

January / February 2017

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West Linn • OR 97068

www.westlinnoregon.gov

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



Friends Reaching Out
to Friends

FRIENDS

of the West Linn Adult Community Center



Friends of the West Linn Adult Community Center

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Tiffany Carlson
Recreation Coordinator

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Bill Barger, *Vice-President*
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Lorene Bay
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Dick Hunt, *Memorial Bricks*
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The WLACC Newsletter
editor reserves the right
to edit, or shorten articles
submitted for clarification.

Letter from Tiffany



Happy New Year to all of you! I am looking forward to what 2017 will bring for everyone at the Adult Community Center. I can't believe it was just last year that we opened the doors in February to our newly expanded building. So far, we've been able to offer more fitness classes to our senior community, hold a successful Open House that allowed for us to highlight more of what we had to offer, house the Mother's Day Tea in the new, Grand Fir room and the volunteer appreciation dinner on the outside patio.

It was also a year of change for our meal program. As we lost our cook, we switched over to using The Stafford for catered lunches and the results have been great. We were sad to see them go but I'm so thankful to find new caterers Sarah Baltazar and her husband, Javier with Mundo Catering. You'll notice that the meals are listed in the newsletter! This is so nice to have again. The meal price, Birthday brunch and soup and sandwich Wednesdays will continue on as they have been. We hope you'll join us!

We have a wonderful new wellness activity that will be starting right away called Brain Fitness. Stephanie Barnett-Herro from Clackamas County will be bringing this to you most first Thursdays of the month at 1:00 PM with the exception of February 1st at 12:45 PM. I hope you'll consider joining her for this. Further details are listed on page 3.

We will also be revisiting two popular bus trips in January and February. We'll be heading to Bob's Red Mill and the Portland Roasting Company. Both trips were a lot of fun and filled with great information and delicious food—always a winning combination and worth visiting again!

As of this writing, the weather has caused us to cancel our holiday lunch and gift exchange. I plan to have a New Year luncheon instead and will hold this on Friday, January 6th! We are getting logistics ironed out but please check in at the beginning of the new year week to let us know if you can attend.

To a wonderful new year!

~ Tiffany

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

Lorene Bay has been busy setting up fund-raisers for next year. Check out page 6 for more information on how you can participate. Other board members have been keeping busy with many other tasks. Well done to all.

The "Holiday Hilarity" performance by the Aged Cured Hams on Friday, December 2nd was a great success. They had their KGW's Toys for Tots drive and with a full house many toys were collected. We had a standing ovation for all the skits and jokes, plus for the music performed by the Rosemont Rhythm Band. The board approved \$250.00 towards this performance and donations from Shari's Willamette and Market of Choice in West Linn, were greatly appreciated.

Hope you all had a VERY MERRY CHRISTMAS and wishing you best wishes for the NEW YEAR.

~ Warren H. Guest, *President*

Schedule of Ongoing Events

EXERCISE CLASSES

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

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

NEW! Core Conditioning: Fridays from 9:45-10:30 am. Strength training using a combination of free weights, stretch bands and medicine balls as well as your own body resistance. This is a Pilates, yoga and strength training fusion workout. We focus on core strength, flexibility and total body conditioning. Bring small hand-held weights, yoga mat, towel and water. \$48 or \$6 per class. Classes are ongoing. Please call the front desk for registration information.

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

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

Dai Mai Qigong: Mondays 10:00 to 11:30 a.m. – Jan 23 - Mar 13, 2017. Start the New Year off right and enhance your health. Dai Mai Qigong is one of the best Qigong methods to reinforce your immune system because it works directly on the Dai Mai (Belt Meridian) around the waist. As the Dai Mai meridian becomes active the Qi (life force energy) starts to flow freely, expanding and spiraling out to generate a cocoon of Qi. This energetic cocoon provides protection from diseases and radiation that constantly bombard us in our world. Dai Mai Qigong helps conditions such as constipation, weight control, all gynecological and digestive issues. This class will include self massage, immune boosting techniques, meditation. All Qigong forms are highly beneficial and promote good health and balance as we age. All forms can be comfortably performed sitting on a yoga pillow, standing or sitting in a comfortable chair. Instructor: Master Qigong teacher Lyndalea Ruffner. \$55 - \$7 Drop in Fee (\$15 Booklet recommended, not required).

Strength and Balance: Tuesdays, Thursdays and/or Fridays, 8:30-9:30 am. Your choice of twice weekly for 8 weeks, \$70.00. Or your choice of three times weekly for 8 weeks, \$108.00.

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

T'ai Chi (Instructor lead.) Tuesdays 11:00 am-12:00 pm, session begins 1/17 (8 week term) Taught by Sharon Miller, increase your vitality, coordination and

balance. This class will introduce you to the ancient Chinese Yang-Style Form. The 24 movements are performed in a continuous sequence at slow speed — beneficial for any age or physical shape. Non-Competitive. 8 week term, 8 classes \$48.00.

Walking Group: Mondays, Wednesdays and Fridays. Meeting point at the Center at 8:30 am. Walk the neighborhood for about 3 miles with friends. About 1 hour. FREE.

Yoga: Tuesdays and Thursdays, 10:00-11:00 am. This Gentle Yoga class is a comprehensive class covering balance, strength and stretching. 16 Sessions for 8 weeks \$60.00, or \$6.50 drop in per class. Instructor: Tiffany Carlson.

GAMES

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

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

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

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)

NEW! Brain Fitness: Meeting monthly and starting January 5th at 1:00 pm and February 1st at 12:45 pm. Memory games and activities are important for our mental health! Stephanie with Clackamas County Behavioral Health will be starting a new program here at the Adult Community Center most first Thursdays of the month, with the exception of the first Wednesday of the month in February. She will be organizing a variety of fun brain games and activities that will help stimulate learning processes and enhance memory. Join us for this free new activity. Drop-ins welcome!

Foot Clinic: First Wednesday and Friday of the month from 9:00 am-2:30 pm. Call 503-557-4704 for an appointment. FEE \$25.00.

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

Schedule of Ongoing Events (Cont'd)

DRAMA AND MUSIC:

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

West Linn Uke Jam: Tuesdays at 2:00 pm. Visitors are encouraged and all levels are welcome. If you'd like to bring music to share with the group, please bring about 30 copies and deposit them on the front table so folks can pick them up as they arrive. Instruments other than ukuleles are also welcome. FREE.

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

SPECIAL INTEREST CLASSES:

Craft of the Month: Second Monday of the month. (January 9th and February 13th) from 1:00-3:00 pm. We will be making a paper sack photo album. Half of it will be taught in January and the second half in February. Kits will be provided for the January class so please sign up at the front desk a week before class in time to prepare the kits. Material costs will be between 5 and 10 dollars each. Class is FREE

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.

Please note: the AARP Tax Aide will be held at the West Linn Library again this year but please schedule your appointment with the front desk at the ACC. (503) 557-4704.

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.

January/February 2017 Schedule

Meetings are held some Thursdays

Jan. 5	10:00 am	Meet at WLACC to prepare for Winter visits
Jan. 12	9:45 am	Depart WLACC to visit The Springs at Carman Oaks
Jan. 26	9:45 am	Depart WLACC to visit The Springs at Wilsonville
		
Feb. 2	9:45 am	Depart WLACC to visit Marquis Hope Village
Feb. 23	9:45 am	Depart WLACC to visit The Springs at Clackamas Woods

Wood Carving: Mondays at 9:00-12:00 noon. No Charge.



This Kestrel was carved by Myron Carpenter

Writing: "Honoring Our Memories": Tuesdays at 9:45-12:00 noon. Topics vary. It may be fiction or based on your own personal life experience. Writing about the past can be especially important for your future generation.

Senior Law Projects: Half hour consultations every 2nd Monday of the month.

Computer Instructions: Tuesdays, Thursdays, and Fridays, from 9:00 am-noon. Instructor: Richard (Dick) Hunt. For an appointment for both the Senior Law Projects and Computer Instructions, call the Center at 503-557-4704.

Schedule of Ongoing Events (Cont'd)

Book Club

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



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

“A SPOOL of BLUE THREAD” Anne Tyler

Picture a middle-class American family, four generations, living in the suburbs. The “founder” is an upstart with a murky past, a hard-working construction guy in a bleak marriage. Next in line are his son and the son’s wife — he’s a chip off the old patriarch, inherits the construction business, soldiers on. She’s the maddening, meddling family fixer-upper, determined that her four children will, against all odds, tolerate if not love one another.

&



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

“The Midwife’s Here!” by Linda Fairley

It’s the summer of 1968 and St Mary’s Maternity Hospital in Manchester is a place from a bygone age. It is filled with starched white hats and full skirts, steaming laundries and milk kitchens, strict curfews and bellowed commands. It is a time of homebirths, swaddling and dangerous anesthetics. It was this world that Linda Fairley entered as a trainee midwife aged just 19 years old.

HONOR your loved ones.

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

FROM The Desk of



About our bus trips . . .

We all know about the bus trips the WLACC organizes for us on a regular basis. Many of us have taken those bus trips many times, over as many years, including myself and my husband Mike. Some of them are so popular that they sell out within a few days, and although I am privileged in knowing about the upcoming bus trips way before all of you do, I always wait until I know the newsletter has been delivered to your home before I sign-up, which sometimes has resulted in being too late.

There were many trips we enjoyed tremendously, but because of space restrictions I want to talk specifically about two. One was to the museum of *Interactive Gaming and Puzzlery*, in Beaverton. Both my husband and I were hesitant to sign-up for this one, yet, it sounded intriguing to me, and we decided to go. What a wonderful surprise it was. This is a very small, but intimate place, and what you first notice on entering is that it smells - kind of - musty. Which, by the way, soon dissipates. We were greeted by one of the owners, and got a tour, plus a detailed history of gaming and dice. They have some old artifacts, and a zillion games and puzzles. Many you would recognize from your childhood, (hence the slightly musty smell). However, part of the fun is that you get to play some games. Old or new. Many new ones are still being created in the USA but they also have some from other countries. Games we had never heard of but which were really fun to play! Unfortunately, we had a very small group, but anytime you want a local place to take visiting family or friends to, I would highly recommend this small, but fun, museum. Our second wonderful experience was visiting the campus of *Dogs for the blind*. Both trips are worth being repeated. Which brings me to the purpose of writing this. Are there any bus trips you would like to see repeated? If so, please let us know by putting your choice or idea into the suggestion box at the front desk!

Thank You!

Have a wonderful January and February.



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



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



Vintage set of Ruby glass dishes. Made in France - 37 pieces. \$50.00 for the whole set.

Please contact Veronica or John Ferenz for more information or call the center at 503-557-4704. Want to share this on facebook or tell your friends, email Mieke at miekew@comcast.net for a copy of this ad.

SAVE The Date

UPCOMING BUS TRIPS

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

Wednesday, January 25th—Bob's Red Mill tour and lunch. We will leave the ACC by 10:45 and return around 2:30 pm. Cost is \$10.00.

Wednesday, February 22nd—Tour of Portland Roasting Company and lunch at Pacific Pie Company. We will leave the ACC by 9:15 and return around 1:30 pm.

Let's go to the Stafford for lunch AND a movie! We'll carpool from the ACC at 11:45 am and have lunch in their restaurant at noon.

Thursday, January 12th at 11:45 am.

After lunch, we will watch a movie in their cozy theater. This will be a free event except the cost of lunch. Up to 20 people are welcome to attend. Please sign up at the front desk to reserve your space.

UPCOMING PRESENTATIONS

Join us for various presentations on health and senior living topics. Some talks may get scheduled after the printing time of this brochure. Please call or stop in at the ACC front desk for up to date information. 503-557-4704. Please RSVP for any below presentation.

How to Pay for Long-Term Care Without Going Broke—a presentation by attorney Liz Jessop. **Thursday, January 19th at 12:30 pm.** (Please bring a sack lunch if you wish.) She will provide a 15 page elder law guide, newsletters that they have authored regarding the subjects below and also a CD on "Medicaid and how to pay for long-term care without going broke". Asset protection strategies; Veteran's benefits; Medicare; Long-term care insurance; In-home care issues; Medicaid.

Natural and Effective Relief for Chronic Pain and More! A wellness talk presented by **G&L Acupuncture and Wellness Center. Thursday, January 26th at 12:30 pm.** A light lunch will be sponsored by G&L Acupuncture. You might have heard of acupuncture but do you know how and why it works? Come attend our lunch talk and learn more about the fastest growing natural treatment that has been changing the lives of thousands of people who suffer from chronic conditions such as rheumatoid arthritis, lower back pain, plantar fasciitis, frequent migraines, and more!

Come grab a bite to eat and learn about how to improve your life, stay healthier, and feel better! Be Safe, Strong and Empowered! Thursday, February 16th at 12:30 pm. Michelle Moore will be leading a non-contact self-defense presentation that will teach you

what to look out for and how to protect yourself. *A light lunch will be provided by, and sponsored by, the Friends of the Adult Community Center.*

UPCOMING FUNDRAISERS

Papa Murphy's

Mark your calendar: This is again your chance to help us, Friends of the West Linn Adult Community Center, to raise money! First one up:



Saturday, January 21st at 2000 8th Ave, West Linn, from 11:00 am to 9:00 pm. This is our second

restaurant who is willing to sponsor us simply by you turning up at their restaurant during that day. You can also call ahead to order, the phone number is 503-635-8224. Buy your pizza and mention that it is for the West Linn Adult Community Center.

McMenamins West Linn

Pub Our third restaurant is located at 2090 SW 8th Ave., West Linn, and will participate the whole day on **Monday, March 13th from 5:00-10:00 pm.** Stop by with your friends and family and enjoy a large selection of dinners and beverages.



Fundraising is not an easy task, and our board members are working hard to come up with new ideas and new ways to inspire us to do so. Please give us your support. Thank you! Look out for flyers and information on the bulletin board for both events.

Lakewood Theatre Presents:



Agatha Christie's Murder On The Nile
January 6 – February 12
Directed by Nancy McDonald.

Mums the Word. by Agatha Christie.

On board a steamer, cruising under the scorching Egyptian sun, honeymooners Simon Mostyn and his wealthy socialite wife Kay find themselves pursued by an old flame of the newly wedded groom. Then tragedy strikes - a body is discovered. A web of intrigue and deceit develops, surrounding the trail of a ruthless murderer.

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

DID You Know!

COOKING Classes

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

Cooking classes are from 3:30-5:30 pm. Cost is \$20.00 and include the meal. A 6-person minimum is required. Sign up at the front desk of the Adult Community Center, or call 503-557-4704 to pay by credit card.

Thursday, 1/5--Beef chuck pot roast with roasted vegetables, mashed potatoes and pan gravy.

Thursday, 1/19--Curry coconut chicken, with carrots, peppers celery and onion. On top of jasmine rice.

Thursday, 2/2--Cajun blackened tilapia topped with mango pineapple salsa. Served with red beans and rice and swiss chard. Learn how to make your own Cajun spice and have your fish with as much heat as you want.

Thursday, 2/16--Chicken marsala with cremini mushrooms. Served with herb roasted red potatoes and broccoli.

Thursday, 3/2--Cioppino seafood soup. A hearty tomato based fish soup with manila clams, salmon, cod and shrimp. Served with crusty French bread.

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



THE Best Kept Shopping Secret in West Linn!

We are ready for new, good quality donations, to sell at our Gift Shop. As you know, the shop is run by many volunteers, who do more than just donate their time and effort. In fact, they help raise money for the "Friends of the West Linn Adult Community Center". Who in turn, put that money towards many improvements and/or additions, to be enjoyed by all of us visiting the Center. Please come and visit us soon and bring your friends and family to the Gift Shop! (Now accepting credit and debit cards).

Hope to see you soon!

– Veronica and John.

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NOT A CRISIS.

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West Linn Memory Café



Every 2nd Wednesday of the month from 1:30-3:00 pm.

The challenges of living with memory loss can sever connection at a time when it's needed most. Memory Café gatherings are one way people with memory loss and their companions can come together to make new friendships, support one another and feel accepted in a safe community setting. We need volunteers to provide normalcy for those experiencing memory loss. Visit, make new friends and enjoy the conversation.

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

To sign-up for the on-line version of this newsletter take these easy steps!

- Go to westlinoregon.gov and click on **Departments, Parks and Recreation, Adult Community Center Newsletter.**
- Click on "Subscribe to our mailing list";
- Click on subscribe;
- Type in YOUR email address, first name and last name;
- Soon you will receive confirmation via email indicating that you are now subscribed;

MAKING A HEART HAPPY RESOLUTION – by Keli Stevens

Once again, we stand at the threshold of a brand-new year. For many of us, it is a time to make resolutions... resolutions that last for a few weeks before we break them. Let's just admit it, it's hard to stay committed to a promise we make to ourselves. We try though. We really want to make a change, to become more healthy, to be a better version of ourselves. Often we vow to take an action that will improve our own lives or the lives of others. We really wish we could. Volunteering can help you accomplish all of that. Committing to giving your time and skills to others this year might make for the perfect resolution. One that's easy to keep.

Volunteers are essential to many organizations, some of which could not keep their doors open without the unpaid support of others. Volunteers are often essential to groups, individuals, animals and causes. They reap untold benefits because of charitable involvement. The volunteer benefits as well. Most people already know that volunteering makes you feel good. It's great for your mental health. It rewards you with a long list of additional benefits too, such as expanding your social circle, finding purpose, and continued learning. These rewards can keep your heart happy, but did you know volunteering can also keep your heart healthy?

Studies have linked time spent volunteering with lower blood pressure (bp), lower cholesterol, reduced inflammation, lower body fat ratios and improved overall heart health. As little as one or two hours every other week was reported as being beneficial. These findings are of particular importance to older adults, as cardiovascular disease is one the leading causes of death in the United States. 65 million Americans have high blood pressure, a contributing factor to heart disease. 1 in 4 women in this country will die from heart disease. Any small changes we can make to mitigate our risk is a change worth making. A lifestyle that includes time spent volunteering might be one way to reduce your risk for cardiovascular disease, maintain heart health and happiness, as well as help others.

The relationship between heart health and volunteer work seems to be rooted in lowering blood pressure. There are many reasons for this. Volunteering may require physically getting out of the house, thereby increasing activity levels and providing additional exercise. Also, volunteer work may require a task or activity that is different from someone's day to day routine. Stamina and weight can be positively affected. Maintaining a healthy weight can lower bp.

"Stress" can also affect blood pressure. Emotional stress levels are often drastically lowered when one feels good about themselves. One might gain a sense of purpose when serving others. The act can foster social interaction and connectivity. People who volunteer benefit from making new, like-minded friends. New skills are often learned and contribute to feelings of self-confidence and self-worth. The result is a happier and healthier heart.

There are many ways to become a volunteer. Your ability to give your time does not depend on your age, ability level, transportation access or skill set. The right opportunity is waiting for you, whether you are able to volunteer only from home and by computer, once every few weeks, or every day. The West Linn Adult Community Center is one great place you can volunteer; other opportunities can be found in churches, schools, animal shelters and online boards that help match people with positions, such as www.volunteermatch.org. This year consider committing some, or even more of your time to serving others. You will gain much more than you give. It's one resolution you won't be tempted to break.



Take the **GUESSWORK** Out of Your Senior Living Search

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DON'T forget:



YOU CAN HELP THE FRIENDS OF THE ADULT COMMUNITY

Happy holidays and a wonderful New Year to each and everyone of you.

Janet McDonald was the winner of the November free lunch and with the spirit of giving she gave the lunch to one of our wonderful volunteers, here at the West Linn Adult Community Center. This is an example of a win-win-win. Janet won the lunch, she shared it with a volunteer and the Adult Center received a donation from Fred Meyer, from the purchase. The winner of the December free lunch was Marie Horvath, one of our wonderful volunteers.

Remember to bring your Fred Meyer receipt with “Thank you for participating in the 2016 - 2017 Fred Meyer Community Rewards. You requested Fred Meyer donate to West Linn Senior Community Group” to the front desk at the Adult Center to be entered in the drawing for a free lunch. If you have any questions or have not signed up and need some help please just leave a note at the front desk, and I will help you register for Fred Meyer Rewards or link your Fred Meyer Rewards to the Adult Center so that this win-win can continue.

Thank you – Lorene

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Upcoming Friends Board Meetings: Wednesdays January 18th and February 15th at 12:45 pm.

ALL MEMBERS WELCOME!

**VOL
UN
TEERS**

NEEDED!

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

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



We are happy to announce that Mundo Catering will be providing our lunches in the future. Lunches are \$5:00 and served at noon time.

January 2017 Lunch Menus – All menus include a salad

- Wednesday 01/04 – Birthday Brunch: Yukon gold potatoes, bacon, quiche and French toast bread pudding
- Friday 01/06 – Sweet and sour chicken, yakisoba noodles, sugar snap peas and coconut cream pie
- Monday 01/09 – Pork loin with apple sauce, potato gratin, roasted asparagus and yogurt panna cotta
- Wednesday 01/11 – Baked potato soup, chicken-parmesan sandwiches and chocolate chip cookies
- Friday 01/13 – Shepherd’s pie, cauliflower gratin, buttered peas and chocolate mousse
- Monday 01/16 – Martin Luther King Day
- Wednesday 01/18 – Black bean and bacon soup, Cuban ham and Swiss sandwiches and peanut butter cookies
- Friday 01/20 – Shredded chicken tacos, black beans, but tered corn and banana pudding
- Monday 01/23 – Sausage and chicken jambalaya, cheese grits, collard greens and buttermilk pie
- Wednesday 01/25 – Tomato-basil soup, pesto-chicken paninis and brownies
- Friday 01/27 – Sloppy Joes, wild rice pilaf, oven-roasted green beans and apple spice cake
- Monday 01/30 – BBQ pulled pork, baked beans, sauteed zucchini and red velvet cupcakes

February 2017 Lunch Menus – All menus include a salad

- Wednesday 02/01 – Birthday Brunch: Hashbrown casserole, sausage, frittatas and chocolate chip muffins
- Friday 02/03 – Potato-leek soup, Philly cheese steak sandwiches and strawberry shortcake
- Monday 02/06 – Curried turkey meatballs, rice noodles, sauteed asparagus and cheesecake bars
- Wednesday 02/08 – Broccoli-cheese soup, Monte Cristo sandwiches and cream puffs with chocolate sauce
- Friday 02/10 – Honey-mustard pork loin, mashed potatoes, broccoli and bread pudding
- Monday 02/13 – Lasagna, garlic bread, brussels sprouts and pineapple-upside down cake
- Wednesday 02/15 – White bean, chicken and kale soup, egg salad sandwiches and oatmeal cookies
- Friday 02/17 – Turkey tetrazzini, caramelized onion polenta, roasted cauliflower and cherry crisp
- Monday 02/20 – President’s Day
- Wednesday 02/22 – Chicken and orzo soup, French bread pizzas and icebox cake
- Friday 02/24 – Swedish meatballs, egg noodles, honey-roasted carrots and chocolate cheesecake cups
- Monday 02/27 – Chili, baked potatoes, vegetable medley and cinnamon pound cake

Complimentary Birthday Brunches will be honored on the first Wednesday of the month.

January B-Days

George Adams; Betty Arnold; Caryn Aman; Kathleen, Atkins; Miriam Chitty; Elaine Davis; Nancy Rowinski; Eleane Hall; Joan Hallinan; Joan Mackeson; Mary J. Mahi; Sue McCullough; Janet McDonald; Linda Narup; Patti Pavlosky; Violet Quella; Betty Reynolds; Mary Rogers; Rita Segura; Sue Shields; Jan Sickert; Tilley Snively; Judy Spencer; Anne Sturtevant; Judy Wiechmann; Gloria Williamson

February B-Days

Dick Akins; Gilbert Amestoy; Jerry Andersen; Mary Ann Anderson; Kathleen Atkins; Larry Austin; Tom Averett;; Donna Baker; Marylou Ball; William Barger; Rob Barker; Debra, Bartlett; Lorene, Bay; Bonnie Bohm; Elsie Brigham; Dianne Gorveatt; Wendy Griffith; Florence Guimary; Karen Jacobus; Jeannine Kathrein; Phyllis Kendall; Linda Miller; Marjorie Russell; Joni South; Daisy Tindall; Jean Whitehead

WELCOME New Members

Many thanks to all of you who decided to join the **“Friends of the West Linn Adult Community Center”**.

Your contributions will go a long way!
THANK YOU!

The WLACC will be closed all legal holidays and when the West Linn-Wilsonville School District schools are closed due to incimate weather.

Scheduled Closures:

- January 16th – Martin Luther King Day
- February 20th – President’s Day

IMGP – Interactive Museum of Gaming and Puzzlery - October 26th, 2016



This bus trip is definitely on my list of 'repeats'. Apart from the old games you all grew up with, the history of gaming is interesting, and the museum has some artifacts dating back a long time.



On the left, one of two games we played. This one is called Tsuru, *The Game of the Path*.

Brunch at Oregon City's Yvonne and then off to Coin Toss, a local beer brewery for some tastings.



← Oh, the choices to be made . . .



Would you have recognized this person?
(Halloween 2016)

Decorating the Christmas Tree at the Center



Starting the puzzle of the Christmas Tree, AND figuring it out



The puzzle finished ... and ready to decorate.



A job well done! Thank you Christmas Tree Decorator Volunteers!

January 2017 West Linn Adult Community Center 503-557-4704

<p>ACC is closed today for the New Year Holiday.</p> <p><i>Happy New Year!</i></p>	<p>2 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>3 WEDNESDAY 8:30- Walking Group 9:00-Foot care by appt 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Birthday Brunch 12:30- Pinochle 1:00-Rosemont Rhythm Band</p>	<p>5 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00-Share Singers 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 12:30- Bridge 1:00- Brain Fitness (NEW!) 1:00- Adult Coloring 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-Sweet and Sour Chicken 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>9 MONDAY 8:45- 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-Pork Loin, Potato gratin 12:30- Bridge 1:00-Drama, Age Cured Hams 1:00-Craft of the month</p>	<p>10 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>11 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Baked potato soup, chicken parmesan sandwiches 12:30- Pinochle 1:00-Rosemont Rhythm Band 1:00-Book Club 1:30- Memory Cafe</p>	<p>12 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to The Springs at Carman Oaks 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 11:45-Carpool to Stafford for lunch and a movie 12:30- Bridge 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-Lunch-Shepherd's Pie 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>16 MONDAY</p> <p>Closed in honor of Martin Luther King Day</p>	<p>17 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>18 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Black bean & Bacon Soup, Ham and swiss sandwiches 12:30- Pinochle 12:45-FACC Board Meeting 1:00-Rosemont Rhythm Band</p>	<p>19 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 12:30- Bridge 12:30-Presentation-How to Pay for Long Term Care without Going Broke 1:00-Adult Coloring 3:30-Cooking class</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-Shredded Chicken Tacos 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>23 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 12:00-Lunch-Sausage & Chicken Jumbalaya, Cheese grits 12:30- Bridge 1:00-Drama, Age Cured Hams</p>	<p>24 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>25 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 10:45-Bus trip to Bob's Red Mill, tour and lunch 11:00-Garden Appreciation Group 12:00-Tomato Basil soup, Pesto Chicken paninis 12:30- Pinochle 1:00-Rosemont Rhythm Band</p>	<p>26 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to The Springs at Wilsonville 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 12:30- Bridge 12:30-Presentation-Natural Relief for Chronic Pain and More 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-Lunch-Sloppy Joes, Wild Rice pilaf 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>30 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 12:00-Lunch-BBQ Pulled Pork, Baked beans 12:30- Bridge 1:00-Drama, Age Cured Hams</p>	<p>31 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>			

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		<p>1 WEDNESDAY 8:30- Walking Group 9:00-Foot care by appt 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Birthday Brunch 12:30- Pinochle 12:45-Brain Fitness (NEW!) 1:00-Rosemont Rhythm Band</p>	<p>2 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Marquis Hope Village 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 12:30- Bridge 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-Potato Leek Soup, Philly Steak sandwiches 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>6 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 12:00-Curried Turkey Meatballs, Rice noodles 12:30- Bridge 1:00-Drama, Age Cured Hams</p>	<p>7 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Honoring Our Memories Writing Group 10:00- Yoga 11:00-T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>8 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Broccoli Cheese soup, Monte Cristo sandwiches 12:30- Pinochle 1:00-Rosemont Rhythm Band 1:00-Book Club 1:30- Memory Cafe</p>	<p>9 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 12:30- Bridge 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-Honey Mustard Pork Loin, Mashed Potatoes 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>13 MONDAY 8:45- 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-Lasagna, Garlic bread 12:30- Bridge 1:00-Drama, Age Cured Hams 1:00-Craft of the month</p>	<p>14 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam Happy Valentines Day!</p>	<p>15 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-White Bean, Chicken and Kale soup, Egg Salad sandwiches 12:30- Pinochle 12:45-FACC Board Meeting 1:00-Rosemont Rhythm Band</p>	<p>16 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 12:30- Bridge 12:30-Presentation-Be Safe, Strong and Empowered 1:00-Adult Coloring 3:30-Cooking class</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-Turkey Tetrazzini, Caramelized Onion Polenta 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>20 MONDAY Closed in honor of President's Day</p>	<p>21 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>22 WEDNESDAY 8:30- Walking Group 9:15-Tour of Portland Roasting Company 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Chicken & Orzo soup, French bread pizzas 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 The Springs at Clackamas Woods 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 12:30- Bridge 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-Swedish Meatballs, Egg Noodles 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>27 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 12:00-Chili, Baked Potatoes 12:30- Bridge 1:00-Drama, Age Cured Hams</p>	<p>28 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>			