

ADULT COMMUNITY CENTER



For so many years of our young lives and more if you work in the school system, September meant a new beginning, a fresh start. Even with school behind us there still seems to be a draw to start something new in September. The ACC has a number of new offerings starting this fall, we are offering “The ACC Kitchen Academy”, an opportunity to learn knife skills, about preserving and trying plant-based proteins. We have also developed “Independent Workout Time”, for those that would like to use the fitness room for personal workouts. There is something about September, I don’t know if it is nostalgia, or the crisp air, but it inspires new beginnings.

Lake Oswego Adult Community Center
505 G Avenue
Lake Oswego, OR 97034
www.loacc.info

Independent Workout Time

The ACC has opened our Maple (Fitness) room to allow individuals to utilize the weights, bands and spin bikes, when the room is not being used for group fitness classes. Hours vary on room availability; see our website **www.LOACC.info** for scheduled times or contact the ACC at 503-635-3758. Cost is per term (winter/spring, summer, fall) and signed waiver required at time of registration.
 Res \$25/Non-Res \$40
24992 See posted times M-F 9/1 – 12/31

Luscher Farm Winter CSA

Community Supported Agriculture (CSA) is a partnership between a farmer and local customers who invest in each other. It is an innovative and resourceful strategy to connect local farmers with local customers, develop a sense of community and connect urban citizens to our rural roots. Members pay a fee at the beginning of the growing season to meet the farm’s operating expenses for the upcoming season. In return, they receive portions of the farm’s produce throughout the growing season. Lake Oswego Parks & Recreation has teamed up with Laura Masterson, owner of 47th Avenue Farms, to provide our citizens with an opportunity to reconnect with the land and receive healthy, sustainably grown vegetables. The Winter CSA harvest starts in the beginning of November and continues through mid-April. Members come to Luscher Farm twice a month on Thursday evenings to pick up their shares of produce. At each pick up you receive at least 8-10 different vegetables and herbs.
Pick up dates are: 11/3, 11/17, 12/1, 12/15, 1/5, 1/19, 2/2, 2/16, 3/2, 3/16, 3/30, 4/13
Age 16+ Masterson LUSCH
 Whole Share Fee Res \$1369/Non-Res \$1574 **25065** 5-7p Th
 Half Share Fee Res \$753/Non-Res \$866 **25064** 5-7p Th



Coffee & Conversation

Come make new friends, share some laughs and stories over coffee and refreshments every 1st Friday!
 Res/Non-Res: FREE
24781 10-11a F 9/2, 10/7, 11/4, 12/2

Men’s Book Club

Come together with other men to discuss a reading selection, current events, and the passages of our lives. Books are chosen by consensus from titles that are out in paperback or in E-versions. This program is facilitated by Robert Lucas. Refreshments Provided.
 Res \$10/Non-Res \$12
24780 3-5p Th 9/15, 10/20, 11/17, 12/15

Health & Wellness Book Club

This club is intended for those wanting to learn more about new information about health and wellness while also coming together to share their thoughts and experiences. Books are chosen by consensus from titles that are out in paperback or in E-versions. This program is facilitated by Dr. Alia Alhumaid and Nicolette Hume. Refreshments Provided.
 Res \$10/Non-Res \$12
24782 11a-12p Tu 9/20, 10/18, 11/22, 12/20

Beginning Bridge

This course provides the fundamentals of bridge and is an excellent way to make friends and exercise your brain. Instructors Linda Rountree and Paula Koeller will provide 6 weeks of free instruction. Registration required for each session.
 Res/Non-Res: FREE
25046 10-11:30a Tu 9/13-10/18
25047 10-11:30a Tu 11/1-12/6



The Living Well Show LIVE!

Our Nationally Award Winning, Living Well Talk Series, is now back in person and will be featured on local cable tv! We look forward to continuing our program in a format that empowers people to live life on their own terms!

How to Reverse Diabetes Naturally

We always hear that diabetes is a progressive disease, but what if we had the ability to reverse it? Dr. Ann Childers practices Lifestyle Psychiatry which promotes using nutrition and metabolic monitoring to promote a sense of overall well-being in her patients. Dr. Ann is also an expert on the subject of “Obesity, Diabetes and the Sugar Problem”.
 Res \$15/Non-Res \$20
24945 6-7:30p Th 9/15

Dating & Intimacy

Join Anna Marti and Dr. Kelly Rees for a presentation on dating and making friends in older adulthood. Anna Marti, an intimacy coach in Portland for the past 20 years, is passionate about supporting men and women of all ages, all orientations, alone or partnered. Dr. Kelly Rees is a board-certified Sexologist with a private practice in Portland. She loves helping people find pleasure and authentic connection, working through past traumas and challenging cultural ideas that are no longer helpful.
 Res \$15/Non-Res \$20
24942 6-7:30p Th 10/20

Psilocybin Therapy

With the passing of Oregon Measure 109, Oregonians will have access to psilocybin therapy. Sean Barnett, LCSW, is a therapist who has used psychedelic integration with his patients. Sean will explain how psilocybin-assisted therapy has the potential to revolutionize many treatment-resistant mental illnesses, including depression, addiction, and PTSD. He will also clarify how psilocybin therapy shows remarkable promise in helping those who may not have a diagnosed mental health disorder, but struggle to find meaning and connection in an increasingly isolated and alienated world.
 Res \$15/Non-Res \$20
24940 6-7:30p Th 11/17



The ACC Kitchen Academy

Join Chef Tselani Richmond, Le Cordon Bleu Paris trained and Sysco Culinary Consultant, for a dynamic hands-on kitchen series. Each class will entail a lecture, hands-on instruction and tasting!

Preserving the Summer Harvest

This class will be covering fruit and vegetable selection, where to shop, and freezing/canning/pickling.
 Res \$25/Non-Res \$35
24897 2-3:30p W 9/28

Plant Based Tasting

It's a whole new world of plant-based proteins so let's explore all the new options out there: Impossible burger, pulled oats (resembles ground beef), faux chicken, hearts of palm, Haloumi cheese, jack fruit and mushrooms.
 Res \$25/Non-Res \$35
24898 2-3:30p W 10/26

Knife Skills

This class will cover proper knife handling skills, knife cuts and sharpening. Class participants will be practicing skills on vegetables and will be used to create your own take-home Pico de Gallo.
 Res \$25/Non-Res \$35
24899 2-4p W 11/30

Empty Nest Support Group

Are struggling with what is often called “the empty nest”? This group is for those who are seeking new meaning, purpose, and joy after their children have left home. Together, group members will search to uncover their unique goals, hopes, and desires for the future. This group is lead by Meghan Pence MCFC Candidate.
 Res \$50/Non-Res \$75
24785 3-4p W 10/5-11/9

To Register for classes

Registration for classes is available via phone registration at 503-635-3758 or online registration at **www.loparks.org**. There is a processing fee for all online registrations. Payment by credit card is required for phone or online registrations. Password protected weblinks will be emailed to participants prior to the first day of class using the Zoom platform.



Grief and The Holidays Workshop with Dr. Terri Daniel

For many bereaved individuals, the winter holidays can be full of sadness due to the loss of a loved one, or we are grieving a divorce, illness or financial crisis. In this workshop, we will explore a variety of experiential tools for working with loss, trauma, grieving in community and multi-cultural, spiritual practices for deep inner work, including guided meditation, art therapy processes, and sacred ceremony for moving the “stuck” energy of grief out of our bodies and into a more spacious, more ventilated emotional landscape.

Res \$25/Non-Res \$30
24791 2-5p Th 11/3

Honoring Death as a Sacred Rite of Passage

This workshop is centered on the Practical & Reflective Practices for Our Final Phase with Amy May a Death Doula, LCSW and End-of-Life Counselor. This workshop will focus on exploring our relationship with death, how to be a calming presence for the dying, creating sacred space and engaging ritual, ceremony, and symbolism to support a peaceful transition.

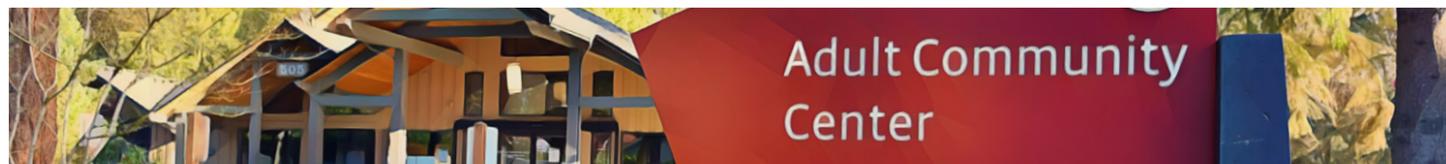
Res \$25/Non-Res \$30
24792 1-3p Tu 11/15



The Mysteries of Death

An enlightening exploration into dying, religious views of the afterlife, near-death experiences, death-bed visions, grief, and being with those in transition; encounters that nurture and enrich our lives. Includes mindfulness meditation. Class instructed by Joseph Britton.

Res \$20/Non-Res \$25
24634 11a-12p Th 9/22



Hooked on History

Local author and history enthusiast Nancy Dunis, will lead a four-part discussion series exploring Lake Oswego history and more. Res \$10/Non-Res \$15

Session 1: Women of Iron; Men of Steel – Early Oswego (1850s-1900). Focus will be on the Oregon Iron and Steel story.
24947 10-11a Th 9/15

Session 2: Family History Month – an interview with Rick Cook, grandson of James P Cook, one of Oswego’s early pioneer families.
24950 10-11a Th 10/13

Session 3: Native American History Month - Nicolette Hume a Western Shoshone, shares her experience growing up in Indian Country while also being the daughter of a gold miner.
24951 10-11a Th 11/10

Session 4: “Savior of the Sequoia” – The Mary Goodall Story.
24953 10-11a Th 12/15

Advances in Alzheimer’s and Parkinson’s Treatment with Dr. Michael Mega

In this presentation with Dr. Michael Mega he will review the progress in treating cognitive decline in both Alzheimer’s disease and Parkinson’s disease. We will share with you the new diagnostic tests being used to predict who is at risk for Alzheimer’s disease and how treatments may differ depending on the stage of the disease. Refreshments Provided.

Res \$20/Non-Res \$25
24783 12-1p Tu 9/27

Medicare & YOU

Medicare is complicated. This class is designed to help clear up some of the complication about what Medicare A covers. Come ready to learn more about hospital inpatient stays, skilled nursing rehabilitation, home health and hospice. Medicare 101 is presented by Debra Kranyak, and Medicare Advisor.

Res/Non-Res: FREE
24789 11a-12p Tu 10/11

Estate Planning Awareness

Have you put off your estate planning because it’s so overwhelming? Michelle-Shari Kruss of KrussLaw, takes very complicated concepts and presents them in easy to digest pieces from planning for young parents, wills, and what famous celebrities can teach us about Estate Planning.

Res/Non-Res: FREE
24786 10-11a W 10/19

Aging in Place & Home Modifications

An ounce of prevention is worth a pound of cure. Learn from Nicole Nohner, Occupational & Physical Therapist, ways you can make small or large changes in your home now to stay independent, comfortable and safe as you age.

Res \$20/Non-Res \$25
24787 1-2p Tu 11/8

Concierge Geriatric Medicine & Models of Care Options

As we get older our needs for more comprehensive medical care is essential. Dr. Alia Alhumaid of Evergreen Geriatrics, will be discussing the various models of care and benefits of concierge medicine.

Res/Non-Res: FREE
24790 11a-12p Th 11/17

Optimal Recovery & Rehab for Joint Replacement

Want to know the best way to prepare and recover from a joint replacement surgery? Learn from Nicole Nohner, Occupational & Physical Therapist, how to get the most out of your shoulder, hip, or knee surgery by learning tips and tricks to do BEFORE and AFTER surgery.

Res \$20/Non-Res \$25
24788 1-2p Tu 12/6



Let’s Do Lunch!

Cost includes transportation and escort. Lunch on Your Own. Departure time listed, please arrive 15 minutes prior to departure. Res \$7/Non-Res \$10

- Nuevo Vallarta- Canby**
24889 11a Tu 9/6
- Corner 14-Food Carts, Spirits & Brew - Oregon City**
24890 11a Tu 10/4
- Cornell Farm Café - Portland**
24891 11a Tu 11/1
- Mi Famiglia Wood Oven Pizzeria-Oregon City**
24892 11a Tu 12/6

Sunday Supper Club

Enjoy the company of others for a casual mid-day dinner. All restaurants are located in Lake Oswego. Meet at the designated restaurant. Sundays at 2pm. Registration required.

- 24893** 9/11 Stanford’s 14801 Kruse Oaks Dr.
- 24894** 10/9 Oswego Grill 7 Centerpointe Dr.
- 24895** 11/13 Holy Taco 345 1st St
- 24896** 12/11 Szechuan Kitchen 15450 Boones Ferry Rd.



Laidback & Low-Key Day Trips

Come join us for fun, food, and friends! Gather at the Lake Oswego Adult Community Center. Departure time listed, please arrive 15 minutes prior to departure.

Pittock Mansion & Lunch at Cornell Farm Café

*Price includes \$12.50 entry fee and ride to and from venue
 Res \$30/Non-Res \$45
24886 9:30a-3p Th 9/8

Alpacas at Marquam Hill Ranch & Lunch at Gather in Silverton

*Price includes \$12 entry fee, and ride to and from venue
 Res \$34/Non-Res \$50
24794 9:30a-4p Th 9/29

Hood River Fruit Loop & Lunch at The Riverside in Hood River

*Price includes trip to and from venue
 Res \$26/Non-Res \$40
24793 9a-4p Th 10/20

Portland Holiday Market at the Expo Center & Lunch at Cracker Barrel

*Price includes \$10 entry fee and parking, and ride to and from venue
 Res \$30/Non-Res \$45
24887 9a-4p Th 11/17

Holiday Express Train Ride & Lunch at Buffalo Gap

*Price includes \$25 entry fee and parking, and ride to and from venue
 Res \$43/Non-Res \$65
24888 9a-3p Th 12/1



For Parks & Recreation scholarship opportunities see page 46