

July / August 2016

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www.westlinnoregon.gov

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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

Staff:

Tiffany Carlson
Recreation Coordinator

Board Members:

Warren H. Guest, *President*

Bill Barger, *Vice-President*

Margaret DeJardin,

Treasurer

Irene Jones, *Secretary*

Mieke Wiegman,

Membership

Lorene Bay, *Mailings*

Marsha Wilkins, *Volunteer*

Services

Committee Members:

Veronica Ferenz, *Gift Shop*

Dick Hunt, *Memorial Bricks*

Rita Perry, *Historian*

Bev Whiteley, *Sunshine*

Chair

Dave Pitzer, *Art Exhibits*

WLACC Newsletter:

Mieke Wiegman, *Editor*

Keli Stevens,

Facebook and 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



Summer is always such a whirl of activity and changes and these next few months are no exception. In June, our cook, Cassandra, resigned and we are trying something completely new with catered lunches by The Stafford. I really appreciated Cassandra's kindness and eye for presentation with her meals. We will miss her warm smile and wish her the best on her new business and new home in Kaiser. We are contracting with The Stafford on a six-month trial basis and I look forward to working with catering director Melissa Danielson in the coming months. Their quality is excellent and we are fortunate to have them here. We will have lunch menus posted three weeks in advance on the front bulletin board and in the kitchen. They will also be listed in the Tidings along with Doug Dickston's always engaging articles. The kitchen will continue to be utilized with cooking classes by Danny James. I have a few other ideas up my sleeve for kitchen use so stay tuned...

Our bus trips for July and August will bring us through farms, cooking demonstrations, Mt. Hood and fresh picked fruit and vegetables. I hope you'll come along if anything looks exciting to you. Details are listed on page 6. As always, I welcome any trip ideas you may have. In the fall months, we have free senior Zoo day or Oktoberfest (we'll have to choose as they're on the same day) a guide dogs for the blind tour and we've been invited to have lunch and a movie at the Stafford in their movie theater! There's always something to look forward to.

We hope to begin a Memory Café in the fall. It will be a monthly gathering where people with memory loss and their care companions can come together to support one another, make new friends and feel safe in a community setting. We'll have an informational meeting about this on July 26th and we'd love to have volunteers who would like to get involved. More information is provided on page 6.

I look forward to continuing to work with The Friend's of the ACC board, all the volunteers, and class instructors for continued success at the ACC.

~Tiffany

President's Corner – Moving Forward

I would like to thank all those who were able to vote in person, and those that could not attend.

I am looking forward to new adventures as well as old. With some advise from the old hands and of course with the new hands, I will be open for suggestions, as well as criticisms.

I am hoping that when you have some free time from the many activities here at WLACC, you might come in during an open board meeting with a suggestion or two, or just find out what's happening. The meeting dates, times and agendas are posted on the Bulletin Board, and in this newsletter. Can't make it to a meeting but you have a thought or suggestion, drop off a note in the comment box at the front desk.

To all members new and old, see you soon.

~ Warren H. Guest

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.

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.

Qigong summer classes:

June 20th-August 22nd, Mondays 10:00-11:30 am. Practicing Six Sound Therapy and XiXiHu Walking Qigong. A philosophy of life fostering wisdom, well-being and harmonious living is practiced using a combination of movement, breathing techniques and meditation. No prior experience is necessary. Recommended equipment is a yoga mat, blanket and pillow. Recommended attire is loose fitting clothes. \$55.00 for the term or a \$7 drop in. Lyn Ruffner will be the instructor again.

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: Tuesdays at 11:00-12:00 am. Many thanks for your interest. We will have fun "playing" T'ai Chi. \$48.00 for eight classes. (July 5th-August 23rd)
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.



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)

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:

The Aged Cured Hams Drama Class will be meeting **July 11th and September 12th only.** They will continue regular Monday practices **after September 12th.** 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.



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.

July / August 2016 Schedule

Meetings are held some Thursdays

July 7 9:45 am Depart WLACC to visit
Hearthstone at Murrayhill

July 28 9:45 am Depart WLACC to visit
Emerson House



Aug 18 9:45 am Depart WLACC to visit
The Springs at Clackamas
Woods

Aug 25 9:45 am Depart WLACC to visit
The Springs at Carman Oaks

Wood Carving: Mondays from 9:00-12:00 noon. FREE.



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: Fridays.

For an appointment for both services 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



“The Book Club is on vacation”

... and will

resume again on

Wednesday,

September, 14th.

Happy Summer Reading!

FROM The Desk of



Mieke

MADE
IN
USA HOLLAND

UPDATES

– On Wednesday, June 15, a change in Officers for the “Friends of the West Linn Adult Community Center” took place. Thank you all for coming out to vote for us and congratulations to those who were newly elected.

New boardmembers are: Warren Guest, *President*; Mieke Wiegman, *Membership*; Lorene Bay, *Mailings*; Marsha Wilkins, *Volunteer Services*.

To serve one more year: Bill Barger, *Vice-President*; Margaret DeJardin, *Treasurer*; Irene Jones, *Secretary*.

– Don’t forget to check information about our Annual Fundraiser at Burgerville. Held Tuesday, July 12th, between 5:00-8:00 pm. A check for a certain percentage of qualified sales will be sent to us within 30 days. They will also provide a flier advertising the event. (See page 6 for more details.)

Volunteers are needed for some light help clearing the tables. Sign-up sheet at the front desk. Thank you!

– Also, check out Erika Kindley’s photography currently on display.

– This issue’s story written by Keli Stevens is all about change. Change comes in many forms and guises. Her perspective on change is worth reading.

Have a wonderful July and August.

WL~Arts & Crafts~

– by Dave Pitzer



I have discovered an artist right here on my street that I have known for several years, Erika Kindley. This almost 13-year old answered a call that I had put out looking for local art and artists from West Linn. I had no idea what an accomplished photographer she is! She has an eye for lighting, composition and knows

how to use a camera very well. I have seen some very creative and artistic work she has done with her iPhone camera too! Please come and enjoy her images starting the first of July and available for viewing until the end of August.

Erika says: “I am a self taught photographer. I enjoy taking pictures of nature and animals.” All of my photography is straight from the camera to the frame. I don’t do any editing. My camera is a Nikon D50 DSLR.”

The WLACC Woodcarvers



Woodcarvers numbering eight to ten meet every Monday at WLACC! They have been meeting like this since the new center opened over 10 years ago. Some of the members of the group have been carving

for over 40 years!

Les, the newest member says; “*there is a wealth of information available for anyone who wants to learn about the craft*”. Right now he is working on a Red Breasted Nuthatch carved from a small piece of wood. There are whales, flutes, saints, birds and many other types of art pieces being created passionately from this active group of artists and craftsmen.

They love their new “digs” in one of the new additional rooms built recently. (See photo on page 4).

The lighting is great for their work and it is quiet most of the time for the intense concentration they need for creating. In keeping with our newly remodeled “classy” look, Dave Rood is working on a wooden bin/depository for the front atrium.

More on that in the next newsletter.



SAVE The Date

Upcoming Bus Trips

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

Thursday, July 14th – Zenger Farms. Leave the ACC by 10:45 am, return around 3 pm. \$10 for the bus trip. It's all about the bees! Honey tasting and tour at OneTwenty Apiculture. Based in North Portland, OneTwenty Apiculture provides an Adopt-A-Hive service to select North and inner North East Portland neighborhoods. OneTwenty also produces unique 100% raw honey through a cold filter process. We'll learn from Alexander as he teaches us about his process with the bees, honey and service projects. Lunch (Brunch) will be at the unique and delicious Slappy Cakes! Make your own pancakes and choose the lavender honey, if you wish! Menu will be located on the front bulletin board for reference.

Wednesday, July 27th – Timberline Lodge. Leave the ACC by 9:30 am, return around 3 pm. \$10 for the bus trip. Lunch cost at one of the Timberline Lodge options is on your own. There is also an optional chair lift ride to see the beautiful landscape around the mountain for \$15.

Thursday, August 11th – Local fruit loop. Leave the ACC by 10:00 am, return time, anytime in the afternoon. \$10 for the bus trip. Our beloved bus driver Bill Barger, is planning to take us to the best fruit and vegetable stands in our own backyard that will rival Hood River and showcase what our area has to offer!

Wednesday, August 24th – Middleground Farms Tour. Cooking demonstration and lunch. Leave the ACC by 11:00 am, return around 1:00 pm. \$25 includes bus trip, meal, cooking demonstration and tour!

Lakewood Theatre Presents:



NINE

July 8 – August 14.

Directed by Ron Daum.
So Hot, it Could be an "11".
Music and Lyrics by Maury Yeston, Book by Arthur Kopit.

Based on Fellini's film classic, 8 1/2, celebrated film director, Guido Contini, is facing middle age, mortality and the pressure of his next film plot, as he is pursued

by a host of beautiful women, all clamoring to be loved by him and him alone. What's a man to do? The original Broadway show won five Tony Awards, including Best Musical, in 1982 and a Tony Award for Best Revival in 2003.

Show Sponsor: Lakewood Center Associates.

WLACC Annual Fund Raiser



**Tuesday, July 12th,
from 5:00-8:00 pm.**

**Location:
18350 Willamette
Drive, West Linn.**

Come and join us for a delicious meal. The more people participating on this day, the more money will go to the WLACC. So get some friends together and enjoy some fun time together over a delicious meal. Their menu states: **"It is the bounty of the Pacific Northwest, right in our backyard. Flavors change with the season, and is filled with meals that are fresh, local, sustainable and perhaps most important, delicious."** In season in July: Walla Walla Onion Rings, or Marionberries, and whatever Mother Nature tells us.

We do ask for some volunteers to help out doing some light cleaning taking dishes off the tables. 2-3 Volunteers per hour for the event. Sign-up form at the front desk.

AARP Smart Driver class.

Thursday, July 21 from 9:00 am to 3:00 pm. Instructor: Diana Fisher. For more details, visit AARP.org/drive. This site will show details about the class. Cost is \$15:00 for AARP members (don't forget to bring your membership card) and \$20:00 for non-members, payable to the instructor on day of class. To sign-up, please call the Center at 503-557-4704, or sign-up on form available at the front desk, which should include your name and telephone number.

Memory Café.

Tuesday, July 26th from 1:30-3:30 pm.

Memory Café information meeting.

(See ad on page 9.) The challenge of living with memory loss can sever social connections at a time when it is needed most. Memory Café gatherings are one way people with memory loss, and their care companions can come together to make new friendships and support one another. Come learn how to get involved.

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 \$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.

July 7th—Chicken Roulade. Pounded chicken breast, stuffed with a mixture of ricotta, spinach and parmesan cheese. Then breaded with panko bread crumbs and roasted. Topped with homemade marinara sauce. Served with fresh, local green beans and bow tie pasta in olive oil and garlic.

July 21st—Shrimp Scampi Linguini. Sautéed large shrimp in garlic, shallot, lemon, white wine, cremini mushrooms and linguini pasta. Served with steamed and lightly sautéed broccoli and carrots.

August 18th—Herb Roasted Chicken with fresh fruit kababs and rice pilaf. "Breaking down the basics", learn how to save money by buying and preparing whole body chickens, whole pineapples, whole cantaloupes and mangoes. We are going to make an herb and spice blend for roasting the chicken. We will then make fresh fruit kabobs and serve with rice pilaf.

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.

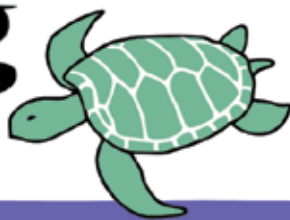


THE Best Kept Shopping Secret in West Linn is here!

More beautiful, larger, and with lots of new gifts. Come on in and check it out. Volunteers are there to assist you and show you all the hidden items in the newly designed draws. Did you see the beautiful handmade aprons? Plus the adorable pan holders. Surely you know lots of friends and family who own a dog or cat? And they are beautifully made, locally, of course. They make great gifts as hostess gifts when visiting your friends and family this summer. And don't forget all the **4th of July** items. *Needed always:* Greeting Cards and other, in good condition donations.



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SURVING the Waves of Change, a Focus on Adaptability – by *Keli Stevens*

It is said that “you cannot stop the waves, but you can learn how to surf”. The waves here symbolize the endless moments of change that impact us throughout our lives. These can be anything from a new hobby, a move, retirement, a new routine, a life changing disability to the death of a loved one. Surfing is how we respond to these changes. Are we flexible enough to accept the change and ride the waves, or do we fear and resist it? We must be able to adapt. The tides of change cannot be stopped, nor should they be. We constantly experience change, minute to minute, hour to hour, day to day. Change is constant and is necessary to allow us to grow. Without change our world would become stagnant and we would miss out on opportunities to enrich our lives, or those lives we are connected to. Change is not easy though. It always means loss, even if it also brings a gain. Change can be positive or negative, but both require a certain amount of adaptability in order to be accepted and integrated into our lives. We never willingly accept a negative change. It can cause depression, anxiety, withdrawal, anger, and sometimes unhealthy choices. It is important to realize that all changes are an expected and necessary part of life. If we can ultimately accept it and adapt, we can save ourselves from a lot of unhappiness.

The key to accepting change, or adaptability, is preparation. How you approach a period of change can largely determine your quality of life. Many instances of change are outside of our control. We don't want it, we didn't ask for it, it's painful and unfair. The longer you fight the change or become overwhelmed by grief, disappointment and anger, the more unhappy you will make yourself and others. If you are able to be open minded, flexible, courageous and accepting you will be rewarded with peace, contentment and maybe even opportunities to enrich your life that you may have otherwise missed. Being adaptable is a life skill, and like any other skill, adapting takes practice. Happily, It gets easier the more you do it. Here are a few strategies we can use to prepare ourselves to face a change head on.

Be positive. From the very beginning, consciously direct yourself to keep an open mind.

Get the facts. Research the change and learn as much as you can. Sometimes a little knowledge can be all that is needed to overcome fear, trepidation and resistance.

Examine the options. Physically, hypothetically, emotionally.

Imagine. Visualize positive outcomes and opportunities that could be yours.

Give it time. Remember, adapting fully to something takes time. It cannot be rushed. We need to process, take necessary action, grieve or celebrate first.

Let go. No change can be accepted until we are ready to move forward with our lives and let go of the past.

Seek Support. It can be helpful to seek support while you process the change. Spending time in prayer, talking to a therapist or friend, or joining support groups are a few examples.

Evaluate. After an instance of change has been successfully navigated it can be helpful to look back and reflect on it. Recognizing previous positive results can make it easier to adapt the next time.

Experiencing welcome and unwelcome changes is part of being human. True happiness and life satisfaction can only be achieved when we accept these changes and adapt.



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

MISCELLANEOUS

To display your art, please contact Dave Pitzer at: zardozz@comcast.net or leave a message for him at the front desk.

Currently on display through July and August, photography by Erika Kindley.

There's still time to renew your membership for 2016 if you haven't done so already. Forms are available at the front desk. Remember, your contribution goes a long way and discounts are available after July. -

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West Linn Memory Café

For adults living with memory loss and memory changes



We invite YOU to join in and get involved!

The Café will offer refreshments, friendly conversation, and a relaxing time for participants. Volunteers are needed to provide the normalizing, non-judgmental environment that everyone can enjoy together. You can make a huge difference; donate your personality and time to the elders in your community!

- * **No experience necessary**
- * **Training provided**
- * **Short-term commitment**

For the Memory Café Information Meeting, check details on page 4 of this newsletter.

July B-Days

George Adams
Larry Austin
Lorene Bay
Tana Barger
Sandra Carlson
Sandra Crawford
Doug Dickston
Rose Ek
Veronica Ferez
Warren Guest
Lowell Honore
Dick Hunt
Alice Johansson
Ellen Kletzok
Rusty Kunz
Anna Nencescue
Patricia O'Neill
Anthony Perry
Jeani Preble
Jay Rice
Sandy Rust
Loretta Schwarz
Mark Thomas
Ronda Thomas

August B-Days

Mark Brown
Jan Engler
Joyce Caraher
Claire Cohen
Mary Garvik
Sylvia Gercke
Cynthia Gibson
Jeanette Greiling
Erma Grimsrud
Henrietta Hodges
Lowell Honore
Nancy Judd
Marvin Korach
Evalois King
David Landau
Nicolle Landau
Beverly Mallette
Carolyn Martin
Maryann Mehlhoff
Linda Neace
Lee Neudeck
Roberta Petit
Aldean Rasmussen
Ana Mercedes Robayo
Sandy Rood
Frances Wiegand
Penelope Wirth

MENUS

The Stafford will be officially catering our lunches and the lunch donation will now be \$5.00, served at 12:00 noon on Mondays, Wednesdays and Fridays. Complimentary birthdays will still be honored on the first Wednesday of the month.

Menus will be listed weekly in the West Linn Tidings weekly newspaper, together with our ACC article in the neighbors section. Also menus will be posted in the dining room and front bulletin board, updated weekly. (*Menus are subject to change.*)

WELCOME

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.



YOU CAN HELP THE FRIENDS OF THE ADULT COMMUNITY

Thank you to all those members who have already added the West Linn Adult Community Center to their Fred Meyer Rewards program. However, you will need to re-activate this, by relinking your rewards for the West Linn Adult Community Center, by calling 1-866-518-2686, or going to their website at fredmeyer.com/rewards to relink rewards to the center. Please do this by July 1, 2016.

If you have not joined the Fred Meyer Rewards before, application forms are available at the front desk. Please

Upcoming Friends Board Meetings:

Wednesdays July 20th and August 17th
at 12:45 pm.

ALL MEMBERS WELCOME!

give the bottom part to Fred Meyer so they may give you credit for your Rewards. Then follow the instructions above on how to link your rewards with the community center. The organization number for the adult center is 87643.

Remember to enter the drawing for a free lunch by putting your Fred Meyer receipt, which shows that you are donating to the adult center, in the container at the front desk. Thank you and good luck. – Lorene

Tree planting, May 2016



*Photo's
courtesy of
Mieke
Wiegman*



Mother's Day Tea Party - Monday, May 2nd 2016





Photo's courtesy of
Doug Dickston & Dave Pitzer



Photo's courtesy of
Doug Dickston & Dave Pitzer

Behind the scenes, hard working people in the kitchen!



Visiting some local wineries - June 9th, 2016



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

				1 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-Lunch 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
4 MONDAY Closed for the 4th of July holiday 	5 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 9:45- Honoring Our Memories Writing Group 11:00-T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam	6 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	7 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Hearstone at Murrayhill 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring 3:30-Cooking Class	8 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 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
11 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-Lunch 12:30- Bridge 1:00-Drama	12 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	13 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-Rosemont Rhythm Band 1:00-Book Club	14 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00- Knitting & crocheting 10:45-Bus trip to Brunch and Honey Bee farm (OneTwenty Apiculture) 12:30- Bridge 11:15-Nia-Music and Movement class 1:00-Adult Coloring	15 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 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
18 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 12:30- Bridge 12:30-Presentation on travels to India	19 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	20 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-FACC Board Meeting 1:00-Rosemont Rhythm Band	21 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:00-AARP Safe driving class 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring 3:30-Cooking Class	22 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 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
25 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 12:30- Bridge	26 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 1:30 Memory Café information meeting 2:00- West Linn Uke Jam	27 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 9:30-Bus trip to Timberline Lodge 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	28 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Emerson House 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring	29 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 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg

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

<p>1 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 12:30- Bridge 1:00-Drama</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-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>4 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring</p>	<p>5 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-Lunch 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>8 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-Lunch 12:30- Bridge 1:00-Drama</p>	<p>9 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>10 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-Rosemont Rhythm Band 1:00-Book Club</p>	<p>11 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00-Bus trip to local fruit loop 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring 3:30-Cooking Class</p>	<p>12 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 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>15 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 12:30- Bridge 1:00-Drama</p>	<p>16 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>17 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-FACC Board Meeting 1:00-Rosemont Rhythm Band</p>	<p>18 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 12:30- Bridge 11:15-Nia-Music and Movement class 1:00-Adult Coloring 3:30-Cooking Class</p>	<p>19 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 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>22 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 12:30- Bridge</p>	<p>23 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>24 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Garden Appreciation Group 11:00-Middleground Farms tour and lunch 11:15- Line dancing 12:00-Soup/Sandwich Bistro 12:30- Pinochle 1:00-Rosemont Rhythm Band</p>	<p>25 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 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring</p>	<p>26 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 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p>29 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00- Lunch 12:30- Bridge</p>	<p>30 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45- Honoring Our Memories Writing Group 10:00- Yoga 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam</p>	<p>31 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>		