

September / October 2017

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West Linn • OR 97068  
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[www.westlinnoregon.gov](http://www.westlinnoregon.gov)

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Friends reaching out to the  
WLACC

# FRIENDS

*of the* West Linn Adult Community Center



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# Friends of the West Linn Adult Community Center

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**Staff:**

Tiffany Carlson  
*Recreation Coordinator*

**Board Members:**

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Open position,  
*Vice-President*  
Carole Lukas, *Treasurer*  
Open position, *Secretary*

**Directors:**

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Lorene Bay  
Marsha Wilkins.

**Members:**

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Dick Hunt, *Memorial Bricks*  
Rita Perry, *Historian*  
Bev Whiteley, *Sunshine Chair*

**WLACC Newsletter:**

Mieke Wiegman, *Editor*  
[miekew@comcast.net](mailto:miekew@comcast.net)  
Keli Stevens,  
*Facebook and Volunteer Staff Writer*

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1180 Rosemont Road  
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Care of City Hall  
22500 Salamo Road,  
Ste. 1100  
West Linn, OR 97068

*The WLACC Newsletter editor reserves the right to edit, or shorten articles submitted for clarification.*

## Letter from Tiffany



It's been so nice to be back at the ACC. I also love introducing Isla to the good people of this community center that have meant so much to me over these last 4 years. I'd like to get her picture with as many of you as I can so if you don't mind indulging me in this, I may be coming around with a camera quite often. You may also notice that I'm here on Mondays now. My position has been moved to full time and Tarra is now back at City Hall on Mondays. I know many of you will miss her! Thankfully, close so maybe we can talk her into coming in for lunch soon.

We have several speakers and a new activity coming these next two months that I'd like to highlight. Some of you may remember Stephanie Barnett-Herro from Clackamas County who led in the brain fitness group. This time around, she will be leading brain games! It will be an informal time together playing various games that challenge your brain and improve cognitive function. I think we can all find this useful. It's not just an age thing but in my case, a new mommy thing too. This activity will take place every 2nd Monday of the month at 1:00 PM.

We offered a Long Term Care presentation last year that attendees said was extremely useful so we're offering it again this month. More information on that is listed on page 6. We also have Blaine Chatterton speaking to us about medical marijuana and the facts and fiction surrounding this controversial product. Please see more information about his talk coming in October on page 6.

I had a wonderful visit from a woman who lives in this area that would like to begin volunteering her services at our community center. Her name is Diane Barnes and she is a professional mediator. Diane and her associate work with seniors and their families when there is transition from independence to receiving care. They help create an action plan for health care decisions, working through family issues and issues around a will. Going through this planning with my parents has given me a new appreciation for how valuable this help can be and I'm glad we can now offer that service here. They will be available every last Thursday of the month and appointments can be made at the front desk. She will also be giving a special talk on the value of mediation when turning difficult conversations into workable plans. Their presentation is on October 5th at 1:00 PM.

If you are a volunteer with us, we appreciate you immensely. Your efforts, time and talent are what drive this community center and make it such a great place to be. I, along with the Parks and Recreation staff (Ken, Tarra and Terri), will be honoring our volunteers with a volunteer appreciation dinner on October 5th and we hope you'll join us as we say "thank you!" for all you do. I'll be posting a flyer in the next coming week or so with all the fun details.

Looking forward to the days ahead, ~ Tiffany

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## President's Corner – To The Point:

The board has two positions vacant. Vice President Eleane Hall and Secretary Kathleen Atkins both submitted their resignations for their own reasons. If you must know the reason, I highly suggest you ask Eleane or Kathleen direct.

On the brighter side at our Board Meeting on 8/16/2017, we had three Friends Supporters join us. Rose Ek, Judy Hutchinson and Janet McDonald participated with some thoughts and ideas. I want to thank them for attending and would like to see more people coming forward. You will be recognized and heard at the appropriate time.

Volunteers are badly needed. These are the people who keep things going, both for full time and part time and also for subs.

I am looking forward to seeing and talking with you.

Thank You.

~ 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.

**Core Strength:** Resistance weight training program helps to build core strength in a safe manner. Yoga and Pilates moves build a strong core and healthy back. Please bring small hand-held weights, yoga mat, towel and water. Taught by Jacquelyn Rodgers. **Tuesday, Thursday and Friday 8-8:30 am. Fall term 9/26-11/17.** \$44/2 classes/week, \$66/3 classes/week, \$5 drop in.

**Nia- Music & Movement:** 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. Its practice touches all levels: body, mind, heart and spirit. Come move and be moved with us in your own body's way. Taught by Maria Milner. **Tuesday, Thursday 11:15 am-12 pm.** Monthly rate of \$45 (8 classes) or \$7.50 drop in.

**Qigong for Older Adults – Six Sounds Therapy:** While bringing the mind into powerful harmony with the Qi, students will learn how to stabilize the five emotions through the sounds and movements of each organ system. This form is an excellent form for promoting one's personal health and well-being. Taught by Lyndalea Ruffner. **Mondays 10 am-12 pm from 9/11-11/6 (no class on 10/6).** \$65. \$8 drop in. (min 5, max 20)

**Qigong for Older Adults – Winter Series:** Holiday series Qigong class. During this class, we will focus on winterizing our Earth Qi. Our featured form is Dao Yin Wu Wei Qigong. This standing form, akin to Tai Chi, is a fun and relaxing form. It is particularly beneficial for the elderly and people experiencing chronic illness and injuries. **Mondays 10 am-12 pm at 11/13-12/18.** \$65. \$8 drop in. (min 5, max 20).

**Staying Alive with Strength and Balance:** Improve your strength and balance to conquer those every day activities! You will utilize small hand weights, chairs and standing exercises. Taught by Jacquelyn Rodgers. **Tuesday, Thursday and Friday from 8:30-9:30 am.** Fall term 9/26-11/17. \$77/2 classes/week or \$119/3 classes/week. \$6 drop in.

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

**T'ai Chi:** 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. Taught

by Sharon V. Miller. **Tuesdays 11 am-12 pm.**  
**Fall Session #1 09/05-10/24 – \$50.00/8 weeks (8classes).**  
**Fall Session #2 10/31-11/19 – \$50.00/8 weeks (8classes).**  
Please sign-up at the front desk.

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

**Gentle Yoga and Strength:** Gentle Yoga and Strength is a comprehensive and gentle class covering balance, strength and stretching moves while relaxing your body and mind. Taught by Tiffany Carlson. **Tuesday & Thursday 10 –11 am. 9/5-10/26 & 10/30-12/21 \$60 or \$6.50 drop in.**

### 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.

**Pinocle: 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 ACC participants only. Call the front desk for an appointment. (503-557-4704)



**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.

**NEW! Brain Games:** Every **2nd Monday** of the month at **1:00 pm.** Join in the fun with games that help improve processing speed, memory and cognitive skills. Stephanie Barnett-Herro, Clackamas County's senior specialist will be leading this monthly activity.

**Foot Clinic:** First and third **Wednesday** of the month and first **Friday** of the month **from 9:00 am-2:30 pm.** Call 503-557-4704 for an appointment. FEE \$30.00.

## Schedule of Ongoing Events (Cont'd)

### HEALTH (Cont'd)

**NEW! Elder Mediation:** Every **last Thursday** of the month by appointment. Please schedule your appointment at the ACC front desk. (503-557-4704) Elder Mediation is a professionally facilitated conversation where mediators help families create plans for workable solutions. **Elder Mediation** deals with practical issues such as which tasks need to be done next and who will do them. Mediation is a process where everyone gets to have a voice and the mediator will help create an action plan for health care decisions, family issues around a will and much more.

### West Linn Memory Café

Every **2nd Wednesday of the month from 1:30-3:00 pm.** For more details see page 7.

### DRAMA AND MUSIC:

**The Age-Cured Hams Drama Class: Mondays at 1:00-3:00 pm.** (No meetings at this time) A drama group focusing on funny. Volunteers for sets, costuming, and performance night always needed. Call the front desk at 503-557-4704 for more information or leave a message for Carol Shiveley if you would like to participate. Classes are FREE.

### West Linn Uke Jam: Tuesdays at 2:00-3:30 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.

**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:** This service will resume in 2018.

**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.

### SPECIAL INTEREST CLASSES:



**Knitting and Crocheting: Thursdays from 10:00-12:00 noon.** Enjoy this fun group. FREE.

**Crossroads Band: Wednesdays from 1:00-3:00 pm.** (No meetings at this time, check bulletin board for new information). Join us and have lots of fun. All instruments welcome. For questions, call Mark Thomas at 503-723-6088. 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:

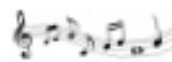
Open studio **Fridays from 11:00-2:00.** FREE.

**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.

## September/October 2017 Schedule

Meetings are held some Thursdays

Sept. 7	9:45 am	Depart WLACC to visit Homewood Heights
Sept. 21	9:45 am	Depart WLACC to visit Emerson House
Oct. 5	9:45 am	Depart WLACC to visit Brookdale River Valley
Oct. 26	9:45 am	Depart WLACC to visit Marquis Tualatin
Nov. 2	9:45 am	Meet at WLACC to visit Somerset Lodge Assisted Living



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



This Kestrel was carved by Myron Carpenter

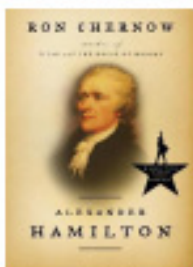
## Schedule of Ongoing Events (Cont'd)

**MOVED TO A DIFFERENT DAY:** Starting September 11th. **Wii Bowling Group:** Mondays at 10:00 am. Wii bowling is a video game system that uses hand held controllers. Anyone new to the game will be shown how to play. If you like bowling and want to find out more about **Wii Bowling**, call Mark Thomas at 503-723-6088 for more information. FREE.

### Book Club

Meets 2nd Wednesday of the month at 1:00 pm, except in July and August.

Join Us Wednesday, September 13th at 1:00 pm to discuss the book



### “ALEXANDER HAMILTON”

by Ron Chernow

National Book Award winner Ron Chernow tells the riveting story of a man who overcame all odds to shape, inspire, and scandalize the newborn America. According to historian Joseph Ellis, Alexander Hamilton is a robust full-length portrait, in my view the best ever written, of

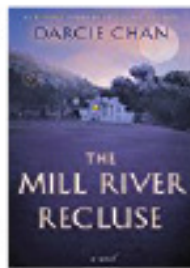
the most brilliant, charismatic and dangerous founder of them all. Few figures in American history have been more hotly debated or more grossly misunderstood than Alexander Hamilton. To repudiate his legacy, Chernow writes, is, in many ways, to repudiate the modern world. Chernow here recounts Hamilton's turbulent life.

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

### “The MILL RIVER RECLUSE”

by Darcie Chan

Disfigured by the blow of an abusive husband, and suffering her entire life with severe social anxiety disorder, the widow Mary McAllister spends almost sixty years secluded in a white marble mansion overlooking the town of Mill River, Vermont. Her links to the outside world are few: the mail, the media, an elderly priest with a guilty habit of pilfering spoons, and a bedroom window with a view of the town below. Most longtime residents of Mill River consider the marble house and its occupant peculiar, though insignificant, fixtures. An arsonist, a covetous nurse, and the endearing village idiot are among the few who have ever seen Mary.



## 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



### What's New?

Thank you all to those who put in suggestions to find a name for the Gift Shop. All suggested names have been gathered together and the plan is to brainstorm to make sure that marketing strategies will be included in the decision for the new name. So stay tuned! And thank you again, your efforts are very much appreciated.

Check out the latest shipment at the gift shop as new shipments have arrived. See page 7 for more details.

Want to have some input with the Friends Group? We have currently two positions open on our board. One for Vice President and one for Secretary. Please contact Warren H. Guest for more information.

Our membership form has been revised. We will no longer use the word 'member' or 'membership' as those words were somewhat confusing. People have walked away from the Center thinking they **had** to 'join', otherwise they could not participate in the many activities being offered. Nothing is further from the truth. The WLACC is there for everyone! The Friends Group is a non-profit booster, **supporting** the WLACC. Of course, we would like for you to support the Friends Group, as it will support many things, so we hope you will, as your yearly contribution will go a long way.

A new form will be attached with this newsletter. But remember, supporting the Friends Group is totally voluntary.

Do you have difficulty communicating on the phone? Oregon TDAP (Telecommunication Devices Access Program) loans adaptive telephone equipment at no cost and with no income restrictions to eligible Oregon residents who have hearing, vision, speech, cognitive or mobility impairment. **Apply Today!** Their email address is: [puc.rspf@state.or.us](mailto:puc.rspf@state.or.us), or check out: [www.rspf.org](http://www.rspf.org). Tel: 800-848-4442 or 503-373-7171.

*Thank you! Have a wonderful September and October.*



Check us out on Facebook.

[www.facebook.com/Friends.of.the.WLACC](http://www.facebook.com/Friends.of.the.WLACC)

### To sign-up for the on-line version of this news-**letter** take these easy steps!

- Go to [westlinoregon.gov](http://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.

## SAVE The Date

### UPCOMING BUS TRIPS

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

**Wednesday, September 26 – Portland Spirit Lunch Cruise** - \$50.00 – non-refundable, includes bus, 2 hour cruise, lunch, gratuity, entertainment. Leave Center at 10:30 am, board ship at 11:30, return around 3:00 pm.

**Thursday, October 12 – OMSI - the Pompeii Exhibit** – \$30.00 includes admission to the exhibit. Leave Center at 9:30 am, return around 2:30 pm.

**Wednesday, October 25 – Salem State Hospital Museum** – \$15.00 includes admission to the museum. Meet at Center 9:30 am, return around 3:00 pm.

### UPCOMING PRESENTATIONS & SPECIAL EVENTS

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

#### LONG-TERM CARE PRESENTATION BY THE LAW OFFICES OF GEOFF BERNHARDT

**Tuesday, September 12, from 1:00-2:30 pm. – How to Pay for Long-Term Care Without Going Broke.**  
*Presented by Attorney Julie Nimnicht.*

- Medicare
- Veterans benefits
- Medicaid
- Asset protection strategies

Julie will provide an overview on government benefit programs that provide assistance with long term care costs, including Medicaid and Veterans benefits, and provide an overview of some strategies for paying for long term care without going broke.

**Elder Mediation: What it is and how it will benefit you. Thursday, October 5th, at 1:00 pm. – Presented by Mediator, Diane Barnes.**

Join Diane Barnes and Kat Kirkpatrick as they present on the value of mediation when turning difficult conversations into workable plans.

**Medical marijuana: facts and fictions. – Thursday, October 19th, 1:00 pm. – Presented by Blaine Chatterton.** Let's cut through the clutter from both sides, prohibitionist and activist, and talk about the practical medical marijuana uses other than smoking. Blaine Chatterton, Medical Marijuana Consultant with more than 8 years of research and personal use as a medicine, focuses on educating people on the facts, lowering suffering and raising the quality of life through a healthy use of marijuana. As a survivor of brain tumor, stroke and more than ten years of debilitating migraines, Blaine understands pain and suffering. *"It wasn't until getting sick, that I realized helping others, is what I want to do for the rest of my life."*

## HAPPY HALLOWEEN

**Tuesday, October 31st.**

12:00 noon time.

Costume Party and Contest! Check the bulletin board for upcoming details.

**West Linn Ready: September 28th, from 4-8 pm.**

Join our neighbors at the West Linn Emergency Preparedness Fair. Held at The Church of Jesus Christ of Latterday Saints on 1395 Rosement Road.

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- ▶ Research
- ▶ Knowledge



Jennifer Cook-Buman  
503-780-7353

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## DID You Know!

### THE (Greatest) Gift Shop ...

... is right here! A shipment of new wrist watches has arrived. Lots of styles and colors. They are fun, elegant and very affordable. Coming soon! In the near future, summer hats and scarves will be on sale — stop by, shop and save some money!

Help us spread the word that we have one of **the greatest** gift shops in West Linn.

**Great** gifts! **Great** bargains! **Great** prices! **Great** selections! **Great** everything! From birthday cards, to summer hats, to beautiful scarves, to jewelry, to handmade baby clothes, to handmade aprons and pot holders. **Great** selection of beautiful cards for every occasion. From chrystal vases, to glassware. The list is practically endless! — *Veronica and John.*

### Lakewood Theatre Presents:



## CABARET

**September 8 – October 15.**

**Directed by Ron Daum.**

**“Life is Beautiful ...”**

Based on John Van Druten’s 1951 play “I Am a Camera”, which was adapted from the short novel “Goodbye to Berlin”. (1939) by Christopher Isherwood. Music by John Kander. Lyrics by Fred Ebb.

In 1931 Berlin, the seedy Kit Kat Club plays host to a cabaret where vivacious performers like Sally Bowles can lose their troubles in the glittering nightlife. When Sally meets young American writer Cliff Bradshaw, their relationship blossoms into romance – even as the stark world around them becomes ever threatened by the Nazi rise to power.

**Show Sponsor: Don and Sharon Plumb.**

**IMPORTANT NOTICE:** The Lakewood Theater is allowing us to now have 20 people on the list. At this time, Lorene Bay is our volunteer list monitor and she is able to have a guest with her that does not affect the 20 available signups for the Wednesday show. (Wednesday, Sept. 6th). We are now requiring all those who sign up on the list to be participants of the Community Center and sign up in person. Participants will be defined as anyone who attends an activity here, whether that will be meals, exercise class, card games, presentations... Anything that brings them into the center.

**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!

## 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 in a safe community setting. We need volunteers to provide normalcy for those experiencing memory loss. To find out more, please contact the front desk at the WLACC. (*Please note: this is not a drop off site, participants must be accompanied by a care-partner.*)

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## SOCIAL MEDIA CAN BENEFIT SENIORS – by Keli Stevens

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It is rare today to see a group of people without at least one cell phone in a hand. Smart phones and other mobile devices have become a part of our culture and many have become accustomed to swiping and scrolling their way across the internet on a regular basis throughout the day. Not just for the young, senior technology users are one of the fastest growing demographics embracing social media, networking, learning, collaborating and sharing online. Social media is the term given to people engaging and connecting with each other in various virtual networks or communities. Although perhaps intimidating to dive into, rewards such as making new friends, staying in touch with loved ones, combatting depression, and keeping the mind active, can make it worth exploring. Here is a brief breakdown of some of the more popular social media applications, and how they can benefit the senior user.

**Facebook:** One of the most popular social media sites. It allows members of its community to “friend” other members and develop connections, join groups, and make new friends. You can instantly share a video, photo or thought with your “followers”, (those that you have added to your list of “friends”), in a real-time news feed. You can “like” someone’s posts to show approval or to acknowledge you saw it with a simple tap of a button, or you can type a comment. These simple interactions make it ideal for seniors to quickly keep in touch and stay connected with active younger family members. Many users post frequently throughout their day, allowing, for example, a grandparent the ability to see frequent videos and pictures... thus to feel more present and aware of what’s going on in their loved one’s lives.

**Twitter:** A social networking tool that allows users to post 140-character max status updates, called “tweets”. These can be something they find funny, a link to information they think their followers might find useful, or even snippets about their day. Seniors can enjoy staying in constant contact with loved ones, getting on the spot news or information about topics they are interested in, following favorite causes or celebrities and the ease of searching with “hashtags”. A hashtag is when you tag your tweet or post with a pound sign followed by a descriptive word or phrase. This turns it into a link, (For example #fish-ing). If you click on it all the posts that have used that same hashtag will be displayed. This is especially handy for getting real time accounts of a breaking news event, even before it’s aired on TV. Even those users that are far away, and maybe isolated at home will gain a sense of immediacy, presence and awareness.

**Pinterest:** Users scroll through pictures and links in a newsfeed format and can “pin” or save the links onto “bulletin boards” or organized collections, for later reading or revisiting. The world of Pinterest offers everything from DIY tutorials, recipes, fashion tips, inspiring quotes, medicinal info, home decorating ideas to lists of must read books. You name it, you can find it on Pinterest. The senior user can find a wealth of brain stimulating information that can encourage learning, trying new things, and staying engaged in the world.

**YouTube:** The place to go to share videos online. You can post your own or watch someone else’s. Lengthier videos and home movies can be shared here. You can find tutorial videos, funny cat videos, comedy sketches, music videos and much, much more. For many people, YouTube is the first place you go to learn a new skill and how to do something.

**LinkedIn:** A social networking site for the business world. Here people can post a bio highlighting their skills and experience, much like a simplified resume. Prospective employers and customers use this info to connect with individuals offering the skills they are looking for. Users can network with others to strengthen employability options. Seniors can make connections to start a new business and take advantage of a lifetime of skills and experience they have accumulated.

**Instagram:** A favorite photo sharing application that allows members to share photos or short video clips with a list of trusted followers. Commonly used by younger demographics, this is another great tool to stay connected to loved ones in a powerful visual way.

**Snapchat:** Another visual based, social media sharing app that is likely hugely popular with your grandkids. The user can use a set of changing, fun photo filters to create short videos or pictures, called “snaps”, that they then send to chosen recipients. The messages disappear after being viewed.

If you or a senior you know is reluctant to give social networking a try, you may want to gather some more information and give it a whirl. The benefits in combating depression, isolation and apathy can be life changing. We all need connection. We all need engagement. Social media could be the answer.



**DON'T** forget:



**YOU CAN HELP THE FRIENDS OF THE ADULT COMMUNITY**

Congratulations to ANNE JOSEY and MARLENE RICKETT the winners of the Fred Meyer Rewards free lunch.

After June 1, 2017 the Fred Meyer Rewards donation need to be renewed. To renew your request to have the Friends of the West Linn Adult Community Center receive the donation from Fred Meyer, please call Fred Meyer at **1-866-518-2686** and tell them that your donation is for number **87643**. If you are not a member of the Fred Meyer Rewards, please join Fred Meyer Rewards, and have the center added, so your Fred Meyer purchases help support your Center and you may win a free lunch.

If you are a member of Fred Meyer Rewards program and have designated the Friends of the West Linn Adult Community Center to receive donation from Fred Meyer, please leave your receipt with "thank you for participating in the 2017 Fred Meyer Community rewards as you requested Fred Meyer donate to the West Linn Adult Community Center." With your name and phone number in the container at the front desk, you will be entered to win a free lunch!

THANK YOU for your support of the Friends West Linn Adult Community Center.

- Lorene

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Phone: 503-860-9318  
Email: Scott@homes503.com  
Website: www.homes503.com

**M**  
REALTY

17040 Pilkington Pl., #200  
Lake Oswego, OR 97035

**WLACC  
VOL  
UNT  
EERS  
NEEDED!**

**GIFT SHOP** – 9-12 and 12-3 shifts available Mon-Fri, as well as fill-in (as needed)

**FRONT DESK** – 9-12 and 12-3 shifts available Mon-Fri, as well as fill-in (as needed)

**KITCHEN** – 11-1:30, Mon, Wed, Fri, kitchen/dining room shifts available, as well as fill-in (as needed)

*Applications available at front desk at WLACC. Return to the attention of Marsha Wilkins. Need not be a senior to apply. Give back to your community by volunteering.*

**NON-CDL bus drivers** are also needed at WLACC for occasional outings in 14-passenger bus. Interested volunteers, please call Tiffany Carlson, Recreation Coordinator at 503-557-4704.



We are happy to announce that Mundo Catering is providing our lunches. Lunches are \$5:00 and served at noon time. **Complimentary Birthday Brunches on the first Wednesday of the month for those who have supported the Friends Group.**

September Lunch Menus – All menus include a salad

- Friday 09/01 BBQ pulled pork, mac and cheese, green beans and banana pudding
- Monday 09/04 Labor Day - closed
- Wednesday 09/06 Birthday Brunch: Breakfast burritos, bacon, yukon gold potatoes and fruit salad
- Friday 09/08 Shepherd's pie, cauliflower gratin, peas and chocolate cookies
- Monday 09/11 Teriyaki chicken, jasmine rice, sugar snap peas and coconut rice pudding
- Wednesday 09/13 Chicken noodle soup, grilled cheese and tomato sandwiches and brownies
- Friday 09/15 Spaghetti and meatballs, garlic bread brussels sprouts and lime-pineapple jello
- Monday 09/18 Chicken fajitas, black beans, corn and flan
- Wednesday 09/20 Reuben sandwiches, beef barley soup and sugar cookies
- Friday 09/22 Italian sausages, polenta, asparagus and berry trifle
- Monday 09/25 Sloppy joes, roasted potatoes, carrots and pumpkin pie
- Wednesday 09/27 Sausage and white bean soup, turkey and swiss sandwiches and chocolate cupcakes
- Friday 09/29 Curried chicken, couscous, broccoli and cheese cake cups

October Lunch Menus – All menus include a salad

- Monday 10/02 BBQ chicken, baked beans, summer squash and red velvet cupcakes
- Wednesday 10/04 Birthday Brunch: Breakfast quesadillas, hash browns, sausage and fruit salad
- Friday 10/06 Chicken-fried steak, mashed potatoes, carrots and peach cobbler
- Monday 10/09 Lasagna, garlic bread, broccoli and ice cream-cookie bars
- Wednesday 10/11 Ham and cheese sandwiches, potato soup and m&m cookies
- Friday 10/13 Shredded pork tacos, refried beans, peppers and onions and chocolate pudding
- Monday 10/16 Beef stroganoff, egg noodles, cauliflower and vegetable medley
- Wednesday 10/18 Grilled cheese sandwiches, tomato soup and brownies
- Friday 10/20 Chili, baked potatoes, broccoli and berry shortcake
- Monday 10/23 Sweet and sour chicken, yakisoba noodles, sugar snap peas and rice pudding
- Wednesday 10/25 French onion soup, blt sandwiches and apple pie
- Friday 10/27 Meatloaf, mashed potatoes, and peanut butter cookies
- Monday 10/30 Bratwurst, potato salad, asparagus and bread pudding

**September Birthdays**

Bernice Bishop – Jean Burbach – Elaine Carlson –  
 Sirima Chuladul – Maria Conkle – Dorothy Deline – Karen Faw –  
 Donna Flaherty – Mary Hill – Joyce Johnson – Starlett Johnson  
 – Chris Lombard – Laurie McGrath – Tammy Moscato –  
 Celeste Rose – Karlyn Sorrentino – Gloria Stangarone –  
 Colleen Young – Marlene Youso  
 Duane Funk – James Judd – Jay McCoy – Kevin McMahon

**October Birthdays**

Dorrie Clark-Traeger – Evelyn Elkinton – Beth Gerber –  
 Barbara Handley – Grace Lin – Margaret Matthies –  
 Beverly McGilvra – Adeline Meindl – Victoria Morimoto –  
 Janis Rosenlof – Linda Scott – Peggy Watters –  
 Lavan Watson – Sherrie Williamson – Bev Wilson  
 John Bezaiff – Cary Cummings – Bob Hoover –  
 Jake Jacobs – Ted Krebs – Patrick Lynch –  
 Dean McDonald – John Micetic – Norman Pearson –  
 Jim Ponti – Bill Schumann

**WELCOME** New Supporters

Many thanks to all of you who decided to join the  
**“Friends of the West Linn Adult  
 Community Center” AND** to those who renewed  
 their support for this year. Your contribution  
 will go a long way! – **THANK YOU!**

**Upcoming Friends Board Meetings:**

Wednesdays September 20th and October 18th  
 at 1:00 pm.

**ALL FRIENDS SUPPORTERS WELCOME!**

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The Center will be closed:

**Monday, September 4th—Labor Day**

# FRIENDS

of the West Linn Adult Community Center

Location Address: 1180 Rosemont Road • West Linn • OR 97068 • Phone: 503-557-4704 • Fax: 503-723-4251  
Mailing Address: c/o City Hall • 22500 Salamo Road • Suite 1100 • West Linn • OR 97068

## ARE YOU A FRIEND OF THE WEST LINN ADULT COMMUNITY CENTER?

Come and join us now! The Friends Group is a booster non-profit, supporting the West Linn Adult Community Center. It consists of about 280 people annually who have paid a yearly fee in support. This is not a requirement for visiting or participating at the Center. Everyone is welcome and this fee is totally voluntary. However, your yearly contribution of **\$10.00 per person** supports many things: *educational presentations, fun outings and events, new games and cards, and whatever else may be needed at the time.* What are your rewards in joining? *A mailed copy of our 10 or 12 page bi-monthly newsletter for one year; a chance to attend our Friends Group monthly board meetings to voice your opinion; vote for new board members at election time in June; a free birthday lunch, and the knowledge that you are supporting the West Linn Adult Community Center.*

THANK  
YOU  
FOR YOUR  
SUPPORT  
IN 2018!

Please complete personal information below.

Today's date: \_\_\_\_\_  New Supporter  Past Supporter  
First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Birth **Month**: \_\_\_\_\_  
First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Birth **Month**: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone(s): \_\_\_\_\_  
Email Address(es): \_\_\_\_\_

**Yearly fee is \$10.00 per person** and runs from January through December. If you join earlier starting in October, November or December of the previous year, your fee will be honored from the day you paid through all of the following year. Checks should be made out to FACC.

\$ \_\_\_\_\_  Check # \_\_\_\_\_  Cash

Return completed form to front desk with check, or mail to **mailing** address as shown above.

For Office Use Only:

Paid Cash: \_\_\_\_\_ Check #: \_\_\_\_\_ Received by: \_\_\_\_\_  
(Desk Volunteer)

Date Processed Treasurer: \_\_\_\_\_ Date Entered Database: \_\_\_\_\_

Copy returned to member. Any comments: \_\_\_\_\_

**WANTED** (for 'The Best Kept Shopping Secret in West Linn', which no longer wants to be THAT secret!). Needed, a volunteer who knows how to run a Facebook page. We are looking for someone to set up a business Facebook page for our shop and keep it updated from time to time. Need to know more how Facebook could help increase our sales, please visit the link below.

***How Does Facebook Work? - A Basic Overview***

***<https://www.thebalance.com/how-does-facebook-work-1794257>***

Dec 30, 2016 ... An overview of Facebook for fun and profit, including how it can be used to help you promote your home business.

***If interested, please contact John or Veronica Ferenz.***

ANNUAL  
FUNDRAISER  
HELD IN JUNE  
OF THIS  
YEAR.



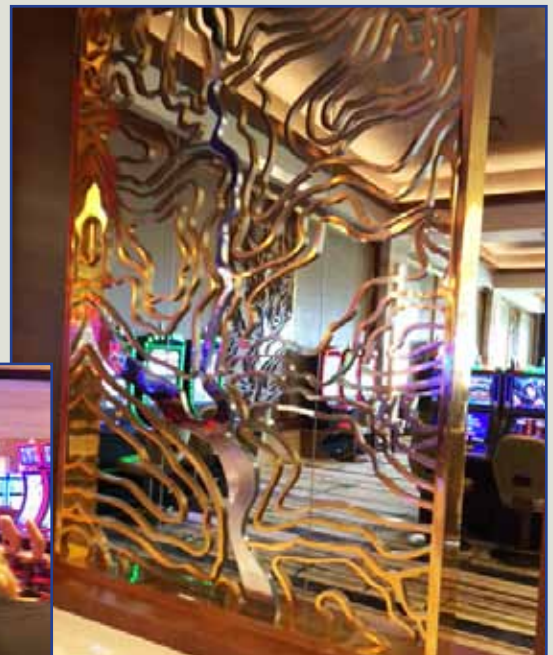
SEE OUR ON-LINE NEWSLETTER  
FOR MORE PICTURES

## Annual Fund-raiser – Spaghetti Dinner on June 23rd of this year.



*Photo's courtesy of Bill Barger*

## Bus trip to Ilani Casino – August 10th of this year



*Photo's courtesy of Mieke Wiegman.*

Ilani is such a large place, that I was unable to 'catch' anybody in the act of gambling ... However, here are two pictures of myself and my husband Mike having lots of fun. And no, I didn't ask him how much money he lost at playing craps.



# September 2017 West Linn Adult Community Center – 503-557-4704

				<b>1 FRIDAY</b> 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-BBQ Pulled Pork, mac & cheese, green beans, banana pudding 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
<b>4 MONDAY</b>  Closed for Labor Day	<b>5 TUESDAY</b> 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	<b>6 WEDNESDAY</b> 8:30- Walking Group 9:00- Foot care by appt. 10:00-Aerobics 11:00-Garden Appreciation Group 12:00-Birthday Brunch-Breakfast Burritos, bacon, potatoes and fruit 12:30- Pinochle 1:00-Crossroads Band	<b>7 THURSDAY</b> 8:30- Core Strength 8:30- Strength & Balance 9:45-Share Singers 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 1:00-Adult Coloring	<b>8 FRIDAY</b> 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, cauliflower gratin, peas, chocolate cookies 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
<b>11 MONDAY</b> 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 10:00 Wii Bowling 12:00-Lunch-Teriyaki Chicken, rice, snap peas, rice pudding 12:30- Bridge 1:00-Drama, Age Cured Hams 1:00 Brain Games	<b>12 TUESDAY</b> 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 1:00- Long-Term Care presentation 2:00- West Linn Uke Jam	<b>13 WEDNESDAY</b> 8:30- Walking Group 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Lunch-Chicken noodle soup, grilled cheese & tomato sandwiches, brownies 12:30- Pinochle 1:00-Crossroads Band 1:00- Book club 1:30 Memory Cafe	<b>14 THURSDAY</b> 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 1:00-Adult Coloring	<b>15 FRIDAY</b> 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-Spaghetti/meatballs, garlic bread, Brussel sprouts, lime pineapple jello 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
<b>18 MONDAY</b> 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 10:00 Wii Bowling 12:00-Lunch-Chicken fajitas, black beans, corn and flan 12:30- Bridge 1:00-Drama, Age Cured Hams	<b>19 TUESDAY</b> 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	<b>20 WEDNESDAY</b> 8:30- Walking Group 9:00- Foot care by appt. 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Lunch-Reuben sandwiches, beef barley soup, sugar cookies 12:30- Pinochle 1:00-Crossroads Band 1:00-FACC Board Meeting	<b>21 THURSDAY</b> 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 1:00-Adult Coloring	<b>22 FRIDAY</b> 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-Italian sausage, polenta, asparagus and berry trifle 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
<b>25 MONDAY</b> 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 10:00 Wii Bowling 12:00-Lunch-Sloppy Joes, Roasted potatoes, carrots, pumpkin pie 12:30- Bridge 1:00-Drama, Age Cured Hams	<b>26 TUESDAY</b> 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	<b>27 WEDNESDAY</b> 8:30- Walking Group 10:00-Aerobics 10:30- Bus Trip to Portland Spirit 11:00-Garden Appreciation Group 12:00-Lunch-Sausage/white bean soup, turkey/swiss sandwiches, chocolate cupcakes. 12:30- Pinochle 1:00-Crossroads Band	<b>28 THURSDAY</b> 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 1:00-Adult Coloring	<b>29 FRIDAY</b> 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-Curried chicken, couscous, broccoli and cheesecake cups 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg

# October 2017 West Linn Adult Community Center – 503-557-4704

<p><b>2 MONDAY</b> 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 10:00 Qigong 10:00-Wii Bowling 12:00-Lunch-BBQ Chicken, baked beans, squash, red velvet cupcakes 12:30- Bridge 1:00-Drama, Age Cured Hams</p>	<p><b>3 TUESDAY</b> 8:00- Core Strength 8:30- Strength &amp; 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><b>4 WEDNESDAY</b> 8:30- Walking Group 9:00- Foot care by appt. 10:00-Aerobics 11:00-Garden Appreciation Group 12:00-Birthday Brunch-breakfast quesadillas, hashbrowns, sausage and fruit salad 12:30- Pinochle 1:00-Crossroads Band</p>	<p><b>5 THURSDAY</b> 8:00- Core Strength 8:30- Strength &amp; Balance 9:45- Share Singers 10:00-Yoga 10:00- Knitting &amp; crocheting 11:15-Nia-Music and Movement class 1:00-Adult Coloring <b>1:00 Elder Mediation presentation</b> <b>5:00 Volunteer Appreciation Dinner</b></p>	<p><b>6 FRIDAY</b> 8:00- Core Strength 8:30- Strength &amp; Balance 8:30- Walking Group 9:00-Foot care by appt. 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lunch-Chicken fried steak, mashed potatoes, carrots, peach cobbler 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p><b>9 MONDAY</b> 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 10:00 Qigong 10:00 Wii Bowling 12:00-Lunch-Lasagna, garlic bread, broccoli, ice cream cookie bars 12:30- Bridge 1:00-Drama, Age Cured Hams 1:00 Brain Games</p>	<p><b>10 TUESDAY</b> 8:00- Core Strength 8:30- Strength &amp; 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><b>11 WEDNESDAY</b> 8:30- Walking Group 10:00-Aerobics 11:00-Garden Appreciation Group 12:00-Lunch-Ham and cheese sandwiches, potato soup, m&amp;m cookies 12:30- Pinochle 1:00-Crossroads Band 1:00-Book Club 1:30-Memory Cafe</p>	<p><b>12 THURSDAY</b> 8:00- Core Strength 8:30- Strength &amp; Balance <b>9:30-Bus trip to OMSI-Pompeii exhibit</b> 9:45-Share Singers 10:00-Yoga 10:00- Knitting &amp; crocheting 11:15-Nia-Music and Movement class 1:00-Adult Coloring</p>	<p><b>13 FRIDAY</b> 8:00- Core Strength 8:30- Strength &amp; Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lunch-Shredded pork tacos, refried beans, peppers and onions, chocolate pudding 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p><b>16 MONDAY</b> 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving. 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 10:00 Wii Bowling 12:00-Lunch-Beef stroganoff, egg noodles, vegetable medley 12:30- Bridge 1:00-Drama, Age Cured Hams</p>	<p><b>17 TUESDAY</b> 8:00- Core Strength 8:30- Strength &amp; 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><b>18 WEDNESDAY</b> 8:30- Walking Group 9:00- Foot care by appt. 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Lunch-Grilled cheese sandwiches, tomato soup, brownies 12:30- Pinochle <b>1:00-FACC Board Meeting</b> 1:00-Crossroads Band</p>	<p><b>19 THURSDAY</b> 8:00- Core Strength 8:30- Strength &amp; Balance 9:45-Share Singers 10:00-Yoga 10:00- Knitting &amp; crocheting 11:15-Nia-Music and Movement class 1:00-Adult Coloring <b>1:00 Medical Marijuana discussion</b></p>	<p><b>20 FRIDAY</b> 8:00- Core Strength 8:30- Strength &amp; Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lunch-Chili, baked potatoes, broccoli, berry shortcake 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p><b>23 MONDAY</b> 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 10:00 Wii Bowling 12:00-Lunch-Sweet &amp; Sour chicken, yakisoba noodles, snap peas, rice pudding 12:30- Bridge 1:00-Drama, Age Cured Hams</p>	<p><b>24 TUESDAY</b> 8:00- Core Strength 8:30- Strength &amp; 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><b>25 WEDNESDAY</b> 8:30- Walking Group 9:30-Salem State Hospital Museum 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Lunch-French onion soup, BLT sandwiches, apple pie 12:30- Pinochle 1:00-Crossroads Band</p>	<p><b>26 THURSDAY</b> 8:00- Core Strength 8:30- Strength &amp; Balance 9:45-Share Singers 10:00-Yoga 10:00- Knitting &amp; crocheting 11:15-Nia-Music and Movement class 1:00-Adult Coloring 1:00 Elder Mediation</p>	<p><b>27 FRIDAY</b> 8:00- Core Strength 8:30- Strength &amp; Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lunch-Meatloaf, mashed potatoes, peanut butter cookies 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg</p>
<p><b>30 MONDAY</b> 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 10:00 Wii Bowling 12:00-Lunch-Bratwurst, potato salad, asparagus, bread pudding 12:30- Bridge 1:00-Drama, Age Cured Hams</p>	<p><b>31 TUESDAY</b> 8:00- Core Strength 8:30- Strength &amp; Balance 9:45-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class <b>12:00- Halloween party and costume contest</b> 12:30- Pinochle 2:00- West Linn Uke Jam</p> <p><b>Happy Halloween!</b></p>			