

January / February 2019

West Linn Adult Community Center

The Center enriches the lives of those 50 and better in the West Linn and surrounding areas by providing social, recreational, health and educational services and programs.

CITY OF
**West
Linn**

PARKS & RECREATION
Adult Community Center

1180 Rosemont Road
West Linn, OR 97068
503-557-4704

www.westlinnoregon.gov/parksrec

NEWSLETTER

CONNECT,
SERVE,
GROW.



West Linn Adult Community Center Newsletter

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West Linn, OR 97068
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The WLACC Newsletter editor reserves the right to edit, or shorten articles submitted.



Letter from Tiffany and Dawn:

Happy New Year! We are excited for 2019 and all that it will bring to the ACC. We will continue to host vital classes on senior health and wellness topics, exciting new bus trip destinations and special events. We are thankful to the volunteers that help make the ACC such a great place and we appreciate the hard work so many put in. It's a large part of what makes our community center

so exceptional! Special thanks to Mieke Wiegman, our newsletter editor, for working so hard to bring you a new look to the newsletter cover. We're looking forward to all the opportunities this New Year will bring.

If you haven't submitted your address yet and would like to receive this newsletter by mail, please call or come by the front desk so that we can add you to the list. We also offer the newsletter by email or you can visit <https://westlinnoregon.gov/parksrec/wlacc-email-newsletter>. We understand that this website link is a handful to type so if you'd like us to add your email for you, let us know and we will be happy to do it.

Cheers to 2019!!

– Tiffany and Dawn

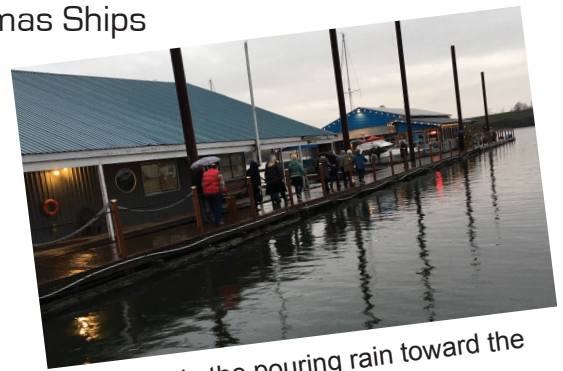
Bus trip Sunday, December 9th – Viewing of the Christmas Ships



There were 14 of us, but some people were not captured on the camera.



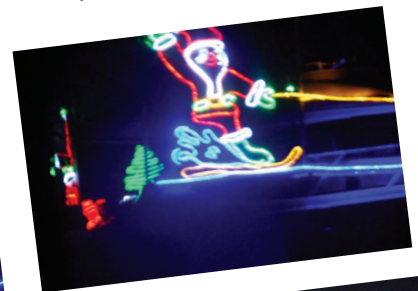
Driver Al Kawada, who did a tremendous job driving in the pouring rain.



Walking in the pouring rain toward the restaurant



Janet McDonald and Mike Cooper in front of the restaurant sign.



Photo's submitted by: Mieke Wiegman and Judy Rice

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.

Fitness with Janey: Tuesdays and Thursdays from 9:00-9:30 am. Starting 1/8-2/28, \$80 full term or \$6 drop in per class. Please sign up at the front desk. What a great way to kick off 2019! 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! The online fitness classes are facilitated by Janey Rose, a nutrition, health and fitness coach. A West Linn resident of 25 years, she leads in workouts that are different, fun and adaptable for all fitness levels. The workouts are NOT INTENSE. Need to MODIFY? Janey will help you!

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: westlinnmoregon.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.

Qigong: Winter Series: Back by popular demand: Nei Yang Gong Qigong for Heart and Kidneys. Mondays 10 am-12 pm, starting 1/07-2/27/2019. No class on 02/18. **Wednesdays 10 am-12 pm,** starting 1/09-2/27/2019. \$65.00, \$8.50 drop in fee. If students take both classes the fee is \$120.00. Nei Yang Gong is known as "Qigong for Circulating Energy and Strengthening the Tendons". This form strengthens bones and tendons, strengthens the four limbs and harmonizes the organs, energy and blood. Nei Yang Gong for the Heart and Kidneys has been studied together

and has been so well received by the students that we will continue the practice of these two highly beneficial forms for the winter term. As with all Qigong classes at the WLACC the first hour of class includes: breathing exercises, immune boosting techniques, self-massage and One Thousand Hands Buddha meditation. The second hour of class will focus entirely on Nei Yang Gong Qigong for the Heart and Kidneys. *Instructor:* Master Qigong Teacher Lyndalea Ruffner is certified by the Ling Gui International Healing Qigong School.

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. All ages are welcome and you do not have to be a member of the WLACC to attend classes.

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.** Session starting 1/29-3/19, \$50 for 8 classes and again on 3/26-5/14, \$50 for 8 classes.

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. Next session begins 1/3-2/26. \$65 for 16 classes or \$6.50 drop in. Following session begins 2/28-4/23. \$65 for 16 classes or \$6.50 drop in. **Tuesday & Thursday 10:00-11:00 am.**

DRAMA:

The Age-Cured Hams Drama Class: Mondays at 1:00-3:00 pm. A drama group focusing on funny.

Ongoing Events (Cont'd)

Aged Cured Hams is in need of 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.

MUSIC:

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.

Share Singers: We visit nearby senior living communities to share sing-alongs and conversations with the residents. Our goal is to interact with residents, not entertain them. Our motto is, "share a smile, share a story, share a song." New members are welcome at any time. FREE.



January/February Schedule Meetings are held some Thursdays

Jan. 10	10:00 am	Meet at WLACC to prepare for Winter-Spring visits
Jan. 17	9:45 am	Depart WLACC to visit Hearthstone at Murrayhill
Jan. 31	9:45 am	Depart WLACC to visit The Springs at Clackamas Woods
Feb. 7	9:45 am	Depart WLACC to visit Brookdale Wilsonville
Feb. 21	9:45 am	Depart WLACC to visit Somerset Assisted Living

Marimba Ensemble class. – Thursdays at 12:30 pm-1:30 pm. Do you like to dance, to move? Do you have a sense of rhythm? Gather together once each week and learn and perform repetitive patterns and parts on the various Instruments in our ensemble. • Bilateral manual movements are excellent for keeping Right-Left neural passages in our brains in excellent condition. • Learning various rhythmic and melodic patterns are excellent aids in short AND long term memory development. • People who hear the sounds of marimbas often say how happy they feel when listening. Instructor: Martin Sobelman; retired music teacher, marimba ensemble teacher. Cost: **January**, 5 sessions for \$70; **February**, 4 sessions for \$56. To register: Call Martin Sobelman at 503-949-0509, or the center at 503-557-4704.

GAMES:

Bridge: Mondays at 12:00-3:00 pm.

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 (má 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.

SPECIAL CLASSES:

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.

Book Club

Meets 2nd Wednesday of the month.

Join us Wednesday, Jan. 9th at 1:00 pm to discuss the book:



“ FINDING Gobi ” Dion Leonard

In 2016, Dion Leonard, a seasoned ultramarathon runner, unexpectedly stumbled across a little stray dog while competing in a gruelling 155 mile race across the Gobi Desert. The lovable pup, who earned the name 'Gobi', proved that what she lacked in size, she more than made up for in heart, as she went step for step with Dion over the treacherous Tian Shan Mountains, managing to keep pace with him for nearly 80 miles. As Dion witnessed the incredible determination of this small animal, he felt something change within himself. In the past he had always focused on winning and being the best, but his goal now was simply to make sure that his new friend was safe, nourished and hydrated. Although Dion did not finish first, he felt he had won something far greater and promised to bring Gobi back to the UK for good to become a new addition to his family. This was the start of a journey neither of them would ever forget with a roller coaster ride of drama, grief, heartbreak, joy and love that changed their lives forever.

&

Join us Wednesday, Feb. 13th at 1:00 pm to discuss the book:



“ The Great Alone ” by Kristin Hannah

The novel is Leni's Hero-journey as well as a coming-of-age tale. It is her mind the reader inhabits; it is through her eyes that the reader experiences the narrative. Leni travels from Seattle, Washington to Kaneq, Alaska on a beat-up Volkswagen bus. She escapes from Kaneq on a ferry, escapes from Homer on a small airplane and comes back to Kaneq. All these physical journeys mirror her emotional journey. She escapes the bleakness of her home and poverty by reading books. Her body is present with her parents, but her mind is in the warren of Watership Down or the Shire of the Lord of Rings.

Ongoing Events (Cont'd)

SPECIAL CLASSES:

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 view videos on gardens and plantings. We share our own problems and successes. A master gardener is available for special advice. 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.

Wood Carving: Mondays at 9:00-12:00 noon. 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.

Monthly Monday Matinee.

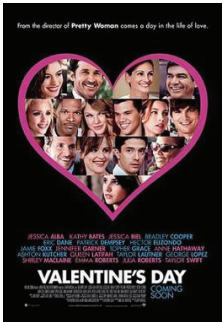
Free popcorn, drinks and West Linn firemen visits!



Monday, January 14th 1:00 pm.

The Greatest Showman!

Inspired by the story of P.T. Barnum and celebrating the birth of show business, the film follows the visionary who rose from nothing to create a mesmerizing spectacle.



Monday, February 11th 1:00 pm.

Love is in the air for the *Valentine's Day Movie*. Join us to watch an all-star cast sparkle in this hilarious and heartwarming romantic comedy! There's a proposal. Flowers that didn't get sent. A big fat secret finally told. Fights, kisses, wrong turns, right moves and so much more.

Aging Alone Discussion Group – Tuesdays

at 1:00 weekly. No charge. Are you aging alone? Without family to help with the isolation and other challenges of growing old alone... are you concerned about who will take care of you as you age?

In a small group format, we will meet weekly to share our success stories and concerns related to the challenges of growing older without the support of nearby

family. Issues addressed include developing a social network to prevent isolation, exploring transportation and healthcare options, and creating community.

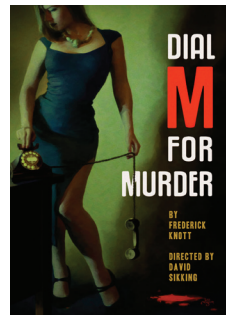


West Linn Memory

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.*)

SAVE The Date:

Lakewood Theatre Presents:



DIAL M FOR MURDER

January 4 – February 10.

“...is that you, darling?”

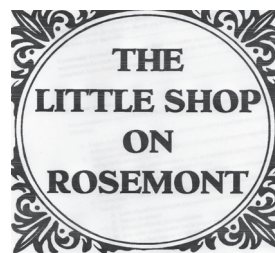
Directed by David Sicking and by Frederick Knott. Tony Wendice, a professional tennis player, plans to have his socialite wife Margot murdered to inherit her fortune. He comes up with the perfect plan to kill her – now all he has to do is make sure she dies.

Title Sponsor: Andy & Nancy Bryant

Directorial Sponsor: The Springs Living in Lake Oswego.

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.



**Monday-Friday
from 10 am - 2 pm**

Follow us on Facebook

Upcoming Presentations and Special Events.

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

Thursday, January 3rd 12:00 pm-6:00 pm.

American Red Cross is having a community blood drive at the ACC. For an appointment, please visit redcrossblood.org or call 1-800-redcross (1-800-733-2767).

Living Well with Chronic Conditions – Diabetes self-management workshop. Starting **Tuesday, February 19th through March 26th** from 12:30 pm-3:00 pm. Are you living with Diabetes or caring for someone with Diabetes? Clackamas County is offering a **free, six week workshop** on how to live your best with your condition. Participants, aged 18 years and older, meet in a small group of 8 - 15 participants for 2 ½ hours, once a week for six weeks. The workshop relies on group participation and will provide you with effective tools to manage your condition. Facilitators share techniques & tools to help you feel better living with diabetes. Questions? Call Family Caregiver Support Program at 503-650-5616.

AARP Smart Driver 55+ Class – Tuesday, February 19th and Wednesday, February 20th from 9:00 am to 12:00 noon. Participants must sign up for both days for a total of a 6 hour course. Take the AARP Smart Driver classroom course and you could save money on your auto insurance! \$15 for AARP members (please present your AARP card at the first class), \$20 for non-AARP members. Payment will be made to the instructor, either exact cash or check made out to AARP.



- Learn techniques for handling left turns, right-of-way and roundabouts;
- Understand how to reduce traffic violations, crashes, and risk of injury;
- No test required & all printed materials included. Certificate is issued on the last day of class. Sign up at the front desk to reserve your spot. Space is limited.

Tuesday, January 15th from 9:00 am-12:30 pm.

Kaiser Medicare info available.

February date to be determined.

The below classes are offered by Jennifer Fifer from Home Instead. She is a social services liaison and coordinates resources for seniors in need. She will be presenting an education class **every 4th Thursday** of the month at **11:00 am**. Please RSVP for all classes you plan to attend at 503-557-4704.

Thursday, January 24th – Homecare

Thursday, February 28th – Foot Health

Thursday, March 28th – Protecting Seniors from Fraud

Thursday, April 25th – Warning Signs and Symptoms. For more details, please check the bulletin board.

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, January 10 – Ilani Casino. Join us for a visit to Ilani Casino! Enjoy over 2,500 slots, 75 gaming tables, and 15 different restaurants, bars and retail shops all conveniently located inside the casino. Leave the ACC at 9:30 am and return at approximately 2:30 pm. Transportation cost is \$12 per person to be paid at the time of sign-up. Lunch is on your own. The front desk has copies of the Casino restaurant menus, so you can plan your lunch. Space is limited to 14 guests.

Wednesday, January 23rd – OMSI-Discovery of King Tut. Cost: \$25 per



person (includes transportation & Tut exhibit entrance)

Trip includes general admission to the other OMSI exhibits. The exhibit grants

visitors access to the fascinating world of pharaohs through a richly interactive journey. Exhibit brochure is at the front desk. Lunch is on your own either at the Theory restaurant or Theater Café. Menus are available at the front desk so you can plan your afternoon. Sign-up now, space is limited. Leave ACC at 9:15 am, arrive back at approximately 2:30 pm. 10:00 am arrive at OMSI and check-in at concierge, 10:30 am enter the King Tut exhibit.

BUS TRIPS (Continued):

Thursday, February 14th – The Historic Carousel and Museum. It's a day to celebrate love and who doesn't love a carousel ride? The Carousel is wheelchair accessible, and has 3 chariots for folks to sit on instead of animals if they prefer. Enjoy the history, learn the making and ride on the whimsical carousel at the Albany Carousel Museum.

There's a Painting Studio, Museum, Gift Shop upstairs, Carving Studio and more museum pieces downstairs. After the tour, enjoy a delicious lunch at Novak's, the legendary Hungarian restaurant. \$12 includes transportation and admission. Departure and return time TBD.

Wednesday, February 27th – The Oregon Historical Society. Discover more of Oregon's rich history with exhibits that include a look at the Oregon's beginning in the brewing industry, the humane society, Portland's music culture in the 60s and 70s, Albert Patecky's artistry in both traditional and abstract forms and a new, Experience Oregon exhibit that will enthrall native Oregonians, tourists and recent arrivals and so much more. Keeping a common thread through Oregon's history, we will start the trip with lunch at Oregon's oldest brewery, Bridgeport Brewpub, then continue to the Historical Society. \$15 includes transportation and museum admission. Depart the ACC at 10:45 am and return approximately by 3:30 pm.



Catered by Mundo Catering, lunch is served every Monday, Wednesday and Friday at noon for \$5 a person.

A complimentary birthday lunch is offered every 1st Wednesday of the month for those whose birthday falls in that month. Appreciation goes to Oswego Place Retirement Living for morning bagels and Health Net for cupcakes for our birthday lunches.

January Lunch Menus – All menus include salad

Wednesday 1/2	Birthday Brunch: Meat and veggie scramble, bacon, yukon gold potatoes and fruit salad
Friday 1/4	Lasagna, garlic bread, corn and chocolate cookies
Monday 1/7	Pot roast, mashed potatoes, vegetable medley and chocolate cream pie
Wednesday 1/9	Black bean soup, chicken salad sandwiches and vanilla cupcakes
Friday 1/11	BBQ pulled pork, macaroni salad, carrots and peanut butter cookies
Monday 1/14	Swedish meatballs, egg noodles, peas and key lime pie
Wednesday 1/16	Tomato soup, roast beef sandwiches & strawberry shortcake
Friday 1/18	Chicken fajitas, black beans, peppers and onions and pumpkin cookies
Monday 1/21	Closed for Martin Luther King Jr. Day
Wednesday 1/23	Chicken noodle soup, turkey sandwiches and brownies
Friday 1/25	Hamburgers, potato salad, broccoli and carrot cake
Monday 1/28	Chicken with broccoli, penne pasta, asparagus and chocolate bundt cake
Wednesday 1/30	Ham sandwiches, beef barley soup and sugar cookies

February Lunch Menus – All menus include salad

Friday 2/1	Meatballs with marinara, spaghetti, carrots and chocolate cupcakes
Monday 2/4	Pork stew, brown rice, broccoli and cookies and cream pie
Wednesday 2/6	Birthday Brunch: Quiche, hash browns, sausage and fruit salad
Friday 2/8	BBQ chicken, mac & cheese, corn and peach crisp
Monday 2/11	Sausages, baked beans, vegetable medley and chocolate cookies
Wednesday 2/13	Sausage and white bean soup, roast beef sandwiches and vanilla bundt cake
Friday 2/15	Taco casserole, chips & salsa, peppers & onions & banana pudding
Monday 2/18	Closed for Presidents' Day
Wednesday 2/20	Chicken-orzo soup, chicken salad sandwiches and carrot cake
Friday 2/22	Meatloaf, mashed potatoes, green beans and sugar cookies
Monday 2/25	Beef stroganoff, egg noodles, peas and chocolate pudding
Wednesday 2/27	Baked potato soup, turkey sandwiches, and lemon meringue pie

Best Wishes for 2019



Join a Gym For Free! – *by Keli Stevens*

Have you made any new year's resolutions for 2019? The start of a new year is a great time to empower yourself to live your best life. The number one area that resolutions fall under is "health". People just want to become healthier. We want to look better, feel better, move better and be better. We start out with the best of intentions but sometimes cost, drive and know-how make it difficult to stay the course. The Silver Sneakers program offered by Medicare can help put you on the path to better health, for free!

The program, offered through various insurance plans like Humana, Aetna and Blue Cross, allows seniors on Medicare free membership at more than 15,000 gyms and fitness centers across the nation. You get access to

high-quality workout equipment, free classes and workout groups, a wide array of online resources, dietary advice, workout plans, social events and more. --- You can join the program at multiple sights to take advantage of the different benefits each one has to offer, that are right for you. Pool classes are often a favorite choice because of the ease of impact on joints. 24-hour fitness in Gladstone and in Tualatin offers Silver Sneakers programs and have pools and hot tubs, perfect for rehabilitation after surgery or injury.

In order to get started you should go to www.silversneakers.com to check your eligibility. You can get your member ID number here, as well as search gym options in your location. Or you can simply ask at the front desk of any gym or fitness center if they participate in the Silver Sneakers Medicare program. If you are already paying for membership at a qualifying gym, they might be able to freeze your contract and switch you. The benefits of regular gym participation are obvious. Your fitness level improves, along with your health. Better health means you will need less medical care and expensive drug therapy. It's a win-win for you and your health care provider. In addition to the many health benefits, active members of the silver sneakers programs enjoy the social aspects as well. 75% of these members say that they have made friends through their participation in the program. A community of like-minded individuals motivate each other, share stories and give support online as well as in person. The friendships made here often cross over into other areas of life, as the journey to better health is often a truly connecting experience.

The free Silver Sneakers program enables people with a limited budget the opportunity to join a gym and reach their personal fitness goals. If you are eligible for this great program, I strongly encourage you to take advantage of it. It can be the start of a whole new you. Whether you want to increase strength and flexibility, improve mobility, loose weight or increase cardiovascular health, you can find it at the gym.

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

Make informed decisions for yourself or a loved one.

Rely on my:

- ◇ Personal experience
- ◇ Research
- ◇ Knowledge

Call
Jennifer Cook-Buman
(503) 780-7353

**Living
Right** 
Senior Placement

Discover where Living is Right for YOU - www.LivingRight.net

West Linn Adult Community Center Newsletter

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

Dear Readers,

The WLACC bi-monthly newsletter has a new format and a new look as well! The newsletter currently is sent out by email and it is also available online as well at

<https://westlinnoregon.gov/parksrec/adult-community-center-0>

If you would like to continue receiving the newsletter by 'snail' mail, please verify your mailing address by filling out the form below and dropping it off at the front desk. For those of you who are unable to come into the center to do so, please call the front desk, and leave your name and telephone number and someone will contact you for your mailing address.

Thank you for your readership and updating your preferences with us.

– Tiffany



Yes, I would like to receive the bi-monthly WLACC Newsletter in the mail.

Please complete personal information below:

First Name: _____ Last Name: _____

First Name: _____ Last Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone Number(s): _____

Email Address(es): _____

The WL ACC will be closed Monday, January 21st for Martin Luther King Jr. day,
and Monday, February 18th for Presidents' Day.



January 2019 West Linn Adult Community Center – (503) 557-4704

	1 TUESDAY CLOSED FOR NEW YEARS DAY 	2 WEDNESDAY 8:30- Walking Group 9:00- Foot care by appt. 10:00- Aerobics 10:00- Qigong 11:00- Garden Appreciation Group 12:00- Birthday Brunch-see page 7 12:30- Pinochle	3 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey 10:00-Yoga 10:00- Knitting & crocheting 11:00- Meditative Yoga 11:15- Nia-Music & Movement 12:00- Blood Drive 12:30- Marimba Ensemble 1:00- Adult Coloring	4 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-see page 7 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
7 MONDAY 8:30- Walking Group 8:45- Tai Chi 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 12:00- Lunch-see page 7 12:00- Bridge 1:00- Drama, Age Cured Hams	8 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey 10:00- Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15- Nia-Music & Movement class 12:30- Pinochle 1:00- Aging Alone 2:00- WL Uke Jam	9 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 10:00- Qigong 11:00- Garden Appreciation Group 12:00- Lunch-see page 7 12:30- Pinochle 1:00- Book club 1:30- Memory Cafe	10 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey 9:30- Bus trip to Ilani Casino 10:00-Yoga 10:00- Knitting & crocheting 11:00- Meditative Yoga 11:15- Nia-Music & Movement 12:30- Marimba Ensemble 1:00- Adult Coloring	11 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-see page 7 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
14 MONDAY 8:30- Walking Group 8:45- Tai Chi 9:00- Attorney by appt. 9:00- Wood Carving 10:00- Aerobics 10:00- Qigong 10:00- Hand and Foot 12:00- Lunch-see page 7 12:00- Bridge 1:00- Drama, Age Cured Hams 1:00-Monday Movie Matinee-The Greatest Showman	15 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey 10:00- Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15- Nia-Music & Movement class 12:30- Pinochle 1:00- Aging Alone 2:00- WL Uke Jam	16 WEDNESDAY 8:30- Walking Group 9:00- Foot care by appt. 10:00- Aerobics 10:00- Qigong 11:00- Garden Appreciation Group 12:00- Lunch-see page 7 12:30- Pinochle	17 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey 9:45-Share Singers to Hearthstone at Murrayhill 10:00-Yoga 10:00- Knitting & crocheting 11:00- Meditative Yoga 11:15- Nia-Music & Movement 12:30- Marimba Ensemble 1:00- Adult Coloring	18 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-see page 7 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
21 MONDAY CLOSED FOR MARTIN LUTHER KING, JR. DAY 	22 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey 10:00- Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15- Nia-Music & Movement class 12:30- Pinochle 1:00- Aging Alone 2:00- WL Uke Jam	23 WEDNESDAY 8:30- Walking Group 9:00- Foot care by appt. 9:15- Bus trip to OMSI-Discovery of King Tut 10:00- Aerobics 10:00- Qigong 11:00- Garden Appreciation Group 12:00- Lunch-see page 7 12:30- Pinochle	24 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey 10:00-Yoga 10:00- Knitting & crocheting 11:00- Meditative Yoga 11:00- Health talk-Homecare 101 11:15- Nia-Music & Movement 12:00- Caregivers Support Group 12:30- Marimba Ensemble 1:00- Adult Coloring	25 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-see page 7 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
28 MONDAY 8:30- Walking Group 8:45- Tai Chi 9:00- Attorney by appt. 9:00- Wood Carving 10:00- Aerobics 10:00- Qigong 10:00- Hand and Foot 12:00- Lunch-see page 7 12:00- Bridge 1:00- Drama, Age Cured Hams	29 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey 10:00-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15- Nia-Music & Movement class 12:30- Pinochle 1:00- Aging Alone 2:00- WL Uke Jam	30 WEDNESDAY 8:30- Walking Group 9:00- Foot care by appt. 10:00- Aerobics 10:00-Qigong 11:00- Garden Appreciation Group 12:00- Lunch-see page 7 12:30- Pinochle	31 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey Share Singers to the Springs at Clackamas Woods 10:00-Yoga 10:00- Knitting & crocheting 11:00- Meditative Yoga 11:15- Nia-Music & Movement 12:30- Marimba Ensemble 1:00- Adult Coloring 1:00- Elder Mediation by appt	

February 2019 West Linn Adult Community Center – (503) 557-4704

				1 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:00- Foot care by appt. 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Lunch-see page 7 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
4 MONDAY 8:30- Walking Group 8:45- Tai Chi 9:00- Wood Carving 10:00- Aerobics 10:00- Qigong 10:00- Hand and Foot 12:00- Lunch-see page 7 12:00- Bridge 1:00- Drama, Age Cured Hams	5 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey 10:00- Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15- Nia-Music & Movement class 12:30- Pinochle 1:00- Aging Alone 2:00- WL Uke Jam	6 WEDNESDAY 8:30- Walking Group 9:00- Foot care by appt. 10:00- Aerobics 10:00- Qigong 11:00- Garden Appreciation Group 12:00- Birthday Brunch-see page 7 12:30- Pinochle	7 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey 9:45- Share Singers to Brookdale Wilsonville 10:00-Yoga 10:00- Knitting & crocheting 11:00- Meditative Yoga 11:15- Nia-Music & Movement 12:30- Marimba Ensemble 1:00- Adult Coloring	8 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Lunch-see page 7 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
11 MONDAY 8:30- Walking Group 8:45- Tai Chi 9:00- Attorney by appt. 9:00- Wood Carving 10:00- Aerobics 10:00- Qigong 10:00- Hand and Foot 12:00- Lunch-see page 7 12:00- Bridge 1:00- Drama, Age Cured Hams 1:00-Monday Movie Matinee- Valentine's Day	12 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey 10:00- Honoring Our Memories Writing 10:00- Yoga 11:00- T'ai Chi 11:15- Nia-Music & Movement class 12:30- Pinochle 1:00- Aging Alone 2:00- WL Uke Jam	13 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 10:00-Qigong 11:00- Garden Appreciation Group 12:00- Lunch-see page 7 12:30-Pinochle 1:00- Book club 1:30-Memory Cafe	14 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey 9:15-Bus trip to Albany Historic Carousel & Museum 10:00-Yoga 10:00- Knitting & crocheting 11:00- Meditative Yoga 11:15- Nia-Music & Movement 12:30- Marimba Ensemble 1:00- Adult Coloring	15 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Lunch-see page 7 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
18 MONDAY CLOSED FOR PRESIDENTS DAY 	19 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- AARP Safe Driving 9:00- Fitness w/Janey 10:00- Honoring Our Memories Writing 10:00- Yoga 11:00- T'ai Chi 11:15- Nia-Music & Movement class 12:30- Pinochle 12:30- Diabetes Workshop 1:00- Aging Alone 2:00- WL Uke Jam	20 WEDNESDAY 8:30- Walking Group 9:00- Foot care by appt. 9:00- AARP Safe Driving 10:00- Aerobics 10:00-Qigong 11:00- Garden Appreciation Group 12:00- Lunch-see page 7 12:30-Pinochle	21 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey 9:45-Share Singers to Somerset Assisted Living 10:00-Yoga 10:00- Knitting & crocheting 11:00- Meditative Yoga 11:15- Nia-Music & Movement 12:30- Marimba Ensemble 1:00- Adult Coloring	22 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00- Lunch-see page 7 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
25 MONDAY 8:45- Tai Chi 9:00- Attorney by appt. 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Qigong 10:00- Hand and Foot 12:00- Lunch-see page 7 12:00- Bridge 1:00- Drama, Age Cured Hams	26 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey 10:00- Honoring Our Memories Writing 10:00- Yoga 11:00- T'ai Chi 11:15- Nia-Music & Movement class 12:30- Pinochle 12:30-Diabetes Workshop 1:00- Aging Alone 2:00- WL Uke Jam	27 WEDNESDAY 8:30- Walking Group 9:00- Foot care by appt. 10:00- Aerobics 10:00-Qigong 10:45-Bus trip to Bridgeport Brewing and Oregon Historical Society 11:00- Garden Appreciation Group 12:00- Lunch-see page 7 12:30-Pinochle	28 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:00- Fitness w/Janey 10:00-Yoga 10:00- Knitting & crocheting 11:00- Meditative Yoga 11:00- Health talk-Foot Health 11:15- Nia-Music & Movement 12:00- Caregivers Support Group 12:30- Marimba Ensemble 1:00- Adult Coloring 1:00-Elder Mediation by appt.	



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