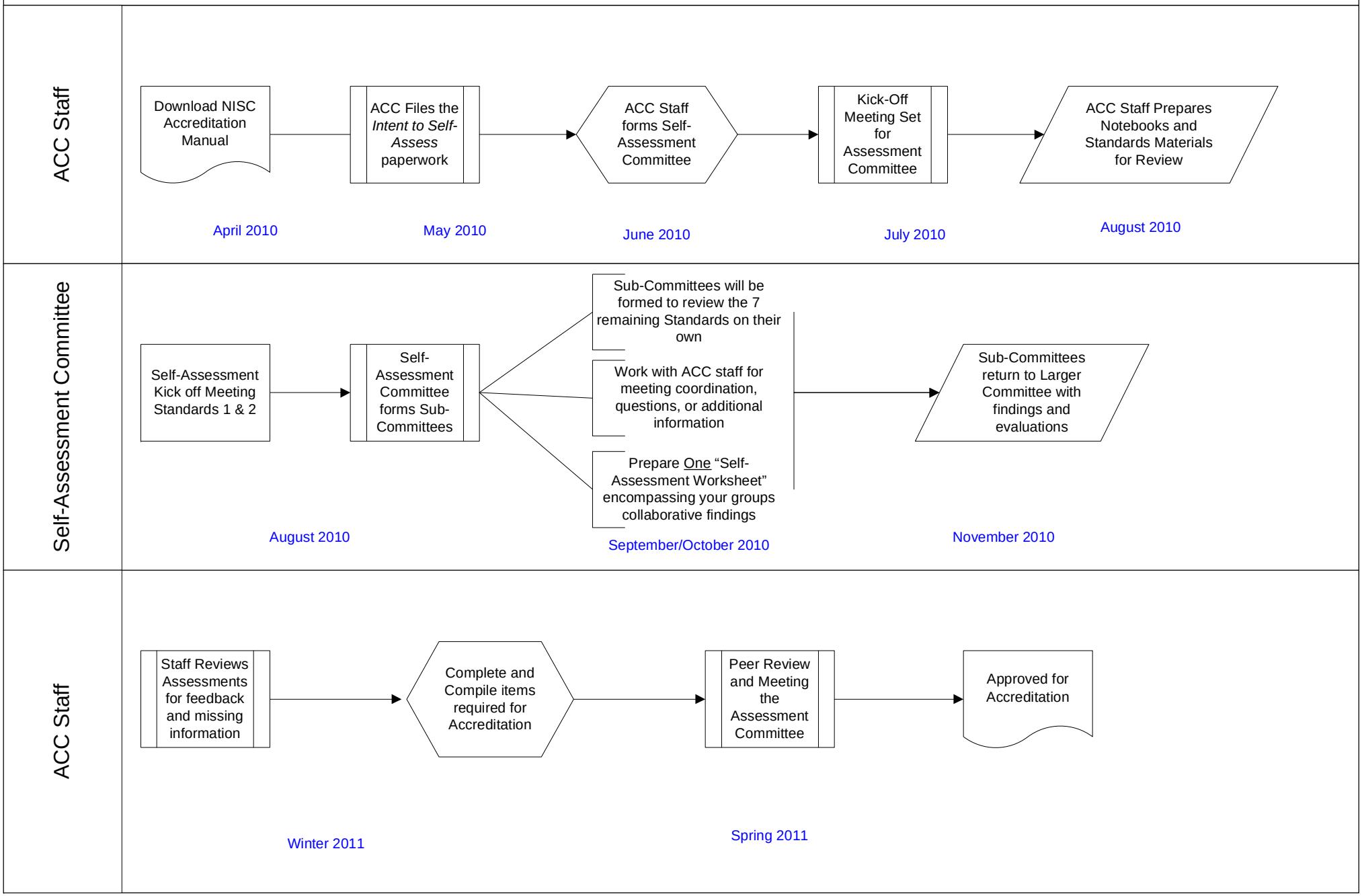The National Senior Center Self-Assessment Process for the Lake Oswego Adult Community Center