

# Living 50+

NOVEMBER / DECEMBER 2016

Lake Oswego Adult Community Center

## New Seasons Holiday Giving Partner- Help Spread Some Cheer!

New Seasons Market Mountain Park has asked the ACC to work with them on making sure every senior citizen in our community has a wonderful holiday season! If you know an older adult in Lake Oswego who would appreciate a gift, who may be far from family and friends, and would enjoy being part of this program, please call Center Manager Ann Adrian at 503-635-3758. Then the New Seasons staff will prepare a special gift stocking just for them! Information such as age, name, address and phone number, and gift preferences, will be kept in confidence.

## The Age of Ageism

Ageism can be felt at any age and to our surprise, we might be ageist! Share theories on how we became such an ageist society. Learn how stereotypes have made us ageist without realizing. This discussion will include media images that perpetuate ageism and the group's experiences with ageism and our part to encourage awareness.

14653 1-3:30p F 12/9

## Lakewood Theater Dress Rehearsal

"One Man, Two Guv'nors" on November 3. Easily confused Francis is trapped working for two bosses who are connected in wildly improbable ways. He has to keep them from discovering each other. The inspired insanity and nimble wordplay is highlighted with live onstage musicians paying homage to rockabilly and a certain Fab Four. Registration begins October 10 at 10 a.m. V.I.P Partnership required. Check-in begins at 7 p.m., performance starts at 7:30 p.m. Pre-registration required.



## Pinochle Players Wanted!

Even if you haven't played in a while, our friendly activity leader will help you get refreshed. She will even help teach newcomers to the game! Call the ACC at 503-635-3758 for more information.

## First Friday Bunco

The last time we played was so much fun we decided to make it a regular thing. Bunco is an easy game to learn so no experience necessary. Cost is free and open to both men and women. All supplies, prizes and snacks will be provided. Contact the ACC for registration.

14647	2-3:30p	F	10/7
14648	2-3:30p	F	11/4
14651	2-3:30p	F	12/2

## Take a "Daycation" with Us!

Enjoy the leisure time you worked so hard for by joining other ACC patrons on one of our special outings! Day Trippers: Have lunch out and visit places of interest such as museums, gardens and historic homes. If you don't have a significant other and want to dine with other singles, join the Sunday Solo Dinner Group. And for all you foodies, there is our monthly lunch excursion, Let's Do Lunch with Kat! There's lots to see, explore, learn, and savor!

### Day Trippers

#### Wine Tasting at 2 Vineyards in Dayton and McMinnville. Lunch at Sage Restaurant

We will be visiting Stoller Vineyard; started by Bill Stoller, an Oregon native, he has transformed the family farm into a vineyard. The well-known Sokol Blosser Vineyard will be the next stop. Wine tasting cost: Stoller \$6 to \$10; Sokol Blosser \$15. 'Tis the season to explore the new seasons! Cost includes transportation, tour, and escort. Wine tasting and lunch on your own. Res \$10/ Non-Res \$15.

14660 10:30a-3:30p Th 11/17

#### Hallie Ford Museum

**Strange and Wonderful: American Folk Art from the Willem and Diane Volkersz Collection at Willamette University, Salem. Lunch at Wild Pear**

Since the 1940's there emerged a large, identifiable group of self-taught artists who became notable and collectable outsider artists in the 1960s, '70s, and '80s. They tended to live in rural parts of the United States and lacked formal education. Many were the sons and daughters of sharecroppers and former slaves. Most started their artistic careers late in life and often used inexpensive and ordinary material - whatever was available and handy. Docent tour at 12:30p. Lunch on your own. Transportation to and from home available. Res \$25/Non-Res \$40.

14658 10a-4p Tu 11/22

#### Sake Tasting and Tour at Sake One. Lunch at Maggie's Buns

Start with lunch on your own at Maggie's Buns in Forest Grove and then we're off to tour one of only six sake brewing facilities in America. Sake One invites you to see how they make

*Day Trip Refund Policy: There are no refunds for day trips that include expenses prepaid by the ACC unless a replacement participant can be found. All other day trips may be canceled with a refund up to five working days prior to departure. A \$5 cancellation fee will be deducted from the refund. Full refund is given if the ACC cancels a trip.*

### Let's Do Lunch with Kat!

#### Watson Hall - Beaverton

Watson Hall Public House, featuring Beaverton's own Beavertucky Bacon Burger, has quickly become Beaverton's newest go-to restaurant! Cost includes transportation and escort. Lunch on your own.

Res \$10 /Non-Res \$15  
14655 11a-2p Th 11/10

### Sunday Solo Dinner Group

Participants who do not have a significant other and would enjoy the company of others for a casual mid-day dinner. Reservations required, participants meet at the designated restaurant. Lunch/dinner on your own.

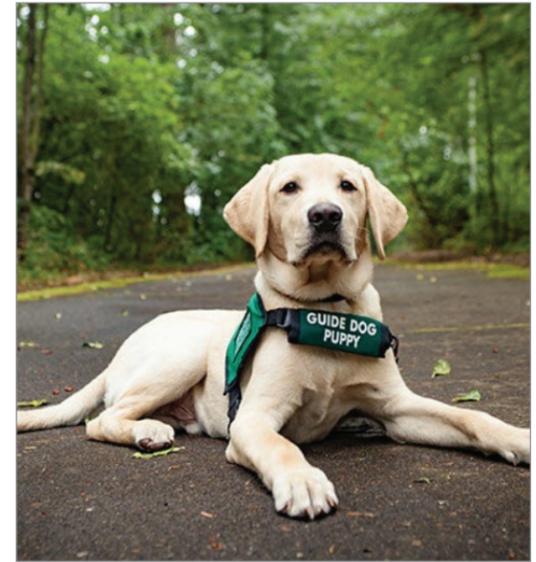
#### Stanford's - Lake Oswego

A neighborhood restaurant that offers casual dining. Enjoy Baby-Back Ribs, Pepper Bacon Mac n' Cheese or a delicious Sesame Crusted Ahi Salad at this local favorite.

2p Su 11/20

sake and afterwards head to the tasting room to enjoy some premium sake. Bring extra money for tasting and/or purchasing, transportation and cost of tour included. Transportation to and from home available. Res \$20/Non Res \$30.

14657 10a-3p Tu 12/20



#### Guide Dog for the Blind Graduation and Tour. Lunch at Portobella

Begin with lunch on your own at Portobella Italian Restaurant in Portland before attending the graduation ceremony and tour of the Guide Dog for the Blind facility. Tour lasts approximately one hour, must be comfortable walking or standing for the majority of the tour. Limited seating along tour route. Res \$10/Non Res \$15.

14659 10:30a-4p Sat 12/17

#### Oregon Culinary Institute

Enjoy an all-inclusive delicious meal prepared by future chefs of high end restaurants. Cost includes transportation, escort, lunch, desert, unlimited beverage and gratuity.

Res \$22/Non-Res \$27  
14656 11:15a-2p Th 12/8

#### Manzana - Lake Oswego

Overlooking Lakewood Bay enjoy contemporary Northwestern fare with a Southwestern influence.

2p Su 12/18

## Movie and Discussion

"I Know A Woman Like That" a film by Elaine Madsen explores the lives of 17 older dynamic women who didn't always play by society's rules and how they forged new paths. Interviews are conducted with Eartha Kit, Lauren Hutton, Lucille Borgen and more. We will discuss the movie and how it relates to our lives.

14652 1-3:30p F 11/18



REGISTRATION FOR ALL CLASSES, ACTIVITIES AND TRIPS BEGINS AT 10 A.M. ON MONDAY, OCTOBER 10

## Inclement Weather

The Adult Community Center and its programs follow Lake Oswego School District schedules. Please call the weather hotline 503-699-7460 or visit [www.lakeoswego.city/parksrec](http://www.lakeoswego.city/parksrec) for current information.

## Human Services

The Adult Community Center offers a range of services related to aging issues, such as individual and family consultations, home visits, information and referral, welfare checks during severe weather/disasters, transport to medical appointments, and fixed-schedule transportation to and from the ACC, and AARP Safe Driving Programs. Many programs offer opportunities for civic engagement. Additional programs include:

### Free Legal Consultations

A volunteer attorney provides a free 30-minute free consultation for older adults on the second Friday of each month. By appointment only.  
9a-12p F 11/4 & 12/9

### Making Connections: Support Groups at the ACC

A support group is simply a gathering of people who share a common interest or concern. Groups are open to everyone, there is no fee or registration required.

*Caregiver Support* 3rd Wednesday 1:30-3:30p  
*Family Caregiver Discussion Group* 4th Wednesday 7-8:30p  
*New Beginnings: Widowed in the past 3 years* 1st Wednesday 10-11:30a  
*Grandparents Raising Grandchildren Coffee Hour* 3rd Wednesday 10-11:30a

### Drug-free pain relief!

Dorothy Ann Cole, MEd, DD will bring her knowledge to an introductory session on how science and spirituality marry in Energy Medicine. There is no charge but participants must pre-register.

14662 10-11a Th 11/17

## Family Caregiver CSI

(Comfort, Strength & Inspiration)

The Adult Community Center provides support to family caregivers by offering an array of activities, services and events to enrich their lives, build confidence and enhance self-care. Support groups, respite program, caregiving library, lectures and workshops are among the offerings provided on an ongoing basis.

### Lake Oswego Place Day Respite Program

A weekly program designed for older adults with memory loss who are being cared for by family members. Purpose of this program is to improve the quality of life for participants, while providing loved ones a block of time away from the stresses of their caregiving responsibilities. Pre-registration is required. \$30 per session, includes lunch. Scholarships available.  
11:30a-3:30p W Ongoing

### Caregiver Support Groups

Groups are open to everyone, there is no fee, or registration required. The groups offer a safe place in which to share, learn, and connect.

### Caregiver Support (dementia related illnesses)

1:30-3:30p W 11/16, 12/21 ACC - 505 G Avenue

### Family Caregiver Discussion

7-8:30p W 11/30 (due to holiday), 12/28 PAL - 1500 Greentree



### Caregivers Holiday Lunch & Conversation

You are invited to join us and celebrate the holidays with other caregivers in our community. We will meet for lunch at Baird's on B in Lake Oswego. Leave your responsibilities behind and take some time to enjoy the company of others and a delicious lunch on us! The ACC is fortunate to have funding from a grant with the specific purpose of creating and offering programs that support those caring for a family member or friend. Restaurant is on the second level and accessible by stairs. Space is limited and registration required by December 1.

14664 11:45a-1p W 12/7 Free

## What's for lunch?

The ACC provides lunch on Monday, Wednesday and Friday at noon - eat in or take-out service, or Meals on Wheels. For the monthly menu, please call 503-635-3758 or visit our website at [www.loacc.info](http://www.loacc.info).

### November

2 Fish Chowder  
*Served by: New Seasons*

4 Sweet & Sour Pork  
*Served by: Lake Bible Church*

7 Mac & Cheese w/Sausage  
*Served by: Our Lady of The Lake Church*

9 Mediterranean Chicken Stew  
*Served by: Lake Grove Garden Club*

11 **Closed – Veterans Day Holiday**

14 Roast Beef  
*Served by: Our Saviors Lutheran Church*

16 Chicken Zupa  
*Served by: United Methodist Church*

18 Fish Tacos  
*Served by: Marge & Friends*

21 Meatloaf  
*Served by: LOMEA*

23 **Thanksgiving Luncheon**  
Roasted Turkey  
*Served by: City Slickers*

25 **Closed – Thanksgiving Holiday**

28 Beef Lasagna  
*Served by: Newcomers Welcome Group*

30 Kalua Pork  
*Served by: Our Lady of the Lake Church*

### December

2 Santa Fe Pork  
*Served by: Lake Bible Church*

5 Beef Stroganoff  
*Served by: Our Lady of the Lake Church*

7 Turkey Tetrizzini  
*Served by: New Seasons*

9 Chicken Stuffed Peppers w/Rice  
*Served by: Lake Oswego Rotary*

12 Shepherd's Pie  
*Served by: LO Park Maintenance*

14 Moroccan Chicken  
*Served by: Lake Oswego Rotary*

16 Fish Tacos  
*Served by: Marge & Friends*

19 Meatloaf  
*Served by: LOMEA*

21 **Holiday Luncheon**  
Prime Rib  
*Served by: United Methodist Church*

23 Chicken Paprikash  
*Served by: LO Fire Dept. & Silver Foxes*

26 **Closed – Christmas Holiday**

28 Pulled Pork Nachos  
*Served by: City Slickers*

30 **New Year's Luncheon**  
Chef Special  
*Served by: Lake Oswego Rotary*

Options subject to change upon availability

Fitness and Cultural class information can be found in the Parks and Recreation Activities Guide or go to: [www.loparcs.org](http://www.loparcs.org).

## Computer Classes

Class	Day	Time	Dates	Res/Non-Res.
14670 Digital Camera	W	3-4:30p	11/2-11/9	\$20 / \$30
14669 Excel for Windows	F	9-10:30a		\$30 / \$45
14668 Word for Windows	F	9-10:30a	12/2-12/9	\$20 / \$30
14671 Intro to current MAC OS	F	11a-12:30p	12/2	\$10 / \$15
14672 Switch to MAC from Windows	F	11a-12:30p	12/16	\$10 / \$15
Supervised Lab	W	1-2:30p	Ongoing	Free
One-on-One Tutoring			Call 503-635-3758 for more information.	

**Cancellation Policy:** The ACC reserves the right to cancel any of its programs and attempts will be made to notify participants and a full refund or credit will be issued. If there is a minimum requirement set for participation in a specific program and it is not met, the program will be subject to cancellation. All participant cancellations require notification to the ACC at least five business days prior to the start of class, activity or trip to receive a refund or credit. A \$5 processing fee will be retained by the ACC.

## One-On-One Medicare Supplemental Insurance Counseling

Senior Health Insurance Benefits Assistance (SHIBA) counselors will be here on Tuesday, November 15, to consult with you on an individual basis and make any necessary changes your supplemental Medicare coverage for 2017. Open enrollment ends December 7. No cost. Call SHIBA at 503-655-8269 to schedule an appointment.

## Civil War @ the ACC – Oregon vs. OSU

Come to the ACC and watch the best rivalry in all of Northwest football, Ducks vs. Beavers. If your house gets too heated, watch the game at our house. Enjoy comfy seating, snacks plus 1 drink of your choice! We will be serving beer, wine or soft drinks. Additional drinks available for an additional cost. Space is limited, call the ACC at 503-635-3758 for registration and kickoff time.

Sa 11/26 \$5 per person

## Health & Wellness Chats

Monthly health and wellness programs of interest to the 50+ population are offered on the fourth Wednesday of each month. Registration required.

### Conquer that Holiday Stress!

Holidays can be a lot of fun, but most of us find them a little stressful too. Debbie Kho of Skin Sense Spa returns to health chats and focuses on some techniques that you can do on your own to fully relax. You will learn some simple breathing techniques, common acupressure points, mindfulness, aromatherapy and a variety of other relaxation techniques that can get you through the holidays! Registration is required.

13253 10-11:30a W 11/23

### No December Health Chats