some Balsa wood material that we could use to start building a plane. Looking forward to hearing from you! *THANK YOU!*

BLOOD Clot Awareness – by Keli Stevens

The topic I would like to focus on today is blood clots – the signs, the risk factors and prevention. I have personally been affected by this dangerous condition, losing 3 close friends to it, as well as being high risk myself. The seriousness should not be taken lightly. Blood clots don't discriminate between ages, sex, or skin color. Anyone can be at risk. It is vital that we all learn to recognize the symptoms so that we can seek medical help immediately.

A blood clot occurs when the blood thickens and a clump is created, often blocking the flow of blood through the vein. Pieces of the clot may break off and travel to other parts of the body, causing damage, stroke and often death. If the clot forms in the deep veins of a leg or arm the condition is called Deep Vein Thrombosis, or DVT. When these blood clots break away they can travel to the lungs, blocking blood flow and causing a pulmonary Embolism, or PE. This event can be fatal and requires immediate medical treatment as soon as possible.

About 600,000 people get a blood clot every year in this country and 100,000 will die from it. That means that 1 in 3 people will die in a blood clot event. Those are pretty scary statistics! The good news is that there are things you can do to prevent blood clots, or improve your chances of surviving should one occur.

One of the most important things you can do is learn your level of risk so you can speak with your doctor about different steps you should take and life style adjustments. Some factors that indicate risk are:

- Hospitalization for illness or injury.
- Major surgery.
- Severe trauma, such as a car accident.
- Hip or Knee replacement surgery.
- Injury to a vein from a broken bone or muscle injury.
- Cancer & cancer treatments.
- Birth control methods that contain estrogen.
- Pregnancy, until 6 weeks after giving birth.
- Hormone replacement therapies that contain estrogen.
- Family history of blood clots.
- Obesity.
- Being confined to a bed or wheelchair.
- Sitting too long with legs crossed.

Depending on the level of risk your doctor evaluates you at, you may be advised to increase your water intake, perform frequent exercises, limit your time at a desk or when traveling, wear special compression stockings, or even take a daily medicine. Your doctor will determine the best options for you.

However, not all prevention methods will work 100% of the time. If you do happen to get a blood clot, recognizing it as quickly as possible and seeking medical treatment will be critical. Here are some classic signs of a blood clot:

- Swelling, usually in one leg or arm.
- Pain or tenderness, often described as a cramp or Charley horse.
- Reddish or blueish skin discoloration.
- The arm or leg feels warm to the touch.

If you notice these signs get to a doctor. They can perform a test and diagnose the blood clot so that immediate treatment can begin. A round of blood thinners will be given and close monitoring starts. If caught early and treated chances are good that the person will survive. Please, memorize these signs. A little knowledge and awareness can go a long way towards saving your life or even someone you love.



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

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

MEET Officer Jones: Community Service Officer...and Animal Control – by Dianne Gorveatt

Neighborhood disputes bring out the inner child in its most terrible ‘enfant’ form; if you don’t believe me, ask your neighbors! As Community Service Officer (CSO), Officer Peggy Jones’s job often places her in the middle of such disputes; luckily, her background provided the foundation needed: she worked as a nanny—being a nanny fine-tunes the ability to be in the midst of other people’s problems without taking them on as your own.

Jones further prepared for the post by enrolling in the criminal justice program at Portland Community College. From there, she became a reservist for West Linn Police, gradually working into her current job, or more accurately, jobs. The CSO post is two jobs folded into one person—Community Service and Animal Control. Officer Jones’s primary concern is neighborhood code enforcement: messy yards, unregistered businesses, abandoned vehicles, etc. She also coordinates the Safe Reunion program through which families with at-risk members can register loved ones with the police. In the event that they become separated from caretakers, a coded ID bracelet with a phone number connecting to dispatch, aids in safe return—all without charge.

Expecting one person to do two jobs made it necessary to restrict the scope of animal control, so dog issues are the focus. “It’s not a hard and fast rule,” Jones explained, but if you’re having a problem with an at-large python, dispatch is likely to direct you to the County (West Linn Police and additional resources may be called to assist). Jones also does not take calls about wildlife or livestock, again, this is flexible; a few years back, she helped round up a pet goat. Some of you may have questions about leash requirements for dogs. Leashes have been a bone of contention, especially at Mary S. Young Park, but as of this writing, Municipal Code 5.250 still applies; leashes are required except in posted off-leash areas. Jones does patrol parks but not on a particular schedule; “Most of the problems occur in the summer,” she added, “and many offenses are by out-of-town visitors.” Jones went on to tell me that serious dog bites are not common in West Linn and that she has only been bitten once in more than ten years of service, “*It was early on and more of a nip than a bite.*” West Linn is also lacking animal hoarders, illegal breeders, and organized dog fights. Most animal calls have to do with dogs at large and barking dogs.

To get an idea of how complex Officer Jones’s responsibilities are, spend some time checking out the City of West Linn website for posts on both animal and community welfare. There’s good information there, and the content reflects the overall positive and cooperative nature of the interaction between the members of this community and those, such as Officer Jones, who serve it.



“The dogs of West Linn are fortunate to live in a community that cares about their well being!”

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

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

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*Remember, your contribu-
tion goes a long way.*

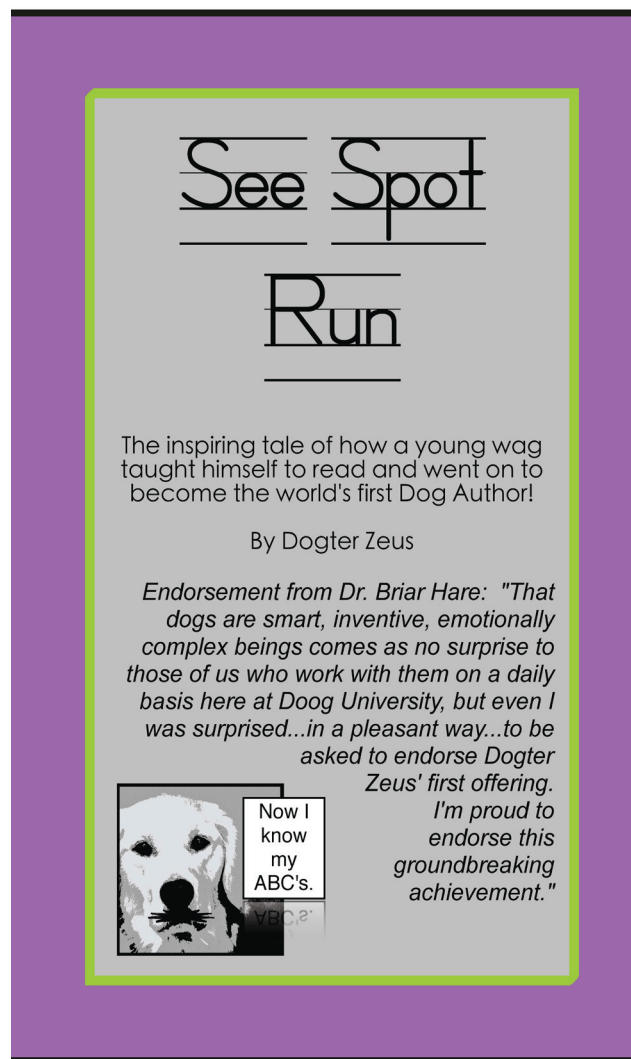
SEE Spot Read – by Dianne Gorveatt

Educator Bonnie Bergin claims that dogs can learn to read, recognize stick figures, and understand universal symbols such as the circle with a slash used for variations on the concept of ‘no.’ She’s written a book about it: *Teach Your Dog To Read, A Unique, Step-by-Step Program to Expand Your Dog’s Mind and Strengthen the Bond Between You*. I read it and was impressed. Bergin does emphasize, however, that dogs are not learning to sound out words, but rather to recognize the shapes and associate them with spoken words. But then again, that’s how a lot of us in the pre-phonics era learned to read.

Why, you may be asking, are people taking the time to teach dogs to read when human children are lagging behind nationally and there are even adults who could use a leg up when it comes to knowing anything more than the basics? There are a lot of reasons. For one, Bergin and others look forward to a time when all dogs are taught symbol, stick figure, and word recognition. This would allow the posting of signage directed at dogs; for example, imagine signs at dog-level warning them to stay out of busy parking lots. Bergin also feels that if dogs can ‘read’ even at a basic level, they would make good role models for children struggling with this essential skill; “If a dog can do it, I can do it too!”

Set all that aside for a minute—and also ignore for the time being the possibility of education being required for dogs as well as the issue of where would the money come from for such programs—the thing is, if dogs can read, that opens up huge opportunities for writers. I’m already imagining a section in the library not just with books about dogs, but with books for dogs. For starters, I’m certain there will be recipe books; dogs can point to their favorite meals so caregivers can prepare them. Cooking for dogs (and cats) has become popular and it is required by law when allergies or other health issues are involved. Sophisticated dogs might be drawn to poetry such as collections of doggerel. Since dogs have a sense of humor, how about joke books. Knock-knock jokes are popular with kids; maybe dogs would enjoy scratch-scratch jokes (remember, dogs can’t knock). Puppies might enjoy scratch-and-sniff books with themes like, “My First Fire Hydrant,” and, “The Big Book of Dog Park Manners.” Let’s not forget romance and the adult market: “Three Dog Night.” For sci-fi buffs, “Sirius Thoughts.” You get the idea..

Dogs are magic mirrors; almost anything dog inspires flights of fancy. But if dogs can learn to read, won’t they eventually want to write the books themselves? How about a reworking of, “Dick and Jane,” from the dog perspective, calling it, “See Spot Run!” by Dogter Zeus. I can see the possibilities; can’t you?



To display your art, please contact Dave Pitzer at:
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Check our current display of beautiful paintings by Keli Stevens and
Photographs by Danial James.
Through May and June.

May B-Days

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Nancy Farkas
Tom Farr
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Deb Irwin
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Sue Purpura
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Theodore Sittser
John Snively
Carol Stowell
Clyde Tanita
Doug Willison
Geraldine Work

June B-Days

Cynthia Amestoy
Maryann Belo
Leo Conkle
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Beverly Freeman/Loughman
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Joy Velte
May Yee Tan

MENUS

Mondays in May

2nd – Mother's Day Tea
9th – Swedish Meatballs
16th – Poached Chicken with Fragrant Herb Vinaigrette
23rd – Beef Stroganoff
30th – Stuffed Mushrooms

Wednesdays in May

4th – Complimentary Birthday Luncheon

11th, 18th, 25th – Soup and Sandwich Bistro

Fridays in May

6th – Cornbread Chicken Pot Pie
13th – Hand Tossed Pizza Party
20th – Mom's Tuna Casserole
27th – Pork Tenderloin with Plum Sauce

Mondays in June

6th – Chef's Choice
13th – Fish Tacos
20th – Shrimp Skewers with Cilantro Mint Chutney
27th – Cool Couscous Chicken Salad

Wednesdays in June

1st – Complimentary Birthday Luncheon

8th, 15th, 22nd, 29th – Soup and Sandwich Bistro

Fridays in June

3rd – Chef's Choice
10th – Drive-In Burgers
17th – Wild Rice and Meatballs
24th – Summer BBQ

Lunches are \$4.00 and served at 12:00 noon.
Menus are subject to change.

WELCOME

To All Of Our New Members

We are thankful and grateful for your membership. Enjoy all our facilities and programs for many years to come! And don't forget to sign-up for the on-line version of this newsletter. It's easy!

- 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.

Upcoming Friends Board Meetings:

Wednesdays May 17th and June 15th
at 12:45 pm. **ALL MEMBERS WELCOME!**

OPEN HOUSE - FRIDAY, APRIL 8TH, 2016




Photo's courtesy of
Doug Dickston & Dave Pitzer



*Photo's
courtesy of
Doug Dickston
& Dave Pitzer*

*Open House
April 8th, 2016*

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

<p>2 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-Mother's Day Tea 12:30- Bridge 1:00-Drama</p>	<p>3 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>4 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 9:00-Foot Care by appt. 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Breakfast Brunch 12:30- Pinochle 1:00-Rosemont Rhythm Band</p>	<p>5 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Marquis Hope Village 10:00- Knitting & crocheting 10:00- Meditation class 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring 9:00-3:00-Annual Plant Sale 3:30- Cooking class</p>	<p>6 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-Cornbread Chicken Pot Pie 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg 9:00-3:00-Annual Plant Sale</p>
<p>9 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-Swedish Meatballs 12:30- Bridge 1:00-Drama</p>	<p>10 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>11 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup and Sandwich Bistro 12:30- Pinochle 1:00-Rosemont Rhythm Band 1:00-Book Club</p>	<p>12 THURSDAY 8:00-Bus Trip to Astoria 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Homewood Heights 10:00- Meditation class 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring</p>	<p>13 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-Hand Tossed Pizza Party 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>16 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-Poached Chicken with Herb Vinaigrette 12:30- Bridge 1:00-Drama</p>	<p>17 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>18 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup/Sandwich Bistro 12:30- Pinochle 12:45-Board Meeting 1:00-Rosemont Rhythm Band</p>	<p>19 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Share Singers to Spring Ridge Court 10:00-Yoga 10:00- Meditation class 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring</p>	<p>20 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-Mom's Tuna Casserole 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>23 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-Beef Stroganoff 12:30- Bridge 1:00-Drama</p>	<p>24 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>25 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 9:45- Bus trip to Schreiner's Iris Garden 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup/Sandwich Bistro 12:30- Pinochle 1:00-Rosemont Rhythm Band</p>	<p>26 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Meditation class 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring</p>	<p>27 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 -Pork Tenderloin w Plum Sauce 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>30 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- Stuffed Mushrooms 12:30- Bridge 1:00-Drama</p>	<p>31 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:00-T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>			

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		<p>1 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 9:00-Foot Care by appt. 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Breakfast Brunch 12:30- Pinochle 1:00-Rosemont Rhythm Band</p>	<p>2 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00- Knitting & crocheting 10:00- Meditation class 10:00- Yoga 10:00-Share Singers meet 12:00-Real Estate presentation by Scott Foster 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring 3:30- Cooking class</p>	<p>3 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-Chef's Choice 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>6 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-Chef's Choice 12:30- Bridge 1:00-Drama</p>	<p>7 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:00-T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>8 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup and Sandwich Bistro 12:30- Pinochle 1:00-Rosemont Rhythm Band 1:00-Book Club</p>	<p>9 THURSDAY 8:00- Core Strength 8:30- Strength & Balance (TBD)-bus trip-wine tasting 10:00-Yoga 10:00- Meditation class 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring</p>	<p>10 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- Drive in Burgers 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>13 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-Fish Tacos 12:30- Bridge 1:00-Drama</p>	<p>14 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>15 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup/Sandwich Bistro 12:30- Pinochle 1:00-Annual Board Meeting 1:00-Rosemont Rhythm Band</p>	<p>16 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Share Singers to Brookdale River Valley 10:00-Yoga 10:00- Meditation class 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring</p>	<p>17 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-Wild Rice and Meatballs 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>20 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-Shrimp Skewers w/ Cilantro Mint Chutney 12:30- Bridge 1:00-Drama</p>	<p>21 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>22 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 9:45- Bus trip—tour of Portland's finest chocolate 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup/Sandwich Bistro 12:30- Pinochle 1:00-Rosemont Rhythm Band</p>	<p>23 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Marquis Tualatin 10:00-Yoga 10:00- Meditation class 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring</p>	<p>24 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 -Summer BBQ 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>27 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- Cool Couscous Chicken Salad 12:30- Bridge 1:00-Drama</p>	<p>28 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>29 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup and Sandwich Bistro 12:30- Pinochle 1:00-Rosemont Rhythm Band</p>	<p>30 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Meditation class 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring</p>	