

September / October 2016

Location Address:

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West Linn • OR 97068
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c/o City Hall
22500 Salamo Road • Ste. 1100
West Linn • OR 97068

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

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Recreation Coordinator

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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



Happy almost fall to you all,

Some good things are coming our way at the ACC that I'd like to bring attention to. There was a beautiful article written in the West Linn Tidings about the Memory Café that we'd like to begin here at the ACC. I hope everyone had the chance to read it. At this point, as of this writing, we are still in the planning stages for getting our volunteers together for a Memory Café orientation. From there, we'll pick a date that will work for holding the Memory Café once a month. We hope this monthly café will begin by October at the latest but stay tuned for information as this develops if you have interest in attending or volunteering. It's never too late to get involved.

For our upcoming bus trips, Doug Dickston brought a great idea to me that I'd like to highlight. It's the Interactive Museum of Gaming and Puzzlery (which doesn't actually sound that exciting to me by the title) but, apparently, it's a lot of fun. It's a wonderful chance to reminisce with the games we've played in the past from classics, board games and interactive puzzles. Rotating exhibits include games from American Indian Cultures and a look at game designers from the Pacific Northwest. This trip is scheduled for October 26th. We also get a chance to have a tour of the facility that trains dogs for the blind. If you're a dog lover, this will be a great trip. Either way, it will be fascinating to watch how they train these dogs for this important need.

We have two, important presentations coming up that I hope you will consider attending. In September, we'll have Christina Cooper from Ride Connection come to talk about transportation options for seniors, with an emphasis on public transportation. This will be a great way to learn all the options offered for those who aren't driving independently anymore (or would prefer not to).

In October, we'll turn our focus to fall prevention. We'll have an OHSU presenter speaking about pedestrian safety, exercises for strength, endurance and balance, concussion education and prevention and community resources. Please RSVP for either or both of these talks at the front desk, call or come by. We need to have a head count of how many will be there for planning purposes.

I look forward to seeing you around the ACC.

~ Tiffany

President's Corner

A Thank You Note

To Janet McDonald and her volunteers for the recent fundraising at Burgerville. To Burgerville for their cooperation and donation of \$217.50, the results from the efforts of our volunteers – **Thank You!**

Volunteers are critical in the every day use of the WLACC, not only for fundraising and donations, but for all in-house activities. To those who are already volunteering – **Thank You!**

To Tiffany for the recent potluck, it was a hit. To those who weren't there, you missed a good time and some good food. I, personally, would be happy for this to happen again – **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: 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.

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: On hold for now

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.

Pilates with Foam Rolling: Fridays from 9:45-10:30 am. Ongoing classes. New 8-week session begins **10/7th**. Pilates is a system of physical and mental conditioning that uses resistance rather than impact to strengthen and stretch the entire body, as well as to calm and focus the mind. The Emphasis is on quality of movement rather than quantity of reps or weight lifted. This results in a strong core, longer, leaner muscles, strong, stable joints, reduced stress, increased endurance, circulation, flexibility and much more. Applying sustained pressure with a foam roller can release tension in the muscles and tissues, and minimize constriction and also restores heart rate and blood pressure levels after a workout. Bring yoga mat and a foam roller. \$48 for 8 week term, \$6 drop in at any time.

Qigong (Jade Body Qigong):

Mondays 10:00-11:30 am. This class will include routines for daily practice, including, but not limited to breathing, immune boosting Qigong and Six Sound Meditation for the lungs, stomach and spleen. These exercises will assist the students in obtaining a peaceful, calm transition from summer to fall and fall to winter. An in depth description of this class is listed at the ACC. Please inquire if you'd like to see more. Taught by Master Qigong teacher, Lyndalea Ruffner, certified by the LGIHQs. (No class on **9/26**) \$55.00 or \$7 drop in fee.

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, sessions are from **8/30-10/18** and again **10/25-12/13**. 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.

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:



Thursdays 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: Fridays, 1:00-2:00 pm, September 9th-October 14th. Come experience the peace and relaxation that meditation offers. Learn how to take time out of your busy lives to quiet your mind, reduce stress, manage pain, and experience more joy in your daily lives as you learn to truly live in the moment. In this six week class, taught by Claudette Pelletier, you will discover for yourself the immediate benefits of a meditation practice. 6 Week session \$50.00.

DRAMA AND MUSIC:

The Aged Cured Hams Drama Class: The Aged Cured Hams Drama Class will be meeting **Mondays at 1:00 pm.** They are planning a holiday performance in December that collects toys for tots. 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:



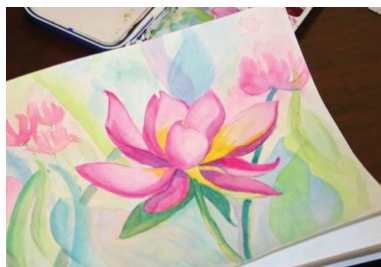
Knitting and Crocheting:

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.

September / October 2016

Schedule - Meetings are held some Thursdays

Sept. 8	10:00 am	Meet at WLACC to prepare for Fall visits
Sept. 15	9:45 am	Depart WLACC to visit SpringRidge Court
Sept. 29	9:45 am	Depart WLACC to visit Tanner Spring



Oct. 6	9:45 am	Depart WLACC to visit Homewood Heights
Oct. 20	9:45 am	Depart WLACC to visit Marquis Hope Village

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



Join Us Wednesday, September 14th at 1:00 pm to discuss the book

“Upstairs at the White House”
by J.B. West

West, chief usher of the White House, offers an absorbing and novel glimpse at America's first families, (the Roosevelts, the Kennedys and the Nixons. Alive with anecdotes ranging from the quotidian (Lyndon B. Johnson's showerheads) to the tragic (the aftermath of John F. Kennedy's assassination).

&



Join Us Wednesday, October 12th at 1:00 pm to discuss the book

“Every Living Thing”
by James Herriot

This fifth and final installment in James Herriot's heartwarming collection brings back familiar friends (including old favorites such as Tricky Woo) and

introduces new ones, including Herriot's children Rosie and Jimmy and the marvelously eccentric vet Calum Buchanan.

FROM The Desk of



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IN
USA HOLLAND

UPDATES

Volunteering!

The dictionary explains the word as: “A person who undertakes some task or service of his own free will”. There is the organization called: Volunteers of America. A religious and philanthropic organization, akin to the Salvation Army, founded in 1896. (According to my dictionary!)

(*) On checking the internet, I found a website which listed 12 reasons for volunteering. Due to space restrictions, I will only list number 12, which stated: “Volunteering is good for you. Studies show that volunteering releases tension. By helping others in need, you take the focus off of your own problems, putting into perspective how precious having a healthy, fulfilled life really is. Many volunteers realize that, while not perfect, their life is a blessing to be celebrated every day”.

The website I visited is: <http://www.positiveforce.com/12-reasons-people-volunteer/>. Visit this website and find out what the other eleven reasons are.

(* Source: Positive Force Consulting)

To help out at the WLACC, please help Marsha Wilkins, our new director for Volunteer Services with her request for volunteers. See ad on page 9.

Have a wonderful September and October.

WL~Arts & Crafts

— by Dave Pitzer

For the late summer/fall season welcome to our newest exhibitor **Grant Noel**, a resident of West Linn and current survivor of the construction project on Skyline Road. He lives in close proximity to all of the activity making this a better and safer way to reach us from Highway 43. Grant has just returned from a photo shoot near the Palouse area of Eastern Washington. You may get to see some of his recent panoramas of this interesting part of Oregon.

Grant is comfortable using his Canon 5D digital camera for most of his work. The images are then printed in somewhat larger format than you might expect to see in other exhibits.

In his own words: I have always had an interest in photography. But I spent my college years focused on math, physics, and computer science. However, for the past decade, photography has had center stage and focus. My photography education has been a bit ad hoc, but learning from photographers and, studying their work, has advantages over a normal art major. Not that what makes a good picture or image is so different, but that the tools and methods used are. Some things are more challenging, others are much easier to control. No matter what your medium, the first thing that needs to be done is to visualize where you are going.

People think of a photograph as something they take from, or copy from, what they see. I approach photography as an art. “You don't take a photograph you make it”. — Ansel Adams. When I take the camera out, whether it is to the park, my grandson's birthday party, or a month traveling from one national park to the next, I look for the things that draw my attention. Some I go looking for, some seem to look for me. Next I visualize an image. I think about what should be in focus, what shouldn't be. Where the light is coming from, reflections, things that complement it. This can take a few seconds to hours. It might require advanced planning or reacting to an opportunity that just presents itself. In the end, it is the impact that the images have on the audience and the presentation that matter.

The WLACC Woodcarvers

Many thanks to David Rood for creating our donation bins for the front entry atrium! They are successfully being utilized and, are a great improvement from the bags and boxes that used to be piled anywhere and everywhere! He even created a small side bin for the Lion's Club eyeglasses donations! The bins have an adjustable feature. Dave has been carving for 23 years and taught at Lake Oswego Adult Center before our center opened.

Dave, you are awesome!!

Other current projects include a big whale by Alice Harrey, canes by Dave Rood, and a wolf made out of Black Walnut by John Bezayiff. The two flute makers are keeping busy at the state and county fairs. Look for a two-month woodcarving exhibition sometime in 2017!



SAVE The Date

Upcoming Bus Trips

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

Thursday, September 15th – Mt. Angel Oktoberfest. \$10.00 for bus trip, lunch cost is on your own. Leave the ACC by 10:00 am and return approximately 3:00 pm.

Wednesday, September 28th – Guide Dogs for the Blind tour and lunch at Calamity Janes. \$10.00 for bus trip, lunch cost on your own. Leave the ACC by 9:45 am and return approximately by 2:00 pm.

Wednesday, October 26th – Bus trip to the Interactive Museum of Gaming and Puzzlery. \$14.00 includes admission to play the games and bus ride. Leave the ACC by 10:30, return around 2:30 pm.

Presentations

Public Transit – Tuesday, September 20th at 1:00 pm. Ride Connection's, **Christina Cooper** will talk to us about transportation options available to older adults, with a focus on public transportation.

Fall Prevention Seminar from OHSU – Tuesday, October 11th at 1:00 pm. Join us for a two hour interactive class to learn about: pedestrian safety, exercises for strength, endurance and balance, concussion education and prevention, community resources and fall prevention methods. Free safety item and free snack provided.

HealthNet Medicare presentation – Tuesday, October 25th at 1:30 pm.

Memory Café – Our Memory Café will be starting sometime in the fall. We hope you'll check in with us if you are either interested in volunteering or attending the Memory Café. *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.*

Lakewood Theatre Presents:



1776 *the Musical*

**September 9 –
October 16**

**Directed by Kurt Raimer.
A Musical Dancing
Around Today's Issues.
Music and lyrics by
Sherman Edwards. Book
by Peter Stone.**

American history blazes to vivid life in this unconventional of Broadway hits. With quick-witted dialogue and a playful score, 1776 dramatizes the struggle to declare independence. John Adams teams up with Benjamin Franklin, Richard Henry Lee, and Thomas Jefferson in an award-winning musical showcasing the principles, pride and determination that influenced the birth of our nation. Winner of 3 Tony Awards including Best Musical. *Show Sponsor: Don and Sharon Plumb*

See more at: <https://www.lakewood-center.org/pages/lakewood-plays-season-2016-17#sthash>.

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COMMUNITY BUY
AND SELL HOMES.**



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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. 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, September 8th, 3:30-5:30 pm – Greek Linguini. Chicken, artichoke hearts, feta cheese, Kalamata olives, fresh tomatoes and spinach in a light cream sauce. Topped with green onions.

Thursday, September 22nd, 3:30-5:30 pm – Stuffed Chicken Breast. Mozzarella, fire roasted red bell pepper and fresh basil stuffed chicken breast, roasted and served with seasonal vegetables and garlic pesto 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 and is happy to share that with us.

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 for \$35. 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.



THE Best Kept Shopping Secret in West Linn!

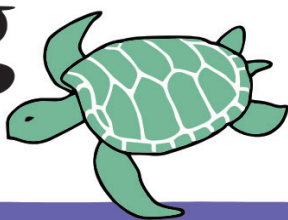
New items: adult and children's aprons, lotions, soaps, kitchen towels, colorful paper napkins, summer hats, lightweight 100% silk and 100% cotton scarves.

Please bring your friends and family to the Gift Shop! More customers will help our fundraising! Volunteers are there to assist you and show you all the hidden items in the newly designed drawers.

A big "Thank You!" for all the great donations we've been receiving. The WLACC is a non-profit – you may receive a tax form for your donations. (In excellent condition, please).

NEEDED! A volunteer to work in the Gift Shop every **Monday from Noon to 3:00 pm.**

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www.LivingRight.net

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Jennifer Cook, MBA, BA
Consultant, Owner

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BOOSTING Your Happy Brain Chemicals – by Keli Stevens

Are you feeling a little tired, sluggish or depressed? Having trouble losing weight, concentrating, or staying motivated? Perhaps you have lost your interest and satisfaction in life? You might want to consider boosting your levels of dopamine, serotonin, and/or endorphins, three of the “*feel-good*” brain chemicals responsible for happiness.

These chemicals, called neurotransmitters, are released by the brain and make it possible for signals to be passed from neuron to neuron. They settle in between the junctions, or synapses, of the neurons in our brains and make it possible for those good feelings to transmit and register. Having healthy levels of these neurochemicals assists in weight loss, maintains energy levels, promotes happiness and well-being, stabilizes mood, and supports brain and heart health.

Optimum levels of dopamine can stave off apathy, depression, boost your mood, keep you motivated and feeling confident. Under normal conditions, we get a rush of dopamine when we are about to experience things we deem pleasurable. Conversely, producing low levels of dopamine may rob us from finding pleasure in the things we used to enjoy. Low levels of dopamine are also linked to Parkinson’s disease and other problems with involuntary body movement. Serotonin has been known to stabilize mood, control carbohydrate cravings, support appetite, digestion and sleep cycles, sexual desires, temperature regulation, and aid in pain control. If your serotonin levels are too low you may feel irritable, anxious, have racing panicky thoughts or crave alcohol. Endorphins are triggered by episodes of stress, fear, pain, or perceived pleasure. They can warn us when we have had enough of something and also encourage us to seek out a rewarding experience the next time. Someone with low endorphin levels might experience body aches, low pain tolerance, chronic unexplained pain, or a general feeling of being overwhelmed and discontent.

Depending on severity of the deficiency, a medical professional may prescribe supplements, medications or therapies to increase neurochemical levels. While sometimes necessary and helpful, many people would prefer to avoid medication. Luckily, the happiness chemicals in the brain can be stimulated naturally with a few lifestyle changes. Seeking the advice of a medical professional will help you determine what options are best for you.

One of the easiest ways to boost your neurotransmitter levels is through your diet. What we eat has a huge impact on how we feel. Simply enriching your diet with foods that stimulate your happy brain chemicals can have a positive effect in your life. Dopamine is synthesized from tyrosine. Eating foods containing tyrosine can increase dopamine production. Dopamine is quick to oxidize, so adding plenty of antioxidant rich foods is also helpful. Serotonin requires the amino acid tryptophan for synthesis. A number of low fat proteins are high in tryptophan, such as eggs, dairy and turkey. The following is a list of “*feel-good*” foods:

Avocados, Low-Fat Dairy, Eggs, Turkey, Brown Rice, Tofu and Soy, Fish, Spirulina, Kale and Greens, Orange Vegetables and Fruits, Asparagus, Broccoli, Peppers, Cauliflower, Brussels Sprouts, Red Beets, Apples, Watermelon Juice, Bananas, Strawberries, Blueberries, Green Tea, Lima Beans, Almonds, Sunflower Seeds, Sesame Seeds and Pumpkin Seeds, Oregano Oil and also certain herbs like Ginkgo Biloba, Nettles, Dandelion, and Ginseng.

Another simple way to trigger a flood of happy chemicals is simply to exercise. A 30-60 minute session of walking, swimming or jogging can get the chemical happiness flowing. Try to get some form of exercise in regularly for mental and physical health. Group exercise has also been shown to release even higher levels of endorphins than individual endeavors, however any exercise is beneficial. The West Linn Adult Community Center offers a wide range of group exercise classes, sure to leave you feeling great!

An added benefit to eating healthy foods and regular exercise is overall better health. You will look great and feel great. So tap into those *feel-good* brain chemicals and put some “happy” back into your life.



Friends of the WLACC are 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

MOVIES at the Center? Interested? Fill in the box below, cut out this little space and put it in the suggestion box at the front desk! *Thank you!*

YES MAYBE
 Not interested at all.



MISCELLANEOUS

Hi, Luella Hunt here! I am excited about starting a craft class called, **Craft Of The Month**. We will meet the **second Monday of each month, starting September 12th from 1:00 to 3:00 pm at the WLACC**. This is a free class with the exception of the supplies you will need, and right now, some supplies may be sitting in your home just waiting to be put to use.

You may be thinking to yourself, well this isn't for me, I can't learn at my age, or, I'm not good at crafts or even why do I need more stuff at my age when I am trying to get rid of the stuff I have. I agree, most of us don't want more stuff but I am a firm believer that the older we get it is important for us to continue to try new things and does it matter, how well we do them – no – it matters that we have gotten out of our homes and mingled with other people and enjoyed the journey. Many of the crafts I have planned are inexpensive so if you don't like your end product give it to one of your grand kids – they seem to like anything from a grand parent or just simply throw it away, YES, I did say, "throw it way" the craft police won't come knocking on your door.

Please sign up at the front desk at the WLACC – knowing how many of you are interested will be of great value to me so I know how to plan. The sign up sheet will have a picture of the crafts mentioned with a supply list or if you would like me to make up a kit just write kit beside your name and I will do the foot work for you. Payment for the

kit will be due at the beginning of the class before you receive it. Once you sign up please don't disappoint me by changing your mind, I think we can have a fun afternoon together.

Craft of September – have you ever wondered how to make a hard cover book? This is your chance, at the end of class you should have a blank book to use for yourself or give as a gift.

Craft of October – we will be making votive candle holders with dried or fabric leaves on old jars from home and votive candle holders using half glass marbles glued to the outside of a small bowl or a jar. A great chance to make something beautiful with those glass jars you throw in the trash.

Craft of November – this is the most expensive craft; we will be covering and decorating glass craft blocks – these are sometimes hard to find but Michael's, (Home Depot and Low's are cheapest) will be getting them in so keep on the look out – there are two sizes and either one will do. These are beautiful when finished and my daughters-in-law want more. Keep your eye open for any Christmas decorations that you would use when wrapping a Christmas or any other holiday gift. We will be using holiday themed fabric, ½ yard is enough, see sample at the sign up sheet.

Hope to see you crafting with me.

IN MEMORIAM: In June of this year, Paul Brown passed away. Paul was a wonderful volunteer, always helping with our dinners, setting tables and cleaning dishes afterwards. He was also part of our walking group, and his presence will be greatly missed.

**VOL
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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.

September B-Days

Linda Brown
Jean Burbach
Sirima Chuladul
Maria Conkle
Verra Cundall
Patricia Farra
Karen Faw
Duane Funk
Cheryl Harmon
Mary Hill
Joyce Johnson
Starlett Johnson/Ichsan
James Judd
Erika Kessler
Mike Lindner
Jay McCoy
Kevin McMahan
Steve Rice
Corie Rice
Celeste Rose
Jean Scott
Gloria Stangarone
Christine Tims
Marlene Youso

October B-Days

John Bezayiff
Miriam Chitty
John Dent
Mary Dent
Jan Engler
Coeta Fluter
Barbara Handley
Bob Hoover
Luke Krebs
Grace Lin
Gay Lobel
Patrick Lynch
Susan Marston
Margaret Matthies
Dean McDonald
Adeline Meindl
Kathy Michels
Norman Pearson
Janet Richey
Janis Rosenlof
Linda Scott –
Bob Wade
Peggy Watters
Scott & Robin Way
Norma Weddle
Bev Wilson
Kaspar Wirth

MENUS

The Stafford will be catering our lunches, lunch donation will be \$5.00 and served at 12:00 noon on Mondays, Wednesdays and Fridays.

Complimentary birthdays will 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

Caryn Aman – Merle Burns – David Cast
Verna Cundall – Karen Jacobus – Erika Kessler
Minerva Meek – Kathy Michels – Mary Rogers
Carol Schroeder – Christine Tims.

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.

Upcoming Friends Board Meetings:

Wednesdays September 21st and
October 19th at 12:45 pm.
ALL MEMBERS WELCOME!



YOU CAN HELP THE FRIENDS OF THE ADULT COMMUNITY

A thank you to everyone who have resubmitted their Fred Meyer Rewards. We now have more members belonging to the Fred Meyer Rewards and helping the West Linn Adult Community Center. Congratulations to Jay Rice and Janet McDonald for winning a free lunch by putting their Fred Meyer receipts in the container at the front desk. Your receipt should state: “Thank you for

participating in the 2016-2017 Fred Meyer Rewards. You requested Fred Meyer donates to the West Linn Community Group.” Make sure your receipt has your name and phone number on it.

You can also donate to the Fred Meyer Rewards (this doesn’t affect your own rewards) to the WLACC by calling 1-866 -518-2686 and press 3. Then give the operator your information and your Fred Meyer rewards number or phone number. If you would like me to do this for you, please write your name, telephone number, and your Fred Meyers reward number on a piece of paper, in the container that is a the front desk for the entries for the free lunch. I will call on your behalf and have you added to the Fred Meyer rewards. Thank you and happy shopping.

– Lorene

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



			1 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	2 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
5 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	6 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	7 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 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	8 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00-Share Singers prepare for FALL visits 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring 3:30-Cooking Class	9 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 1:00- Meditation
12 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	13 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	14 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Soup/Sandwich 12:30- Pinochle 1:00-Rosemont Rhythm Band 1:00-Book Club	15 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers at SpringRidge Court 10:00-Bus Trip to Oktoberfest 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00-Adult Coloring	16 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 1:00- Meditation
19 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	20 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 1:00-Public Transit presentation 2:00- West Linn Uke Jam	21 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Soup/Sandwich 12:45-FACC Board Meeting 12:30- Pinochle 1:00-Rosemont Rhythm Band	22 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 3:30-Cooking Class	23 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 1:00- Meditation
26 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	27 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	28 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 9:45-Bus Trip, Guide Dogs for the Blind Tour 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Soup and Sandwich 12:30- Pinochle 1:00-Rosemont Rhythm Band	29 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-The Springs at Tanner Spring 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class 1:00- Adult Coloring	30 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 1:00- Meditation

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

<p>3 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>4 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>5 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 9:00-Foot care by appt. 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Breakfast Brunch 12:30- Pinochle 1:00-Rosemont Rhythm Band</p>	<p>6 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Homewood Heights 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>7 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 1:00- Meditation</p>
<p>10 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>11 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 1:00-OHSU Fall prevention presentation 2:00- West Linn Uke Jam</p>	<p>12 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Soup/Sandwich Bistro 12:30- Pinochle 1:00-Rosemont Rhythm Band 1:00-Book Club</p>	<p>13 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>14 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 1:00- Meditation</p>
<p>17 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>18 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>19 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Soup/Sandwich Bistro 12:30- Pinochle 12:45-FACC Board Meeting 1:00-Rosemont Rhythm Band</p>	<p>20 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Marquis Hope Village 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>21 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>24 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>25 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>26 WEDNESDAY 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 10:30-Bus trip to Museum of Gaming and Puzzlery 11:00-Garden Appreciation Group 12:00-Soup/Sandwich Bistro 12:30- Pinochle 1:00-Rosemont Rhythm Band</p>	<p>27 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>28 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>31 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>				