

July / August 2018

*Location Address:*

1180 Rosemont Road  
West Linn • OR 97068  
Phone: 503-557-4704  
Fax: 503-723-4251

*Mailing Address:*

22500 Salamo Road • Ste. 1100  
West Linn • OR 97068

[www.westlinnoregon.gov/parksrec](http://www.westlinnoregon.gov/parksrec)



# West Linn Adult Community Center *Newsletter*

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## West Linn Adult Community Center

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### Letter from Tiffany



A very happy summer to all of you,

There's a new piano at the Community Center! It takes up much less space, is portable, has adjustable volume, and it can even play music on its own. Our hard working Friends of the WLACC provided the funds for a Kawai digital piano and it's a lovely instrument that I believe will get good use for years to come.

Due to usage restrictions, we are transitioning out of our bus contract with Ride Connection and exploring options that will be a better fit for our community center. In the interterm, we will still have the Pioneer Center bringing a bus and driver to us every 4th Wednesday of the month. With this, I will continue to plan day trips to local attractions. For July, we have a special tour planned to the World Headquarters of Nike. You will hear the history of this innovative company and see all the campus has to offer. In August, the trip destination is westward bound to Cannon Beach! More

details for these trips are on page 6. We also have a special tour of Luscher Farms planned for July 12th that I hope you'll consider attending. On this tour, you will hear the history of the early settlers, learn about the CSA program, see the Clematis Garden and Hazelia area and so much more. We will have a picnic style lunch in the beechwood garden.

I am still interested in your movie suggestions so feel free to keep them coming. July's movie, Sweet Land, comes highly recommended from one of our volunteers. August's movie, The Sandlot, is one of the best, feel good movies for summer (in my opinion). As always, there will be popcorn, soda and a little chocolate thrown in there for good measure. I've found lately that chocolate is a must for any good event.

A big thank you to Tarra Wiencken and Terri Jones for working on Mondays this past June and into July. This gives me more precious time with Isla (my 14 mo. old daughter) and I'm trying to soak up every minute of it. She's growing up so fast! You may still see her this summer at the center when her auntie or dad can bring her in for a visit. At this point, she's a proficient walker and loves attempting to help herself to toys from the gift shop. You may not have noticed that our gift shop, with its wide variety, has little chicken heads with a suction on one side that's surrounded in crinkly plastic. If you have little ones that are Isla's age in your life, you may want to consider purchasing a few of these. Apparently, these are all the rage with her crowd.

Looking forward to seeing you,

~ Tiffany

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#### Staff:

Tiffany Carlson, *Recreation Coordinator*

#### Location WLACC:

1180 Rosemont Road, West Linn, OR 97068

Phone: 503-557-4704 – Fax: 503-723-4251

#### Mailing Address:

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

#### WLACC Newsletter:

Mieke Wiegman, *Editor* – [miekew@comcast.net](mailto:miekew@comcast.net)

Keli Stevens, *Staff Writer*

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

## 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.** \$44/2 classes/week, \$66/3 classes/week, \$5 drop in.

**NEW! Fitness with Janey: Tuesdays and Thursdays from 9:00-9:30 am.** \$70 for an 7 week session or \$6 drop in per class. Class term begins July 3rd – August 30th. Please sign up at the front desk. *(No classes week of July 24th.)*

Come join us for 30 minutes of stretching, strength building, cardio activity and fun! Whether you are active now or wanting to put a skip in your step and become more active, this is the perfect way to get yourself going!! Get your summer morning started off in a healthy way! Leave and enjoy the rest of your day with more energy, vim and vigor and a smile on your face!!

The online fitness classes are led by coach Janey Rose. She is a nutrition, health and fitness coach. Her intent is to be of service to people and to help influence people into a healthier lifestyle. A West Linn resident of 24 years, she leads in workouts that are different, fun and adaptable for all fitness levels.

**Mind Body Wellness – Gentle Yoga:** This unique yoga program is helpful for those needing a slow restorative class. Integrates mindfulness, meditation and visualization. New sessions begin the first **Thursday** of the month at **11:00 am-12:15 pm.** Taught by Kristin Fein. 4-Week session fee: IC \$40/OC \$45. Drop-ins welcome at \$12.00 a class. For more information and to register, *visit: [westlinnoregon.gov/parksrec](http://westlinnoregon.gov/parksrec).*

**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 Mary \*Maria\* Milner. **Tuesday, Thursday 11:15 am-12 pm.** \$6.00 per class if pre-paid for the whole month. \$8:00 drop in. *(See monthly schedules for summer classes. Regular classes will resume September 11th.)*

**Qigong: Mondays 10 am-12 pm.** When Qigong is properly practiced it is extremely beneficial and presents minimal risk to one's health. Please consult your physician if you are in doubt of your capabilities. \$65 - \$8

drop in fee. **Summer Series: XiXiHu Walking Qigong**, from June 6 through August 20, 2018 (No classes 07/02 and 07/23). \$65 - \$8 drop in fee.

**NEW Qigong** class being offered on **Fridays** from June 22nd through August 17th at 10:00 am-11:00 am. \$55 - \$8 drop in fee. All classes taught by Master Qigong Teacher Lyndalea Ruffner, who is certified by the Ling Gui International Healing Qigong School. (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 8:30-9:30 am.** \$77/2 classes/week or \$119/3 classes/week. \$6 drop in.

**Tai Chi:** A calming form of exercise that is believed to be effective for a wide range of health problems including: headaches, arthritis, back pain and others. It helps to restore natural circulation and relieves tension in muscles. This class in an open floor, self-led class.

**Mondays 8:45 – 9.45 am.** FREE.

**T'ai Chi:** Relieve Chronic Pain and Inflammation. Strengthen Your Immune System. Restore Strength and Vitality. Alleviate Anxiety and Depression. **Improve Your Balance. Stimulate Your Brain!** This class will introduce you to the ancient Chinese Yang-Style Form. The 24 movements are performed in a continuous, harmonious and synergistic sequence at slow speed – beneficial for any age or physical shape. Non-competitive. Taught by Sharon V. Miller. **Tuesdays 11 am-12 pm. 8 classes** Starting 7/10-8/28, 8 classes, \$50.00.

**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.

**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 10:00-11:00 am.** \$65 or \$6.50 drop in.

### DRAMA AND MUSIC:

**The Age-Cured Hams Drama Class: Mondays at 1:00-3:00 pm.** 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.



## Schedule of Ongoing Events (Cont'd)

### MUSIC continued:

**Crossroads Band:** Wednesdays from 1:00-3:00 pm. Check the front desk or bulletin board for information. Join us and have lots of fun. All instruments welcome. FREE.

### GAMES:

**Bridge:** Mondays at 12:00-3:00 pm, and Thursdays at 12:00 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 learning how to play Mah Jongg? While the origin of mahjongg (mǎ jiàng), called mah-jongg in the U.S., is unknown, the fast-paced four-player game is popular throughout Asia. Call 503-557-4704 if you are interested.

### HEALTH:

**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.

**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.

### MISCELLANEOUS:

**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. It 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 Cafe** – 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. (Note: this is not a drop off site, participants must be accompanied by a care-partner.)

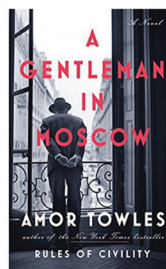
## SPECIAL INTEREST CLASSES:

### Book Club

**Meets 2nd Wednesday of the month.**

“The Book Club is taking a break in July and August. Keep reading over the summer and let us know what you read when we meet again in September.”

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

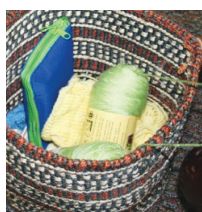


### “A GENTLEMAN IN MOSCOW”

by Amor Towles

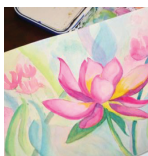
In 1922, Count Alexander Rostov is deemed an unrepentant aristocrat by a Bolshevik tribunal, and is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Unexpectedly, his reduced circumstances provide him entry into a much larger world of emotional discovery. Brimming with humor, a glittering cast of characters, and one beautifully rendered scene after another, this singular novel casts a spell as it relates the count's endeavor to gain a deeper understanding of what it means to be a man of purpose.

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



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

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

**Senior Law Projects:** Half hour consultations every 2nd Monday of the month. Call the Center at 503-557-4704 to set up an appointment.

**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.

## Schedule of Ongoing Events (Cont'd)

**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 Schedule

Meetings are held some Thursdays

- |        |          |  |
|--------|----------|--|
| Jul 5  | 9:45 am  | Depart WLACC to visit<br><b>The Springs at Clackamas Woods</b> |
| Jul 26 | 9:45 am  | Depart WLACC to visit<br><b>Hearthstone at Murrayhill</b>      |
| Aug 2  | 9:45 am  | Depart WLACC to visit<br><b>Brookdale Wilsonville</b>          |
| Aug 16 | 9:45 am  | Depart WLACC to visit<br><b>Somerset Lodge Assisted Living</b> |
| Aug 30 | 10:00 am | Meet at WLACC to prepare<br>for <b>Fall visits</b>             |

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



*This Kestrel was carved by Myron Carpenter*

## Monthly Monday Matinee.

**With free popcorn and soft drinks.**

**Monday, July 9th at 1:00 pm.**



**SWEET Land.** A Love Story. When Inge Altenberg (Elizabeth Reaser), a young German woman, arrives in rural Minnesota, she meets Norwegian farmer Olaf Torvik (Tim Guinee), a fellow immigrant. Olaf's parents in Norway have arranged for the two to marry, but problems arise when she doesn't have the proper papers. Despite

being unwed, the couple lives and farms together, causing a rift with their community. In the face of considerable hardship, Inge and Olaf toil away and grow closer in the process.

**Monday, August 13th at 1:00 pm.**



**The Sandlot.** When Scottie Smalls (Thomas Guiry) moves to a new neighborhood, he manages to make friends with a group of kids who play baseball at the sandlot. Together they go on a series of funny and touching adventures. The boys run into trouble when Smalls borrows a ball from his stepdad that gets hit over a fence.

“ **EVERYBODY** CAN BE GREAT. BECAUSE **ANYBODY** CAN SERVE.

YOU DON'T HAVE TO HAVE A **COLLEGE** DEGREE TO SERVE.

YOU **DON'T** HAVE TO MAKE YOUR SUBJECT AND YOUR VERB AGREE TO SERVE.

YOU DON'T HAVE TO **KNOW** THE SECOND THEORY OF THERMODYNAMICS  
IN PHYSICS TO SERVE.

YOU ONLY NEED A **HEART** FULL OF GRACE. A SOUL GENERATED BY **LOVE.** ”

Please consider volunteering at the ACC. Applications available on-line through Parks & Rec., pick up at the ACC front desk, or email Marsha Wilkins, ACC Volunteer Coordinator at [mjwilkbar@gmail.com](mailto:mjwilkbar@gmail.com).



## SAVE The Date

### UPCOMING PRESENTATIONS & SPECIAL EVENTS

#### Summer Silly, Summer Not

Featuring our Senior Olympics.

**Saturday, July 14th**, here at the West Linn Adult Community Center, the irrepressible and occasionally hilarious **Age-Cured Hams** present 'Silly Summer, Summer Not'. Doors open at 4:30 pm. Performance at 5:00 pm. Admission: can of food for the West Linn Food Pantry. Refreshments will be served.

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

**Monday, July 16th at 1:00 pm. – Essential Oils class.** Kathy Thorne, a Holistic Healthcare Practitioner (and Maggie McGee's daughter), will be sharing some great information on the many uses of essential oils: pain management, stomach issues, anti-inflammatory and anti-aging benefits. This is a free, educational talk that will give great information for you and your loved ones.

**Tuesday, July 17th at 10:00 am. – Kaiser Medicare resource available.**

**Thursday, July 26th at 11 am. – Breaking Point:** Get organized! Learn how to downsize, part with your possessions and clear out clutter. Class led by Jennifer Fifer.

**Monday, August 6th at 1:00 pm. – Neighborhood emergency planning informational meeting.** Judy Wiechmann will speak to us about the need to have a neighborhood emergency preparedness plan. She will explain how to build a plan with your neighbors for what to do right after a disaster, assess skills and tools available etc., as well as ideas for what to have in your emergency kits (home, car, and office).

**Tuesday, August 21st at 10:00 am. – Kaiser Medicare resource available.**

**Thursday, August 23rd at 11:00 am. – Care-giver Stress.** Learn about burnout and how to avoid fatigue. In this class, we review the need to care for yourself before caring for another person and discuss ways to "get a break". Class led by Jennifer Fifer.

### UPCOMING BUS TRIPS

We have regular bus trips that go to various locations around the area. We encourage you to call 503-557-4704, stop in or check online for current bus trips that are scheduled as all trips are subject to change. Please go to <http://westlinnoregon.gov/parksrec/acc-newsletter> to see the current trip schedule online. *All lunches are at your own expense, unless stated otherwise.*

#### **Thursday, July 12th – Tour of Luscher Farms and a boxed lunch in the Beech Tree Garden.**

\$10 includes tour and lunch. Carpool leaves at 9:45, tour is at 10 am, followed by lunch. If you have ever been curious about Luscher Farm? Here's your chance to check out your neighbors to the West.

**Wednesday, July 25th – Tour of Nike Headquarters.** (Tour starts at 10:00 am, lunch afterwards) \$10. Leave the ACC by 9:30 am and return by 1:30 pm.

**Wednesday, August 22nd – Cannon Beach.** \$15. Enjoy a relaxing trip to the beach! Time TBD.

### DID You Know!

#### Lakewood Theatre Presents:



## CHESS

**July 6 – August 12, 2018**

*Everybody's Playing the Game.*

Directed by John Oules. Music by Benny Andersson & Bjorn Ulvaeus, Lyrics by Tim Rice. Book by Richard Nelson.

Set during the Cold War, a love triangle forms between a loutish American chess star, an earnest Russian champion, and a Hungarian-American assistant who arrives at an international chess match with one player, but falls for the other.

*Co-Sponsor: Lakewood Center Associates | Directorial Sponsor: Jack's Overhead Door.*

### IMPORTANT NOTICE:

The Lakewood Theater offers 20 participants of the West Linn Adult Community Center an opportunity to see their dress rehearsal, free of charge. The dress rehearsal takes place on the Wednesday before the regular performances begin. If you are a participant of the WLACC and would like to attend, please sign up in person, at the front desk. Sign-up begins one month before the dress rehearsal date and ends when the list is full.



A while ago I was cleaning out a closet and I stumbled upon a plastic bag of treasure, tucked away on the back of a shelf. I had to un-tie the knot and look inside before I recalled what it was.

It was jammed full of letters. Love letters, pen-pal greetings, post cards, and notes from friends in school, still folded in the intricate origami only a school kid can master. There were even several letters from friends and relatives, long since passed. Some of the letters I hadn't seen in 30 years. Hundreds of handwritten messages between someone else's heart and mine. I spent the next several hours carefully unfolding and reading every single one. Tears ran down my cheeks, as I let myself be carried back to countless other times and places. It was magic, the flood of memories and emotions that washed over me. I reverently held the sheet of rose printed stationery that my deceased grandmother had left her distinctive swirly handwriting on, smelling the faint traces of her perfume that clung to the paper.

There were letters that contained drawings and doodles, stickers, bits of ribbon, and one that had the foil wrapper from a Hershey's kiss, an old boyfriend's attempt at romance. Each missive I pulled out of the bag made me smile, as I rediscovered the secrets within it's folds.

Later that night, I happily described my "find" to my husband. "It's a shame that kids today are never going to make a discovery like that. No one writes letters anymore," he said. His words stayed with me all night. It was true. When was the last time I had received a letter? When was the last time I had written one? The ease and immediacy of the e-mail and the text message has all but replaced the act of physically writing and mailing a letter. Most correspondence is done digitally. I prefer to communicate this way myself, due as much to necessity after an injury, as to convenience. Kids are growing up in a world where texting and social media are the only ways they communicate. There will be no bittersweet bag of written memories to work their magic someday. Unless the kids print out their emails and messages, all will be swallowed up with the passage of time. I find that sad. Letter writing needs to make a comeback.

The post office reports that in the last decade, letters sent by post have dropped by a third. I would never suggest a total return to pen and paper and death to all e-mail accounts, but I AM suggesting that letter writing has a value and is just as relevant in today's digital culture as Instagram and facebook are. Receiving a letter in your mailbox makes you feel remembered and valued. You touch the same paper, maybe breathe in a trace of their scent. There is a real connection that words on a screen just can't create. Later, maybe many decades later, re-reading the words can create that beautiful connection again. Perhaps relationships would be strengthened with more than a canned sentiment that Hallmark has printed.

Consider writing letters to your loved ones. Tell them what you love about them. Tell them stories, wisdom, advice, jokes, recipes, family history, whatever comes to mind. Your handwritten words will be as treasured as the connection the letter creates when they hold it in their hands. Tell them to keep it, tuck it away, so one day they can re-read your words, and once again be carried away by the magic.



Lunches Catered by Mundo Catering! Lunches are \$5:00 and served at noon time. *Complimentary Birthday Brunches on the first Wednesday of the month for those supporting the Friends Group. Oswego Place, which is a retirement community, is now adding to our Birthday Brunch Day with bagels and cream cheese in the morning. HealthNet is also providing cupcakes on our B-day brunches.*

### July Lunch Menus – All menus include salad

Monday 7/2	Pork stew, brown rice, broccoli and cookies and cream pie
Wednesday 7/4	Closed for Independence Day
Friday 7/6	BBQ chicken, baked beans, corn and strawberry shortcake
Monday 7/9	Lasagna, garlic bread, corn and chocolate cookies
Wednesday 7/11	Birthday Brunch: Meat and veggie scramble, bacon, yukon gold potatoes and fruit salad
Friday 7/13	Sausages, baked beans, peas and pumpkin cookies
Monday 7/16	Chicken parmesan, garlic butter pasta, green beans and cream puffs
Wednesday 7/18	Chicken noodle soup, turkey sandwiches and brownies
Friday 7/20	Pot roast, mashed potatoes, vegetable medley and chocolate cream pie
Monday 7/23	Chicken with broccoli, penne pasta, asparagus and chocolate bundt cake
Wednesday 7/25	Ham sandwiches, beef barley soup and sugar cookies
Friday 7/27	Hamburgers – BBQ Cookout with potato salad, green salad, broccoli and carrot cake
Monday 7/30	Sweet and sour chicken, basmati rice, sugar snap peas and chocolate cupcakes

### August Lunch Menus – All menus include salad

Wednesday 8/1	Birthday Brunch: Quiche, hash browns, sausage and fruit salad
Friday 8/3	Pulled pork, mac & cheese, corn and peach crisp
Monday 8/6	Curried chicken, couscous, cauliflower and strawberry shortcake
Wednesday 8/8	Sausage and white bean soup, roast beef sandwiches and vanilla bundt cake
Friday 8/10	Pork loin with apples, potatoes lyonnaise, broccoli and peanut butter cookies
Monday 8/13	Chicken Alfredo, penne pasta, zucchini and strawberry cream pie
Wednesday 8/15	Chicken-orzo soup, chicken salad sandwiches and carrot cake
Friday 8/17	Pork stew, brown rice, peas and sugar cookies
Monday 8/20	Beef stroganoff, egg noodles, vegetable medley and vanilla cupcakes
Wednesday 8/22	Tomato soup, turkey sandwiches and brownies
Friday 8/24	Pot roast, mashed potatoes, vegetable medley and chocolate cookies
Monday 8/27	Sloppy joes, roasted potatoes, carrots and banana pudding
Wednesday 8/29	Ham sandwiches, corn chowder and vanilla pudding
Friday 8/31	Hamburgers – BBQ Cookout with potato salad green salad, broccoli and lemon meringue pie

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**Rely on my:**

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- ◇ Research
- ◇ Knowledge

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**Jennifer Cook-Buman**  
**(503) 780-7353**



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# NEWS from the FRIENDS of the Adult Community Center – West Linn

A non-profit 501 (c) (3)

## Board of Directors:

Marsha Wilkins, *President*  
Scott Foster, *Vice-President*  
Jeanne Rohrbacker, *Secretary*  
Lorene Bay, *Treasurer*  
Carole Lukas, *Director*  
Boyd Brown, *Director*  
Maggie Magee, *Director*

John and Veronica Ferenz, *The Little Shop on Rosemont*  
Dick Hunt, *Brick Garden*  
Rita Perry, *Historian*  
Lorene Bay, *Member Records/Bulk Mailings/FM Comm Rewards*  
Dave Vrooman, *Member Records/Photographer*

The Friends of the Adult Community Center – West Linn is a non-profit that was organized exclusively for charitable, educational and social purposes to promote the adult services and community use at the West Linn Adult Community Center. **Thank you for your support!**

The FACC Nominating Committee had a potentially insurmountable job of filling all seven positions on the Board of Directors but due to many Friends enthusiasm to step forward and serve the committee was able to fill the seven position ballot with eight nominees. Thank you to the Nominating Committee made up of Scott Foster, Judy Hutchinson, Boyd Brown, Julie Hoover and Marsha Wilkins. Thanks also to all nominees for their commitment to serve on this non-profit auxiliary board.

**The Annual Meeting** was directed by outgoing president Warren Guest. The majority of the meeting was dedicated to the election of new directors. Included in the treasurer's report it was noted that some of the larger expenditures

for this fiscal year included the financial support of the Center in their purchase of a piano, the reupholstering of 135 chairs, and sponsoring multiple community socials and Center presentations. FACC also donated to the West Linn Food Pantry and renewed the bench at the Center's front entrance and dedicated it with an inscribed plaque.

The outgoing Board thanks Warren for his two years of service and welcomes the 2018 incoming Board of Directors as pictured below from left to right: Boyd Brown/Director; Maggie Magee/Director; Carole Lukas/Director; Lorene Bay/Treasurer; Jeanne Rohrbacker/Secretary; Scott Foster/Vice President; Marsha Wilkins/President.

## FRIENDS of the West Linn Adult Community Center



## Friends NEWS Continued

### Friends Board Meetings:

Every 3rd Wednesday of the month at 1:15 pm.  
ALL **FRIENDS'** MEMBERS ARE WELCOME!



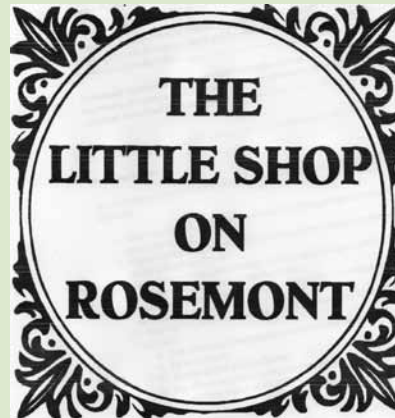
Congratulations to Anne Josey the current winner of the Fred Meyer Community Rewards drawing of a gift certificate for The Little Shop

on Rosemont. Be sure to turn your Fred Meyer receipts in before August 15 for the next drawing.

Fred Meyer supports local communities by offering rewards for shopping with them to local charities.

FACC has participated in this program for some time and would like to encourage anyone shopping at Fred Meyer to participate. It's easy to enroll with a quick telephone call and does not infringe on your personal rewards.

As always just drop your FM receipts off at the ACC front desk and the Friends will let you know if you're a winner of a gift certificate from The Little Shop on Rosemont. Questions or help enrolling? Contact Lorene Bay.



There are shipments of outerwear and accessories made of flowing fabrics in pastels and bright dynamic colors and prints. Great for day wear or

dressing up for that special occasion.

**Summer Hours - Now thru August**

**M-F – 10:00 am-1:00 pm**

**1180 Rosemont Road, West Linn.**

*Follow us on Facebook*



*In Loving Memory of Marie Horvath. A modest memorial to one who gave so much.*

*Volunteers are the heart of the ACC.*



The winner of the **Where in West Linn?** contest is Rita Burton whose name was drawn after submitting the correct answer that the resting lion is one of two at the entrance to the Bolton Reservoir on Skyline Blvd. Enjoy that gift certificate from The Little Shop on Rosemont!

There will be no contest for the July-August Issue but get the gears turning in preparation for the September-October issue contest.

### July Birthdays

George Adams, Larry Austin, Tana Barger, Lorene Bay, Boyd Brown, Donald Davis, Doug Dickston, Rose Ek, Veronica Ferenz, Warren Guest, Lloyd Haatia, Mary Hulett, Dick Hunt, Alice Johanssen, Jon Kaake, Diane Kaufman, Ellen Kletzok, Stephen Label, Rosy Levy, Erik Miller, Jim Nichols, Patricia O'Neill, Anthony Perry, Jay Rice, Loretta Schwarz, Jeannie Woehl

### August Birthdays

Joan Briscoe, Mark Brown, Barbara Buchholz, Joyce Caraher, Claire Cohen, Gary Davidson, George Detrick, Mary Garvik, Cynthia Gibson, Dale Hawkins, Henrietta Hodges, Nancy Judd, Marvin Korach, Maggie Magee, Beverly Mallette, Carolyn Martin, Micheal Mat4ern, Marlene McCarty, Maryann Mehlhoff, Mary Ann Mendell, Lowell Neudeck, Ana Mercedes Robayo, Sandy Rood, Lee Sweet, David Vrooman, Angie Zimmerman





As usual, our hard working kitchen crew at the annual Mothers' Day Tea on Monday, May 7th.

## Welcome to Mother's Day Tea 2018



Young and old had tremendous fun at the Summer Social on Thursday, June 21st.

