

ADULT COMMUNITY CENTER

You are reading the first edition of the L.O. Parks & Recreation Activities Guide to include the LOACC's programs that would have previously been in the "ACC on the Go". It is a great feeling to start the year with the whole Parks and Recreation department's program in one publication. Speaking of starting the new year, the ACC gets to start the new year in a newly renovated building! We can't wait to welcome and bring the community together with activities, programs, and lunch. First and foremost, thank you for your patience and support through this process. The reward will be great! Please stay tuned via our website or email notifications for our ribbon cutting and grand re-opening events coming this spring to include Drag Queen Bingo, the comedy of Susan Rice and a John Nilsen concert.



The ACC offers a variety of classes, programs, activities and trips. Visit us on our website at www.loacc.info or call 503-635-3758 for more information and registration.

LAKE OSWEGO ADULT COMMUNITY CENTER
P.O. BOX 369
Lake Oswego, OR 97034
WWW.LOACC.INFO
503-635-3758

Lake Oswego Meal Programs

In partnership with the Lake Oswego Meals on Wheels Board the Adult Community Center offers two convenient options for meals three times a week.

Options 1: Meals-on-Wheels

A home delivered meal for those 60 years and older and/or a qualifying situation provides a hot, delicious, well-balanced meal delivered by volunteers Mondays, Wednesdays and Fridays. Whether meals are needed for just a few days or on a long-term basis we strive to support each recipient's needs. Call 503-637-3758 for more information.

Option 2: Lunch2Go

While our congregating dining program is closed, you can still come to our "drive thru" for a pre-ordered lunch on Mondays, Wednesdays and Fridays between 12-1pm and a reservation can be made by calling 503-635-3758.

The cost of the meal is a suggestion donation of \$4 for those ages 60 years and older, or \$5 charge for anyone under 60. We would love to see you!

Home Organization with KonMari Method

Kadra Pixton is a local Marie Kondo-trained Certified KonMari Consultant. She is passionate about helping clients declutter, simplify, and ultimately obtain their ideal lifestyle, through working through the KonMari home organization method. This workshop is for anyone who feels overwhelmed with the clutter in their home and would like an experienced, compassionate support for guidance towards a lifestyle with calm and clarity!

Res \$25 / Non-Res \$35
23669 12-2p Th 4/28 CCP



A Taste of Italy

Join us for an authentic taste of Italy and learn about Immersion Travel with local Italian Expert, Travel Consultant and Chef, Antimo Cimino! This event will be centered around tasting authentic Italian Cuisine and Italian Wine, while learning about immersion travel. Chef Antimo is a native from Puglia, Southern Italy. He is the author of "Food You'll Make Love To: Ah Those Italians!", a cookbook of family recipes, short stories and travel tips. He moved to Portland 23 years ago and he now runs www.voomago.com, a travel company specialized in Tours to Italy. He takes people all over Italy, cooking with family and friends and giving people a very authentic experience of the Italian culture. Event generously sponsored by Home Instead.

Res \$25/Non-Res \$30
23676 3-5p Th 3/3 CCP



Event Sponsored by



Wine + Design (4 sessions)

In this fun series, you will learn the basics of jewelry design and no-knit scarf making with local artist, Lilo Sermol. Each class will focus on a different jewelry creation all the while enjoying a glass of wine, charcuterie and making new friends! All food, wine and art supplies included.

Learn how to make the following:

- Coiled Wire Bracelets and Beads
- Artisan Paper Necklace
- Statement Earrings
- Solvy Scarves

Feel free to bring your own supplies, materials and sewing machine.

Res \$75/Non-Res \$95
23694 6-8p Th 1/6-1/27 CCP



The Living Well Talk Series

Our Nationally Award Winning, Living Well Talk Series, is now featured on local cable television! You can view all of our previously aired programs on our website at www.lakeoswego.city/acc/health-wellness-chats We look forward to continuing our program in a format that empowers people to live life on their own terms!



ACC Day Trippers

Day trips are back! Come join us for fun, food, and friends! Gather at Christ Church Parish (CCP) upper parking lot and board our ACC shuttle for a day out. Departure time listed, please arrive 15 minutes prior to departure.

Lunch & River Cruise on the Portland Spirit

(Price Includes Meal & Transportation)
 Enjoy a river cruise and lunch on the Willamette River aboard the Portland Spirit.

Res \$100/Non-Res \$150
23731 9:30a-2:30p F 1/21

Premier Gaming & Lunch on Your Own at Ilani Casino Resort

Enjoy your unstructured day of fun, gambling or doing whatever you choose at the Ilani Casino Resort. Bring your own lunch or dine at one of the many restaurants.

Res \$30/Non-Res \$40
23732 9:30a-3p Th 2/24

Antiquing in Aurora with Lunch at Filberts Farmhouse Kitchen

Enjoy your unstructured day in Aurora, either antiquing, or doing whatever you choose. We will enjoy a wonderful lunch at the Filberts Farmhouse Kitchen.

Res \$20/Non-Res \$30
23733 10:30a-2:30p Th 3/24

Discover Hood River Historic Shopping District with Lunch at Riverside

Enjoy your unstructured day in Hood River either shopping, sightseeing, or doing whatever you choose. We will have lunch at the premier Riverside restaurant on the beautiful Columbia River.

Res \$45/Non-Res \$55
23734 9:30a-4p Th 4/14



Netflix Happy Hour

Pull up a chair, pour yourself a glass of your favorite beverage and join the ACC's Nicolette Hume for an hour of fun discussing your favorite shows or movie on Netflix. Each week we will cover a different series and enjoy some trivia and conversation starters!

23693 5:30-6:30p W 1/5-2/9 Virtual

Netflix Show Line-Up

1/5 Maid
 1/12 Lady Boss: The Jackie Collins Story
 1/19 Misha and the Wolves
 1/26 Bob Ross: Happy Accidents, Betrayal & Greed
 2/2 Worth
 2/9 Shtisel

Making Peace with the End of Life (2 sessions)

As elders, we are constantly bombarded with advertising messages and social cues that prompt us to be active, look younger, and stay healthy and vibrant. What cultural messaging neglects to tell us is how to navigate the journey through end-of-life. In this unique workshop with Dr. Terri Daniel, an interfaith hospice chaplain, end-of-life educator, and grief counselor certified in death, dying and bereavement, you will learn how to create a more positive relationship with death and grief as you face the loss of loved ones and the reality of your own eventual death. In an interactive, experiential group setting, we will explore these topics and more:

- Death and grief practices from a variety of cultural and religious perspectives
- How death is addressed in our modern medical system
- What is hospice, and how does it differ from palliative care?
- Family dynamics in end-of-life and bereavement
- Creative rituals and ceremonies for death, dying and grieving

Res \$15/Non-Res \$20

23685 3-5p W/F 3/23 & 3/25 CCP



Optimal Living with Dr. Alia

Have you ever wanted to ask a geriatrician questions about aging? Now is your chance to ask a local geriatrician that is here to take your questions live! This discussion group will cover topics like cognitive decline, older adults and mental health, sleep, nutrition, immunity and aging, and much more! Class will be held once a month starting in January.

Topics include:

- 1/14 Cognition
- 2/18 Medications
- 3/18 Frailty
- 4/15 Exercise & Nutrition

Res \$20/Non-Res \$25

23692 11a-12p F 1/14-4/14 CCP



Standing at The Crossroads (3 sessions)

You are done with your past. You feel stuck in your present. You aren't sure where to go in your future. Join Jerry and Ruth Cohen of Evolving Elders in this transformative process for finding meaning and purpose in life after retirement.

Res \$25/Non-Res \$30
23711 3-4:30p W 2/2-2/16 CCP

Active Living Every Day (12 sessions)

Active Living Every Day (ALED) is an evidence-based behavior change program. The approach is unique because it addresses the root causes of inactivity rather than simply prescribing exercise. The program allows the flexibility of being offered independently or in conjunction with existing community-based physical activity programs. Using facilitated group-based problem-solving methods to integrate physical activity into everyday living, participants learn the skills they need to become and stay physically active:

- Identifying and addressing barriers to physical activity
- Increasing self-confidence about becoming physically active
- Creating realistic goals and rewards for physical activity
- Developing social support
- Recovering from lapses in physical activity

Res \$50 / Non-Res \$55

23710 1-2p W 3/2-5/18 CCP

Navigating Stress & Anxiety

Learn how to relieve stress and improve your health with Caryl L. Kenworth, MSN, FNP Stress turns on the fight or flight response so you can be alert and ready for action. If your stress level is high or present for a long period of time, you can experience physical pain as a result, such as headaches, anxiety, heart palpitations, excessive worry, stomach upset, sleep disturbances, or moodiness. In this class you will learn how to identifying underlying stressors and how to listen to what your body is telling you address the source of discomfort and help prevent more pain. As a nurse practitioner and wellness coach, Caryl L. Kenworth, MSN, FNP can work together with you to create a balance between the needs of your mind and body, support constructive habits, and change your health.

Res \$15/Non-Res \$20

23689 11a-12:30p W 3/2 CCP



Lakewood Theatre Dress Rehearsal

Seats for the Lakewood Theatre dress rehearsals are now available as a part of our V.I.P Donor Program. Check-in begins at 7p.m., performance starts at 7:30 p.m. Proof of vaccination and masks worn during performance required for entry. For more information about our V.I.P program and to register for seats, contact the ACC at 503-635-3758.



Murder on the Orient Express

The exotic Orient Express is about to go off the rails! With a locomotive full of suspects and an alibi for each one, it's the perfect mystery for detective Hercule Poirot, n'est-ce pas? Wax your mustache and hold on to your passport

23735 7:30p Th 1/6

Leading Ladies

When two struggling English Shakespearean actors, Jack and Leo, hear an old lady in York, PA is about to die and leave her fortune to her two long lost English nephews, they resolve to pass themselves off as her beloved relatives and get the cash.

23736 7:30p Th 3/3

Camelot

An idealistic young King Arthur hopes to create a kingdom built on honor and dignity, embodied by his knights of the round table. But, his ideals are tested when his lovely queen, Guenevere, falls in love with the young Knight Lancelot. The fate of the kingdom hangs in the balance.

23737 7:30p Th 4/8

Making Connections Support Groups

Groups are open to everyone and offer a safe place in which to share, learn and connect. There is no fee to participate.

Alzheimer's Association Caregiver Support

3rd Wednesday 1:30-3:30p CCP
For more information please call 503-675-6425

Family Caregiver Discussion Group

4th Wednesday 7-8:30p Virtual
For more information please call 503-675-6425

To Register for Classes

Registration for ACC classes both in-person and virtual are 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. Weblinks will be emailed to participants prior to the first day of class using the Zoom platform.

VIEWES: Conversations on Aging

VIEWES (Volunteers Involved for the Emotional Well-being of Seniors) offers FREE facilitated Discussion Groups on topics important to people 60 years and above. The conversations provide a forum for discussion as well as an opportunity to explore new possibilities and resources. Zoom links will be sent two days prior to class.

23716 1-2:30p Th 1/20 Learning from Grief and Loss
23842 1-2:30p Th 2/17 Living Solo as a Senior
23843 1-2:30p Th 3/17 New Wisdom /Life Lessons
23844 1-2:30p Th 4/21 Resilience: Bouncing Back
23845 1-2:30p Th 5/19 Who Am I Now?

VIEWES: Life Stories Sharing

VIEWES (Volunteers Involved for the Emotional Well-being of Seniors) offers Life Stories Sharing, which gives participants the opportunity to explore their life experiences and to share written and verbal memories from various portions of their lives.

23719 10a-12p Th 1/6-2/24 Virtual

Caregiver Respite

A "Dementia Friendly Engagement" program designed for adults living with mild to moderate dementias while offering family caregivers valuable and flexible respite. Our program fosters a supportive community and provides enrichment and enjoyment through planned activities in art, music, movement, Brain challenges, trivia, and stories and discussions to share knowledge and life experiences. Enrollment is required contact Karen Galloway Client Services Coordinator 503-675-6218 or kgalloway@lakeoswego.city M/W/F Ongoing



Legal Consultation

A volunteer attorney provides a free 30-minute free consultation. By appointment only. Please call 503-635-3758 for more information.
9-12p F 1/14, 2/11, 3/11, 4/8

The Medical Ride Reimbursement Program

Due to a generous grant, the ACC is now offering reimbursement for those over 60 years of age for medical transportation. The participant must be a Lake Oswego resident and obtain the ride from a ride-share company, such as Uber, Lyft or a cab company. Call our Client Services Coordinator at 503-675-6425 for more information on qualifying and the reimbursement process.