January / February 2016

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

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

www.westlinnoregon.gov
www.facebook.com/Friends.of.the.WLACC

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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Tiffany Carlson
Recreation Coordinator
Cassandra Smit, *Meals Coordinator*

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

WLACC Newsletter:
Mieke Wiegman, *Editor*
Dianne Gorveatt, *Volunteer Staff Writer*
Keli Stevens, *Volunteer Staff Writer/ Facebook*

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

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

Letter from Tiffany

Christmas Lunch, Dec. 2015

Greetings from City Hall:

I miss seeing you all on a regular occasion! This has certainly been an interesting and exciting transition, but I am really looking forward to getting back to our regular community. I think I miss the laughter and great conversations the most – it feels like a large family. It was great to see so many of you at the holiday lunch and also wonderful to get so much feedback on the bus trips and meals too. Thank you for the many encouraging and kind words.

Speaking of meals, we have a new meals coordinator! I'm looking forward to more of you meeting Cass and I'm delighted to have her join our community. Make sure to check out her write up in this newsletter. She will be joining us for lunches on Fridays at the church in January and then get into the full swing once the ACC reopens. She'll be looking over the questionnaires many of you filled out in December. According to those, we'll be having meat… a lot of it. ;-)

So far, the projected schedule is still looking optimistic for the expansion being completed at the end of January. Please feel free to call us at City Hall in mid-January to check in with the progress. While I am at City Hall, you can still reach me by calling the regular ACC number (503. 557.4704) or by email at **tcarlson@westlinoregon.gov.**

I want to highlight a new activity we'll be trying once we reopen—Adult Coloring! This was a new concept to me but apparently; it's quite popular right now among older adults and has been shown to be a highly positive, healthy activity for brain stimulation and relaxation. Let's give it a try and see how it goes. For now, I've listed it for Tuesdays from 1-3 PM. We'll provide the color pencils and have books available to purchase. You can bring your own if you'd like also.

Again, while we're closed for the remainder of the construction, don't be a stranger. I'd love to hear from you and hope this holiday season has been a wonderful time with family and friends.

To a fantastic new year!!!

– Tiffany

Not Quite President's Corner

Friends of the WLACC are looking with great excitement toward the completion of the new addition to the building. The new year will bring new opportunities as well as new challenges. Maybe there might even be a surprise or two. (Don't ask me what. It would not then be a surprise).

I look forward to seeing the new addition. But mostly I look forward to seeing my friends again. The WLACC is just a building. It is the people inside who make this building come alive. We are blessed to have a membership of active people who strive to make things better.

Some of us have been separated from our friends for too long a period. It is my hope, during this winter season, that we will regroup and enjoy the company of others once again.

We are a Friends Group. It is the people who make this building a special place. Happy New Year to All.

– Bill Barger

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: Wednesdays, 11:00-12:00 noon. 8 Weeks, $40.00 or $5.00 drop in.

Nia- Music & Movement: Tuesday's/Thursday's: 11:15 am-noon. Nia is movement as medicine: an invitation to self-healing. It encompasses the classic movement forms of the martial arts, the healing arts and dance. Is kind to the joints, good for the heart and mind, and the music is indescribably delicious like chocolate. You can't describe it, you have to taste it." Dick Van Dyke just published a book on aging gracefully: "KEEP MOVING". We want everybody to benefit from Nia's unique approach and come move and be moved with us. Monthly pass $40.00 (8 classes), drop-ins $7:00. *Sessions begin January 4th, 2016.*

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, 8:30-9:30 am. Open floor, advanced self-led class. Fee $2.00 per month.

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.

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. Please call the front desk and let us know if you would be interested. (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. ***(Resuming in February.)***

NEW! **Adult Coloring Class:** Tuesdays from 1:00-3:00 pm. For more details see page 9.

DRAMA AND MUSIC

Acting, Drama Class: (The Antique Road Show Players). Mondays at 1:00 pm.

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 will resume when the Center reopens.

YOUR TEMPORARY LOCATION

Willamette Christian Church
3153 Brandywine Drive, WL

Sunset Fire Hall,
2215 Long Street, WL

Schedule of Ongoing Events (Cont"d)

MUSIC continued

Share Singers: The Share Singers group was organized in 2010 as a regular activity of the West Linn Adult Community Center. The group currently has over 20 members. They volunteer to visit nearby senior living communities to share a sing-along and conversations with the residents." FREE.

January/February '16 Schedule

Meetings are held some Thursdays

Jan. 7	10:00 am	Meet to prepare for **Winter** visits at the **West Linn Lutheran Church,** 20390 Willamette Drive in West Linn
Jan. 21	9:45 am	Depart Bank of America* to visit **SpringRidge Court**
Jan. 28	9:45 am	Depart Bank of America* to visit **Marquis Hope Village**
Feb. 11	9:45 am	Possibly** depart WLACC to visit **Emerson House**
Feb. 18	9:45 am	Possibly** depart WLACC to visit **The Springs at Clackamas Woods**

* Depart from the parking lot across Salamo Road from Willamette Christian Church. We will gather in that parking lot near the front of Bank of America, either to be picked up by the WLACC bus or to organize our car pools.
** If the Center is still closed, we will depart from the Bank of America.

SPECIAL INTEREST CLASSES (FREE).

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.

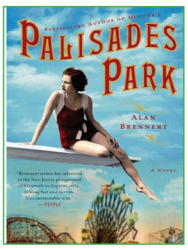
Writing: "Honoring Our Memories", Tuesdays at 10:00-12:00 noon. Topics vary. It may be fiction or based on your own personal life experience. Writing about the past can be especially important for your future generation.

Senior Law Projects: The attorney appointments will not be available November -January but hopefully by February, we will continue the usual 2nd Mondays of the month, except for March. In March, the attorney will be here the **first Monday**, instead of the 2nd.

Book Club

Meets 2nd Wednesday of the month at 1:00 pm

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

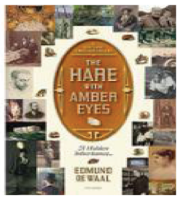


"Palisades Park"

by Alan Brennert

Brennert's novel glides right by some of the most pivotal moments in 20th-century American history – the Great Depression, World War II, the birth of the civil rights movement – like a mechanized gondola floating past painted scenes in a tunnel of love.

&



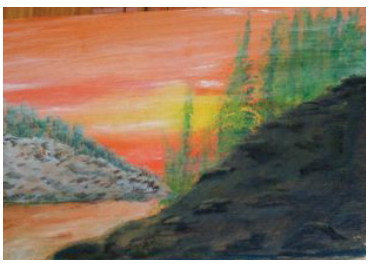
Join Us Wednesday, February 10th at 1:00 pm to discuss the book

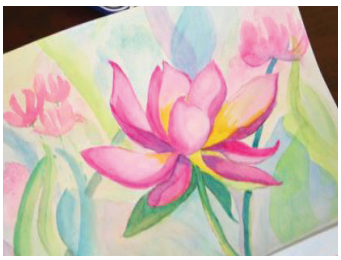
"The Hare with Amber Eyes"

by Edmund De Waal

De Waal tells the story of his family, the Ephrussi, once a very wealthy European Jewish banking dynasty, centered in Odessa, Vienna and Paris, and peers of the Rothschild family. The Ephrussis lost almost everything in 1938 when the Nazis aryanized their property. Even after the war, the family failed to recover most of its extensive property, including priceless artwork.

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





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

YOUR TEMPORARY LOCATION

Willamette Christian Church
3153 Brandywine Drive, WL

Sunset Fire Hall,
2215 Long Street, WL

West Linn Public Library
1595 Burns Street, WL

Save The Date

Upcoming Bus Trips

While the Center is still closed, sign-up can be done either during lunch on Fridays at the Church, or at City Hall. If Tiffany is not there, any staff member will be able to assist you. Fees include bus ride, unless otherwise stated. All lunch fees are at your own expense. ***Check departure addresses as this will change in February.***

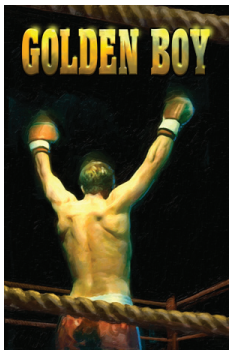
Wednesday, January 27th – ***Rice Northwest Museum of Rocks and Minerals.*** Leave the Church parking lot at 10:45 am and return at 3:00 pm. Cost is $15.00 and includes busride and admission.
The Rice Northwest Museum of Rocks and Minerals is a non-profit museum in Hillsboro, Oregon, United States. Located just north of the Sunset Highway on the northern edge of Hillsboro, the earth science museum is in the Portland metropolitan area. Opened in 1997, the museum's collections date to the 1930s with the museum housed in a home built to display the rock and mineral collections of the museum founders. The ranch style home is listed on the National Register of Historic Places, the first of its kind listed in Oregon. Lunch will be at Shari's Café and Pies or McMenamins.

Thursday, February 11th – ***Great Expectations, adapted from Charles Dickens, at Portland's Center Stage.*** Leaving the **ACC** at 10:30 am and returning around 5:00 pm. Price is $30 and includes admission to the matinee. We will have a happy hour meal after and food/drink cost is on your own. Happy Hour venue TBD and open to suggestions.
Based on Charles Dickens' classic coming of age novel, Great Expectations tells the adventures of the Victorian orphan Pip. As a boy, Pip has three encounters with people that will change his life: the escaped convict Magwitch, the bewitching and cold Estella, and the unhinged Miss Havisham. When Pip comes into an unexpected fortune and begins the life of a gentleman, his past is not so easily left behind.

Wednesday, February 24th – ***Olde World Puppet Theatre—Oregon's first puppet museum.*** Leaving the **ACC** at 9:15 am and returning around 2:30 pm. Cost is $20 and includes a 2 hour private show and tour. Lunch will be at the Laurelwood Sellwood Public House. Explore the history of the world of puppetry and theater! Bring back memories of some of your favorite characters: Howdy Doody, Jerry Lewis's Lamb-chop, Sound of Music yodelers, Carman Miranda – the Hollywood legend of stage and screen and highlights of the Greek and Roman culture.

AARP Tax Aide will be held at the West Linn Library this year and you can schedule your appointment at the ACC after we reopen at the beginning of February. Please call (503) 557-4704 to schedule your appointment.

Lakewood Theatre Pesents:
GOLDEN BOY – Jan 8-Feb 14, 2016



By: Clifford Odets and directed by Vladimir Ilnitzky

Clifford Odets' timeless drama, Golden Boy, tells the story of Joe Bonaparte, a young Italian New Yorker in the late 1930s who pursues "the American dream" of fame and fortune. Joe, a violin prodigy, is lured into the lucrative world of prizefighting and loses everything he holds dear.

Fred Meyer community rewards
Where shopping & giving unite

As we start a new year and make our resolutions, and if you have not joined the Fred Meyer Rewards Program, now is a good time to join to help the West Linn Adult Community Center. To donate to the Center online to go Fred Meyer Community Rewards and follow the link. Our organization number is 87643. To donate by phone call 1-866-518-2686 between 8 am and 9 pm Pacific time Monday - Friday, then press 3 and give the operator your information and organization number 87643. Your donation does not change your Fred Meyer Rewards.

If you are one of the growing number of people who have already joined, THANK YOU for your support.

We will restart the a monthly drawing for a FREE LUNCH, with the reopening of the Center. So please save your receipts with "Thank You for participating in the Fred Meyer Community Rewards. You requested Fred Meyer to donate to West Linn Community Group." with your name and phone number. Thank you, happy shopping and good luck. - Lorene

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FROM The Desk of Mieke

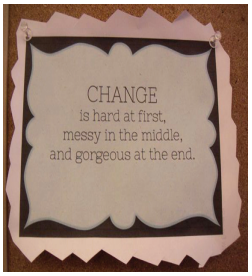
MADE IN ~~U.S.A.~~ HOLLAND

OUR beloved Center. . .

I think is getting there. Although hard to believe when you visit and see all the empty rooms. Our reception used to hold smiley faces from two or more people sitting there, chatting away, while greeting people happily, and answering phone calls and questions.

Tiffany's office empty. We were so used to finding her behind her computer, standing tall, but always turning around to greet you with a smile on her face, or to answer your questions. Often we would find her in the kitchen, busy helping out with the menus planned for that day. We may not see her so easily in her new office which seems to be somewhat tucked away behind the reception area. Still we do know that she will always be close by to interact with us, and to make sure that all goes well with out beloved Center.

Our Gift Shop, which has been called, "**The** Best Kept Secret in West Linn," is temporarily closed and will reopen early next year when the Center's expansion project is complete. Veronica is looking forward to the additional space and the introduction of many new items for our shoppers. Included in the shop's renovation will be full-extension drawers for easier storage and a safer environment for our wonderful Gift Shop volunteers. A special "thank you" to our FACC Board for funding this much-needed improvement to our shop. Looking forward to our ***GRAND REOPENING***!



As the sign indicates, and as Bill Barger has pointed out in the previous newsletter, 'having patience and being a little flexible will help us all get though this'. The constructions won't last forever, and we will have a wonderful, renewed and greatly improved Center.

There's still time to renew your membership for 2016. Remember, your contribution goes a long way. Fill out the form in this newsletter and mail to: **WLACC, c/o City Hall, 22500 Salamo Road, Ste. 1100, West Linn, OR 97068.**

Introducing . . .

FOCUS On: Fall Prevention — *by Keli Stevens*

Every year 1.6 million adults over the age of 65 are treated in emergency rooms for fall related injuries. Put another way, that is a whopping one out of three people who will take a spill and severely hurt themselves this year. Will it be you? Someone you know? Luckily, these type of injuries can easily be avoided with a little awareness and action.

Do you know what potential dangers are hiding in your house? There are plenty. Many look commonplace and harmless. Once you learn how to evaluate your surroundings you can easily make the necessary adjustments to drastically lower your risk for falling related injuries.

Let's begin with the bathroom. A great number of falls occur here. Take a look at the floor. Are there things that you might trip on? Bath mats and towels can slide and trip you. Remove all things in your path, including cords that might be dangling off the counter. Puddles of water can also be a potential slipping hazard. Be sure to wipe them up. Next, think about installing grab bars and rails around tubs and toilets. There are also a number of assisting products, such as bath seats or benches, that will make it easier and safer to attend to your routine.

Now use the same type of evaluation around the rest of your house. Look at the floors and especially in high traffic areas. Move any furniture you have to walk around, as well as any small throw rugs or cords that may trip you. Ensure that all area rugs are secured with non-slip backing. Pick up any blankets, books, newspapers, magazines or other items. Your goal is to keep all floors free and clear, always. Next, take the time to re-organize your space. Pull items that you use regularly to easily accessed locations. Waist high shelves and cupboards are a great choice. Try to limit your need to climb on things or stretch to reach.

One other important consideration is your lighting. Is your living space bright enough? Can you see down the hallway? From your bathroom to the bed? Up or down steps and stair cases? Think about changing out bulbs for brighter fluorescent ones, adding lamps and night lights. Even an inexpensive stick on battery style light source can be a huge help in keeping your pathway appropriately lit and thereby preventing a fall.

If you live in a home with stairs, make sure they are flat, unbroken, well-lit and free of all items and rugs. Check to see that railings are secure and run the entire length of the stairs. There should be a railing on both sides. Get an electrician to put in a light switch at the top and the bottom of the stair well. If there isn't a light over the stairs, have the electrician add one.

Looking at your home with a knowledgeable eye will go a long way to preventing accidental falls. There are also a number of things you can do in addition to home safety. You can have routine check-ups to see if your vision or ears might affect your balance. You may also need to check with you doctor or pharmacist to determine whether or not any medications you take might make you dizzy. If needed, get a cane, walker or wheelchair to eliminate balance struggles. You should make an effort to stay active and physically fit. Your coordination, balance and mobility depend on muscle strength and motor control. Regular exercise can keep you on your feet, and help you resist injury should you fall.

Taking a little time for fall prevention can result in a priceless payout. You, not in the hospital with broken bones and other injuries! Be safe and be well!

DOG Savvy... Let's Be Safer As We Age

Would You Clone Your Dog To Quell Your Grief? – *by Dianne Gorveatt*

When our cat was killed by a car, my husband and I had to go in for grief counseling; we weren't expecting to feel it that strongly. Melody came to us as a kitten; for eleven years, she was the glue that kept us together. She had just the right amount of humor, affection, smarts, and a big touch of magic. The day after she died, a peacock pecked on our sliding glass door and stayed, like a gaudy angel, haunting Melody's favorite places. We were mesmerized for three days, and then he vanished. If only there had been some way to bring her back...

Now there is—sort of. Cloning. Commercial cloning of dogs and cats is offered by at least two bio-tech companies—one in South Korea, another in China. And instead of facing the permanent loss of beloved lifetime companions, some people are choosing to clone them. If cloning had been available back then in the way that it is now, would we have done it? Probably not. Here's why: first, the price; the fee for cloning runs in the tens of thousands. Second obstacle would have been that currently cloning is done in countries lacking our concern for animal welfare. Cloning is expensive in animal terms as well; more than one animal is used—in the uneasy sense of the word—throughout the procedure. We all know that there are hidden costs in animal terms behind all modern medical miracles and many technological advances, but, of necessity, we turn away from those considerations when we need the benefits. So, I can understand how people compelled by grief might turn to cloning. And for some, it's working out.

Louisiana veterinarian Phillip Dupont has been more than happy with the two dogs cloned from his beloved lifetime dog, Melvin. The process—done by HBion in South Korea—wasn't cheap. Dupont reports spending $100,000.

But there is another consideration that goes beyond expense; clones are not precise copies. There are subtle differences in behavior, temperament, vitality, and even appearance. This should come as no surprise to anyone whose been around twins for very long! To minimize possible differences in behavior, Dupont ordered the clones before Melvin died. The two resulting puppies had a year to be influenced by Melvin, learning his habits and mannerisms. It's hard to imagine what Melvin thought of the puppies, since dogs 'see' the world so vividly through their noses. Did the puppies smell exactly the same? Did they smell like him? I'd love to see a video of their first sniff session!

One person who had a pet cloned reported another downside; when the second pet died, it brought the grief back. Perhaps the best way to heal from grief is to do what people have always done: acknowledge it, experience it, and move on.

Disclaimer: The author assumes no responsibility or liability for any injury resulting from applying the information in these "Dog Savvy" essays.

Editors Note: Articles published in this newsletter are not necessarily our views, nor the views of the Friends of the WLACC. The articles are meant to be informative or entertaining.

Don't forget: With the on-line version, you will receive more detailed information plus a photo collage of past events. To sign-up, follow 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.

Friends of the West Linn Adult Community Center

are NOW on Facebook. To connect, sign-up today and join us for the latest photo's, topics and more information.

www.facebook.com/Friends.of.the.WLACC

FRIENDS
of the West Linn Adult Community Center

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Membership Registration for the year **2016**

THANK YOU FOR YOUR SUPPORT!

Please make checks payable to FACC.

$ _____ Individual membership annual dues $ 10.00

$ _____ Couple membership dues $ 15.00

$ _____ Additional donation (tax deductible).

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

Please complete personal information below.

❑ New Member ❑ Renewal Member Since: _____

Last Name: _____ First _____ Birth Month: _____

Last Name: _____ First _____ Birth Month: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____

Email Address: _____

For Office Use Only:

Paid Cash: _____ Check #: _____ Date Paid: _____

Received by: _____

Entered by: _____ ID # _____

Comments: _____

Happy Birthday to all of you celebrating in January and February.
And **Welcome** New Members, we look forward to seeing you at the Center soon.

LUNCHES

Lunches will be served on Fridays at the **Willamette Christian Church at 12:00 noon time,** until the Center opens.

Look for Cassandra, our new *Meals Coordinator* who may be attending to meet some of you before taking over the kitchen at the Center when it opens.

Dear members of the WLACC:

We would love to hear your voice, your thoughts and your opinions, about your experience while the Center was closed.

What did you miss most? Was it the people, the lunches, the friendships?

How were your alternate accommodations? Did they work out well, or did you find other alternatives?

Please let us know by emailing Mieke at **miekew@comcast.net**, or for those of you who prefer to write a note, 'snail' mail it to WLACC, Attention: Tiffany Carlson, c/o City Hall, 22500 Salamo Road, Suite 1100, West Linn, OR 97068.

Please **do** send us your thoughts. Comments will be posted in the next edition. Thank You!

NEW! Adult coloring: Tuesdays 1:00-3:00 pm. Research shows that adult coloring has a de-stressing power and can be therapeutic to the older adult mind. Come join this new activity and enjoy the relaxing benefits of coloring with friends. You may bring your own book or purchase them at the ACC. Colored pencils will be provided.

WELCOME CASSANDRA

Hello West Linn. I'd like to take a moment to introduce myself. I'm Cassandra Smit, the new Meals Coordinator for the Adult Community Center. This position is very exciting to me because it combines my passion for food and wine together with my love of working with seniors and giving back to our community.

I hold an Activities Director certification from the State of Oregon. I am also a certified Sommelier with several years experience coordinating wine and food pairing events as a Tasting Room Manager/Wine Club Manager for local wineries in the North Willamette Valley. I was also active in the North Willamette Vintners Association and served on the board.

My greatest love is my family. I married my high school sweetheart, Craig Smit. We've been married for almost 23 years and have three beautiful daughters; Alysse (19), Sydney (15) and Liliana (10). We enjoy cooking together as a family, crabbing at the beach, and gathering wild chanterelle mushrooms a week after the first rainfall every Autumn.

I'm extremely grateful for this opportunity and I look forward to meeting many of you at the Adult Community Center!

~ Cassandra

Upcoming Friends Board Meetings:

Every **3rd** Wednesday of the month. The January meeting, January 20th, will be held at the TVF&R fire station 59, 1680 Willamette Falls Drive in West Linn at 12:30 pm.

The February 17th meeting will be held at the WLACC at 12:45 pm. *ALL MEMBERS WELCOME!*

Check it Out:

Our Dog Savvy stories by Dianne Corveatt will be changed into a more general feature. Namely about things happening in West Linn, as well as staying 'Dog Savvy'. So stay tuned.

And then, a new feature by Keli Stevens called FOCUS ON: It's all about prevention in this period of all our lives.

Best Wishes for a Happy, Healthy and Prosperous New Year. See you soon at the NEW Improved Center!

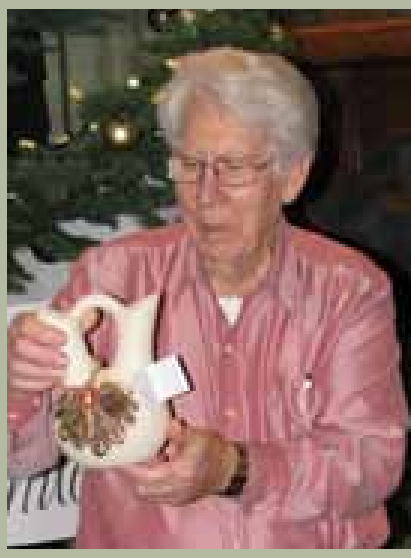
Construction at the WLACC!

Photo's courtesy of

Dave Pitzer

Holiday Meal and Gift Exchange ~ December 2015

More smiley faces, December 2015



Photo's countersy of Doug Dickston

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

Green-Willamette Christian Church Red-Sunset Fire Hall Blue-WL Library Purple-WL Lutheran Church

		Please note: **We are estimating the ACC will be ready to hold usual activities by the beginning of February. Please call for location of your activity by January 19th if unsure of current location for your activity.** **(503) 557-4704**		**1 FRIDAY** **All activities canceled for the New Year holiday.** **Happy New Year!!**
4 MONDAY (S) 8:30- Tai Chi (W) 8:30- Walking Group (W) 9:00- Wood Carving (W) 10:00- Aerobics (W) 10:00- Hand and Foot (W) 12:30- Bridge (W) 1:00-Drama	**5 TUESDAY** (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S) 10:00- Yoga (L)10:00- Honoring Our Memories Writing Class (S) 11:15- Nia-Music and Movement class (W) 12:30- Pinochle (W) 2:00- West Linn Uke Jam	**6 WEDNESDAY** (W) 8:30- Walking Group (W) 10:00- Aerobics (S) 11:15- Line dancing (W) 12:30- Pinochle	**7 THURSDAY** (S) 8:00- Core Strength (S) 8:30- Strength & Balance (WL) 10:00-Share Singers meet (W) 10:00- Knitting & crocheting (W) 12:30- Bridge (S) 11:15- Nia-Music and Movement class	**8 FRIDAY** (S) 8:00- Core Strength (S) 8:30- Strength & Balance (W) 8:30- Walking Group (S) 10:00- Open Painting (W) 10:00- Aerobics (W) 10:00- Whist (W) 12:00 -Lunch (W) 12:30- Pinochle (W) 12:45- Texas Hold 'Em (W) 1:00- Mah Jongg
11 MONDAY (S) 8:30- Tai Chi (W) 8:30- Walking Group (W) 9:00- Wood Carving (W) 10:00- Aerobics (W) 10:00- Hand and Foot (W) 12:30- Bridge (W) 1:00-Drama	**12 TUESDAY** (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S) 10:00- Yoga (L)10:00- Honoring Our Memories Writing Class (S) 11:15- Nia-Music and Movement class (W) 12:30- Pinochle (W) 2:00- West Linn Uke Jam	**13 WEDNESDAY** (W) 8:30- Walking Group (W) 10:00- Aerobics (S) 11:15- Line dancing (W) 12:30- Pinochle (L) 1:00-Book Club	**14 THURSDAY** (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S) 10:00-Yoga (W) 10:00- Knitting & crocheting (W) 12:30- Bridge (S) 11:15- Nia-Music and Movement class	**15 FRIDAY** (S) 8:00- Core Strength (S) 8:30- Strength & Balance (W) 8:30- Walking Group (S) 10:00- Open Painting (W) 10:00- Aerobics (W) 10:00- Whist (W) 12:00 -Lunch (W) 12:30- Pinochle (W) 12:45- Texas Hold 'Em (W) 1:00- Mah Jongg
18 MONDAY Activities canceled in honor of MLK Day	**19 TUESDAY** (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S) 10:00- Yoga (L)10:00- Honoring Our Memories Writing Class (S) 11:15- Nia-Music and Movement class (W) 12:30- Pinochle (W) 2:00- West Linn Uke Jam (Activities will be at the ACC if reopen by this time)	**20 WEDNESDAY** (W) 8:30- Walking Group (W) 10:00- Aerobics (S) 11:15- Line dancing (W) 12:30- Pinochle 12:30-**FACC Board Meeting (meeting at Willamette Fire Station)**	**21 THURSDAY** (S) 8:00- Core Strength (S) 8:30- Strength & Balance 9:45-Share Singers to SpringRidge Court (S) 10:00-Yoga (W) 10:00- Knitting & crocheting (W) 12:30- Bridge (S) 11:15- Nia-Music and Movement class	**22 FRIDAY** (S) 8:00- Core Strength (S) 8:30- Strength & Balance (W) 8:30- Walking Group (S) 10:00- Open Painting (W) 10:00- Aerobics (W) 10:00- Whist (W) 12:00 -Lunch (W) 12:30- Pinochle (W) 12:45- Texas Hold 'Em (W) 1:00- Mah Jongg
25 MONDAY (S) 8:30- Tai Chi (W) 8:30- Walking Group (W) 9:00- Wood Carving (W) 10:00- Aerobics (W) 10:00- Hand and Foot (W) 12:30- Bridge (W) 1:00-Drama	**26 TUESDAY** (S) 8:00- Core Strength (S) 8:30- Strength & Balance (S) 10:00- Yoga (L)10:00- Honoring Our Memories Writing Class (S) 11:15- Nia-Music and Movement class (W) 12:30- Pinochle (W) 2:00- West Linn Uke Jam	**27 WEDNESDAY** (W) 8:30- Walking Group 9:00-Foot care by appt. (if ACC is open) (W) 10:00- Aerobics **(W) 10:45- Bus trip to Northwest Museum of Rocks and Minerals** (S) 11:15- Line dancing (W) 12:30- Pinochle	**28 THURSDAY** 9:45- Share Singers to Marquis Hope Village (S) 10:00-Yoga (W) 10:00- Knitting & crocheting (W) 12:30- Bridge (S) 11:15- Nia-Music and Movement class	**29 FRIDAY** (S) 8:00- Core Strength (S) 8:30- Strength & Balance (W) 8:30- Walking Group 9:00-Foot care by appt.(if ACC is open) (S) 10:00- Open Painting (W) 10:00- Aerobics (W) 10:00- Whist (W) 12:00 -Lunch (W) 12:30- Pinochle (W) 12:45- Texas Hold 'Em (W) 1:00- Mah Jongg

February 2016 West Linn Adult Community Center **503-557-**4704

We are estimating the ACC will be ready to hold usual activities by the beginning of February. Please call for location of your activity if still unknown by this time. (503) 557-4704

1 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00-Lunch-*Chef's surprise* 12:30- Bridge 1:00-Drama	**2 TUESDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Adult Coloring 2:00- West Linn Uke Jam	**3 WEDNESDAY** 8:30- Walking Group 9:00-Kettlebell class 9:00-Foot care by appt. if ACC is open 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-*Breakfast Brunch* 12:30- Pinochle 1:00-Rosemont Rhythm Band	**4 THURSDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class	**5 FRIDAY** 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:00-Foot care by appt. if ACC is open 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00 –Lunch-*Baked Ham w/ Mashed Potatoes* 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
8 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 9:00-Attorney available by appt. 10:00- Aerobics 10:00- Hand and Foot 12:00-Lunch-*Chef's surprise* 12:30- Bridge 1:00-Drama	**9 TUESDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Adult Coloring 2:00- West Linn Uke Jam	**10 WEDNESDAY** 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup Cafe 12:30- Pinochle 1:00-Rosemont Rhythm Band 1:00-Book Club	**11 THURSDAY** 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to Emerson House (tentative) 10:00- Knitting & crocheting **10:30-Bus trip to *Great Expectations* Matinee at Portland Center Stage** 12:30- Bridge 11:15-Nia-Music and Movement class	**12 FRIDAY** 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Valentine's Luncheon-Beef Burgundy 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
15 MONDAY Closed in honor of President's Day	**16 TUESDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Adult Coloring 2:00- West Linn Uke Jam	**17 WEDNESDAY** 8:30- Walking Group 9:00-Kettlebell class 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup Cafe 12:30- Pinochle **12:45-Board Meeting** 1:00-Rosemont Rhythm Band	**18 THURSDAY** 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers to the Springs at Clackamas Woods (tentative) 10:00-Yoga 10:00- Knitting & crocheting 12:30- Bridge 11:15-Nia-Music and Movement class	**19 FRIDAY** 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00 –Lunch-It's Salisbury steak. 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
22 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00-Lunch-*Chef's surprise* 12:30- Bridge 1:00-Drama	**23 TUESDAY** 8:00- Core Strength 8:30- Strength & Balance 10:00- Yoga 10:00- Honoring Our Memories Writing Class 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Adult Coloring 2:00- West Linn Uke Jam	**24 WEDNESDAY** 8:30- Walking Group 9:00-Kettlebell class **9:45-Bus trip to Olde World Puppet Museum And Theatre** 10:00- Aerobics 11:00-Garden Appreciation Group 11:15- Line dancing 12:00-Soup Cafe 12:30- Pinochle 1:00-Rosemont Rhythm Band	**25 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	**26 FRIDAY** 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00 –Lunch-*Taco Salad* 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
29 MONDAY 8:30- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Hand and Foot 12:00-Lunch-*Chef's surprise* 12:30- Bridge 1:00-Drama				