



*Creating a community that embraces the opportunities and challenges of older adulthood*

**April 2024**

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**Scott Goetchius**  
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**CUSTODIAN**  
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**BUILDING MONITORS**  
**June Nice**  
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**Kathy Levy**

www.canbyadultcenter.org  
 503-266-2970  
 Fax 503-263-6192  
 PO Box 10 1250 S Ivy  
 Canby, OR 97013  
 M—F 8:30 am—4:30 pm

**Welcome from the Director**

Dear friends,

April showers, here we come—I'm SOOO ready for spring, how about you? The Center is a-bustle and we're seeing many new people registered for activities, which is wonderful! As our regular visitors know, life at the Center starts with signing up to get a fob, so you can sign in quickly and easily for any number of activities and services. When you receive your fob, please store it with care—unfortunately, those fobs cost money, \$2/each. Doesn't sound like a lot, but with over 900 fobs in circulation, replacing lost fobs can really add up. Going forward, we will replace your fob one time free of charge. If you misplace your fob a second time, we will ask you to pay a \$2 replacement fee. Thank you for your understanding!

See you at the Center—Kathy

**Estate Planning April 11 at 10 am, with attorney Loren Bell**

Join local attorney, Loren Bell, on April 11th for this informative presentation on estate planning. Learn which documents are essential to your estate planning. See page 8 for details.

**Rose Elder Law Presents:  
 Long-Term Care—April 25th at 10 am.  
 See page 8 for more details regarding this presentation.**

**Gentle Reminder: Please be seated by noon for Lunch in the Dining Room**

Our lunch hour officially starts at noon with announcements followed by lunch service. Please be seated by noon. We are seeing many new visitors in the Dining Room, so please be welcoming to our new guests.

Remember to be courteous during announcements (no talking) so that others can hear what is being said. If you have questions on the activities or speakers that are mentioned during announcements, you can get more information by stopping at the front desk.

Thank you for your understanding

**PLEASE NOTE: TIME CHANGE FOR RELAXATION & MEDITATION CLASS BEGINNING APRIL 1ST**

Please note a slight time change for the Relaxation and Meditation Class. Beginning in April, this class will begin at 3 pm.

**Plan to Join Us to Celebrate EASTER on Wednesday, April 3. Sign up for Easter Lunch beginning Monday, March 25th.**

This lunch is by reservation so be sure to sign up beginning Monday, March 25th. Lunch is Wednesday April 3.

**Friday April 12<sup>th</sup> is Baseball Day 2024 at CAC.** Wear your favorite Baseball Team "gear", a hat, shirt, and come prepared to show us your best pitch for our official "baseball lunch". Canby High School athletes will serve lunch this day. Join us for some fun! **Plaaaay ball...**

**Month at a Glance: See inside for details**

- Mar 25 Trip sign begins at 8:30
- Mar 29 Legion Auxiliary Fish, Fries & Coleslaw feed to benefit MOW, Begins at 5:30 pm
- April 1 Parkinson's Support Group 2 pm
- April 3 Quilt Raffle—Noon
- April 3 Easter Lunch—Reservation Required
- April 4 Stroke Survivor Group 1 pm
- April 8 Parkinson's Resources of Oregon 1 pm
- April 10 Board Meeting, 1 pm
- April 11 Estate Planning with Loren Bell 10 am
- April 11 NW Medicare Advisors 1 pm
- April 12 Baseball day—represent your favorite team. Canby HS athletes help serve lunch this day!
- April 24 Music with Scott 11:15
- April 24 Free Seamstress Service 12-3 pm
- April 25 Rose Elder Law—Long Term Care 10
- April 25 Aging in Your Home 1 pm
- April 25 Seated Volleyball 11 am
- April 29 Canby Police Department: Code Compliance—1 pm
- April 29 Sign up begins for May trips/events

# Center Services

## Client Services Available in April

**Canby Adult Center** prepares and serves nutritious hot meals in our kitchen Monday, and Wednesday thru Friday. Meals are served in our dining room and guests must be seated by noon.

### NUTRITION

**Dining Room Meal:** Our menu is prepared each month using county standards for meals and diabetic and low sodium alternatives are available. Suggested meal donation is \$3.50 for guests age 60 and above. **A \$5 fee is REQUIRED for guests under the age of 60.** Musicians provide musical entertainment occasionally; check activity calendar for specific dates.

**Meals on Wheels:** Volunteer drivers deliver freshly prepared, nutritious meals four days each week (Monday, Wednesday-Friday), following a menu prepared in conjunction with the county dietician. Additional frozen meals are available to cover weekend needs. Call 503-266-2970 to sign up!

**Current clients**—if you need to make a change or cancellation to your meals, **call the Center prior to, or no later than, 9:30 am** on the day of delivery.

**Food Allergy?** CAC advises that food prepared in our kitchen may contain or have come in contact with peanuts, tree nuts, soybeans, milk, eggs, wheat, shellfish or fish.

### TRANSPORTATION

**Daily Transport:** If you need a ride to join us for lunch, call 503 266 2970, between 8:30—9:00 a.m. to request a ride to the Center. We will return you safely home after lunch!

### Transportation Reaching People - TRP

Client Services Coordinator Wendy May manages the county Transportation Reaching People (TRP) program for rides qualifying Canby residents residing in the Canby School District Boundaries to destinations in Clackamas, Multnomah & Washington counties. Rides must begin/end between 9 am-4:00 pm, Monday-Friday. Contact Wendy May at 503-266-2970 to see if your trip qualifies for a TRP driver; 5 to 7 business days notice required. Rides are provided by volunteers, so provision of a ride depends on volunteer availability. This service is intended for rides outside of Canby only. [For in-town rides, contact Canby Area Transit at 503-266-4022.]

**Recreation and Trips:** Day-trips are pre-planned and offered each month. Trip sign-up is the last Monday of each month unless otherwise noted. Often a meal-stop is included as part of the trip. Trip fees vary and bus donations are always gladly accepted. Trip schedule and details on page 9.

### FITNESS & WELLNESS

**Fitness Programs:** We offer a variety of fitness programs including Better Bones & Balance, Geri-Fit, Tai Ji Quan and Yoga (in person!) as well as volunteer-managed Line Dancing. Note classes with video for January—Mindy is out 1/7-1/29.

**We continue to offer Zoom Exercise live with Mindy, Monday, Wednesday and Fridays at 10 am.**

## RECREATION and ACTIVITIES

CAC offers many opportunities to socialize and make friends. **Scheduled recreation includes:**

- \* Bingo
- \* Pinochle
- Memoir Writing
- \* Crafting and Quilting groups
- Hand and foot
- \* Woodworking
- Ukulele

See our monthly calendar insert for information on scheduling of these activities.

**Activities and resources available on a drop-in basis:**

- ♦ Ping Pong
- Pool
- ♦ Books/library\*
- Puzzles\*

\*Feel free to help yourselves to books from our library, magazines and puzzles. No check-out required. Donations are also always welcomed.

### CLIENT SERVICES

**Home Visits:** Client Services Coordinator visits clients in their homes to determine eligibility for Meals on Wheels, as well as assess and educate them on other services or programs that may be useful to clients.

**Information and Referral:** The Client Services Coordinator has extensive knowledge of community resources that are relevant to older adults. Clients can schedule an appointment with the Client Services Coordinator to learn about resources and how to access them.

**Senior Companion Program:** Volunteers visit seniors weekly, providing companionship, transportation and independence. If you are interested in volunteering, or if you need a companion, contact Client Services!

**Canby Adult Center Tours Available:** Schedule your personal tour of the Adult Center with Client Services Coordinator, Wendy May. She will give you a full tour of the Center and share with you all the resources and services we have to offer. To schedule your tour, contact Wendy May at 503 266 2970 Monday through Friday.

**Notary Services Available:** We offer Notary Services. The Notary is not an attorney licensed to practice law and is not allowed to draft legal records, give advice on legal matters, including immigration, or charge a fee. **Appointment required.** Contact Wendy May at 503 266 2970. We reserve the right to refuse service. This is a free service, donations to Canby Adult Center accepted.

**Wellness Programs:** Canby Adult Center offers time-bound workshops and one-time speakers on a variety of fitness and wellness topics. **New offering: Relaxation and meditation, Mondays at 2:30 pm.** See inside for the schedule of guest speakers, which change monthly.

# Center Services (continued)

## OTHER SERVICES

By way of volunteers and Friends of the Center we are pleased to offer services listed below, free of charge except as noted.

### Legal Assistance

Usually the 2nd Wednesday of each month, an attorney will meet with you at the Center for a free 30 minute consultation. This month's appointments are Wednesday, April 10th. Appointment required; call 503-266-2970 to schedule your appointment.

### Senior Health Insurance Benefits Assistance S.H.I.B.A. Virtual or phone meetings only

SHIBA volunteers help with Medicare, Supplemental plans, Prescription Plan D and eligibility for free premiums. They also provide occasional workshops to assist you in choosing the right plan for you. Each fall they provide a comprehensive Introduction to Medicare 101, along with individual counseling sessions. Call 503-655-8269 to request an appointment.

### Blood Pressure Checks— At the Center, Twice each month—This month the 3rd and 17th, from 10 am to 11:45

Roger Livengood is an RN who will be providing a blood pressure clinic usually the **first and third Wednesday of every month**. Roger is a RN and is willing to provide you with a medication consultation. He does not give medication advice or prescribe medication, but he can answer questions about side effects, interactions, reasons why a medication is prescribed, etc. This month Roger will be here April 3rd and 17th, with extended hours to 11:45,

### Foot Clinics—Jenelle Ediger offers Appointments 2nd & 4th Mondays each month This month the 8th and 22nd

Jenelle is a footcare nurse who has lived in the area and worked in the Health/Hospice field for more than 20 years. Jenelle generally offers services on the 2nd and 4th Mondays of each month, from 9 am to 2 pm. This is a nail trim (no foot soak) and the fee is \$40. Jenelle offers 7 appointments each Monday. Appointment required.

Jenelle is a trained medical professional providing this critical service; she has provided footcare to several other senior centers in Clackamas County for years, and comes highly recommended.

### American Red Cross Blood Drives

We host American Red Cross blood drives at the Center on a bi-monthly schedule. **Dates for blood drives in 2024 are: May 20th and July 19th.** More dates will follow later. Donor hours are 12:15 pm – 5:15 pm in Classroom 3. Schedule your appointment time on-line or contact Kathy Robinson at 503 266 2970 if you need assistance.

### Lions Club Glasses & Hearing Aid Collection

We offer a collection box in our foyer for your used eye glasses and hearing aids. A Lions Club representative maintains the box and delivers it to its destination where your donations can be re-used.

### Terracycle Recycling

We offer recycling bins for those hard to recycle items: oral care products and packaging, all brands, used or empty; non-electric blades/razors/and packaging, as well as deodorant containers. Please make sure all items are dry before placing in recycling bin. Funds from these recycled products benefit Canby Adult Center.

### AARP Free Tax Clinic (seasonal)

This service is provided through AARP volunteers. Appointments are taken beginning mid-January for tax services that run February through mid-April. AARP tax clinic service is free!

### Bulletin Board

We offer a community bulletin board where advertisements are posted for upcoming events and personal services. These announcements and advertisements have not been vetted by the Center, but are made available for informational purposes only.

### Inclement Weather Closures

Our inclement weather policy is based on Canby Schools: If the School District is closed due to inclement weather, then Canby Adult Center will also be closed. Our answering machine is updated when we close due to bad weather; call us at 503-266-2970 for updates.

### Center Donations:

We gladly accept your donations of books (especially large-print books), puzzles, and small items for our bingo raffle.

We also accept locally grown fresh produce to use in our meals and to offer to our senior community to take home and use.

We keep a year-round food collection barrel in our outer lobby to benefit Canby Center.

#### **Unfortunately we are not able to accept:**

Clothing, electronics, exercise equipment, furniture, medical equipment or supplies, VHS tapes, and musical instruments (including pianos and organs).

**Please do not leave expired foods, bruised produce, empty boxes or clamshells, or packing materials (including bubble wrap or packing peanuts) on our benches. We cannot use those items. Thank You!**

# Client Services—Resources & Support Groups

If you have questions, contact Wendy May, Client Services Coordinator, 503-266-2970.



**Clackamas County Crisis Line & Clinic: 503 655 8585**

**National Suicide Hotline 988**

**Senior Loneliness Line 503 200 1633 or [www.SeniorLonelinessLine.org](http://www.SeniorLonelinessLine.org)**

**Clackamas County Aging & Disability Resource Connection Information and referral: 503 650 5622**

**Stroke Survivor Support Group Meeting - First Thursday of Each Month at 1 pm**

The group is facilitated by Mike Long, MSW, and the focus is sharing experiences, strength and hope during recovery. This is a free meeting— sign up is encouraged but not required.

The next meeting is Thursday March 7, 2024, at 1 pm



## Safely Dispose of Unused Prescription Medications.

There are many reasons to properly dispose of unused prescription medications. Did you know:

- \* Over 40 people die every day in the U.S. from a prescription opioid overdose according to the CDC.
- \* More than 60% of people with leftover prescription opioids keep unused pills instead of disposing of them.
- \* Most misused medications are taken from friends and family
- \* Destroying medications keeps children, pets and others safe from accidentally ingesting unused or expired drugs.
- \* At home drug deactivation and disposal helps keep unused medications out of our water and soil.

Good news: Clackamas County Public Health has provided The Canby Adult Center with free disposal kits!

Contact Wendy at 503 266 2970 for your free kit.

## Public Alert Notification System

County residents can opt-in to receive critical emergency messaging via email, phone call and text during times of disasters. Important messages that could be relayed include notices to evacuate, shelter-in-place, shelter locations and other extremely important information. The system is programmed with landline phone numbers, both listed and unlisted, from telephone company records.

By signing up, you can receive emergency notifications for your home. You will only be contacted when the associated address is affected by an emergency. **To sign up, visit:**

<https://www.clackamas.us/dm/publicalerts>

**Or contact Clackamas County Public Alerts at 503 655 6378**

## Clackamas Free Clinic-Volunteers in Medicine, Vision & Eyecare

Patients will be offered free eye exams and access to low-cost glasses.

Appointments will be scheduled on Tuesdays from 10 am to 4 pm

Call 503 722 4400 between 10:00 AM—5:00 PM, Monday—Thursday to make an appointment.

**Clackamas Volunteers in Medicine  
1960 Molalla Avenue  
Clairmont Hall  
Oregon City Oregon 97045**

\*Located on the Clackamas Community College Campus.



## Lifeline is for When Times are Tough

Everyone should have access to quality, affordable Internet and voice services. Oregonians whose income is at or below the current federal poverty level and/or on a state public assistance program may be eligible to receive a reduction in their monthly bill for local residential landline telephone or broadband Internet service through the Oregon Lifeline program.

**Lifeline** is a non-transferrable government assistance program limited to

one discount per household. Oregonians who currently receive qualifying benefits below may receive up to a \$15.25 reduction in their monthly bill for local residential telephone service or up to a \$19.25 reduction in their monthly bill for broadband service. Proof of eligibility may be necessary for enrollment.

To learn more about the program, visit [rspf.org](http://rspf.org) to download and complete an application or call 800 848 4442. Discount amounts are subject to change. All inquiries and applicant info are kept strictly confidential



NAMI has a new peer-led support group for adults who identify as LGBTQIA2S+ and live with mental illness. This group offers a place to learn from one another's experiences, share coping strategies, and offer mutual encouragement.

This group meets monthly on the 2nd Sunday of every month via Zoom from 5:00 pm to 6:30 pm.

For more information on this support group, or other groups they may offer, contact NAMI at: [www.namicc.org](http://www.namicc.org) or call 503 344 5050.



# On-going Classes and Activities

## Exercise and Wellness Classes Open to Everyone!!!

**Geri-Fit (Seated Exercise):** We are pleased to offer Geri-Fit classes three times weekly! Class meets every Monday, Wednesday and Friday at 11:00. This class is a great way to start your fitness journey if you're new to exercise. Instructor, Mindy Tilden

*No fee—donations appreciated*

**Better Bones & Balance:** Class meets Monday, Wednesday and Friday at 10:00. Get a great work-out, rain or shine, using dumbbells and your own body weight. Join this class with experienced instructor, Mindy Tilden.

*No fee—donations appreciated*

### Tai Ji Quan

We now offer Tai Chi Quan classes three times weekly. Class meets every Monday, Wednesday and Friday at 9:00. Check out this class—a great way to increase mobility and balance! Instructor, Mindy Tilden

*No fee—donations appreciated*

### Walk with Ease—See you in the spring!

The weather is a-changing! We look forward to sunnier skies and drier walks in the spring. Check back here for dates in the spring.

### Yoga— Tuesdays at 9:30 am

This class is offered weekly, every Tuesday at 9:30 am with Yoga Instructor Kathryn Kendorf. This class is intended for older adults and includes some seated work. No charge; donations accepted to help off-set the cost of the instructor's fee.

*No fee—donations appreciated*

### Relaxation and Meditation: Mondays at 3:00 pm—note class time change!

Instructor Robert Baguio leads you through an exercise to fully relax and release tension and stress, redirecting your energy to wellness and healing.

*No fee—donations appreciated*

### “Let's Dance” Line Dancing Classes: Every Tuesday & Thursday 1 pm —

No partner needed for this popular and fun line dancing class! New dancers welcome!

*No fee—Donations accepted*



**WEEKLY CARD GAMES:** Open to anyone who wishes to participate. Walk-in's always welcome, no sign-up required.

**Hand & Foot: Mondays at 1:00 pm** This game has 2-4 players at a table and uses 3-5 decks of cards. We have trays to hold your cards and we welcome new players!

**Pinocle: Tuesdays & Fridays 1:00 pm**  
This is double-deck pinocle and the group is flexible with the number of players; 3 to 6 people at a table and lots of room for new players! New players always welcome!

## MONDAY

### Woodcarving Workshop at 10 am:

Join our woodcarving workshop every Monday at 10:00 am. This is a woodworking group, not a class, so bring your projects and tools and see what others are working on! See Wendy if you have questions.

Walk-ins welcome

**No Fee**

## TUESDAY

**Handiwork Group Meets at 10 am:** Bring your own projects to work on while socializing with friends. Walk-ins welcome!

Classroom 2

**No Fee**



**BINGO Every Tuesday: Packet sales open at 12:15; Games begin at 1 pm.**

**Regular games:** 1 packet \$5, 2 packets \$8, 3 packets \$10

**Special games:** \$2 for four games, 3 cards to a game, and payouts vary by number of games purchased.

**Minimum Payout:** \$5 per game for 7 – 11 players, \$7 per game for 12-18 players & it keeps going up!

**Black-out Bingo:** 1 number added every week!  
Maximum pot \$200, weekly \$20 consolation prize

## WEDNESDAY

### Quilty Friends— April 3, 10, 24th

This group meets several times each month on Wednesdays—all levels of quilters are welcome! You need a portable sewing machine to get started. You can work on individual or group projects (some are for charities). New quilters and walk-ins always welcome!

**No Fee**

### “Medi-Carolers”— April 3rd, April 17th

No experience necessary to join this fun group of other music-lovers. They meet the **first and third Wednesday of each month at 1 pm. Bring enthusiasm and join us for this fun new singing group!**

## THURSDAY

### Memoir Writing Group 1st and 3rd Thursdays 10 am – 11:30 am:

If you enjoy writing, this group is for you! Class facilitator suggests a topic to write about at home and you share your work at the next class. Topics often involve recording memories—a great gift to your family! Consider joining us.

**Drop-ins welcome; no fee.**

### Ukulele Class—Back Every Thursday 10am-11 am

Class instructor teaches basics in a step by step series. There is a \$5 charge for the book that you keep. Bring your ukulele and join this fun group! Walk-in's welcome.

**The instructor comes from Vancouver to teach this class; a weekly donation of \$5 is suggested for instruction.**

# Board News and Announcements

## BOARD OF DIRECTORS 2022-2023

### CHAIR

#### Loren Bell

[loren@canbylawfirm.com](mailto:loren@canbylawfirm.com)  
(Term ends Sept 2026)

### Vice Chair

#### Matt English

[menglish@canbyfire.org](mailto:menglish@canbyfire.org)  
(Term ends Sept 2024)

### Treasurer

#### Keith Galitz

[kgalitz@canby.com](mailto:kgalitz@canby.com)  
(Term ends Sept 2024)

### Secretary

#### Sandie Field

[s.field289@yahoo.com](mailto:s.field289@yahoo.com)  
(Term ends Sept 2025)

#### Robert “Cash” McCall

[cashmccall@canby.com](mailto:cashmccall@canby.com)  
(Term ends Sept 2025)

#### Pat Schauer

[pschauer1951@yahoo.com](mailto:pschauer1951@yahoo.com)  
(Term ends Sept 2024)

#### Tim Nichols

[ODBGoldFish@web-ster.com](mailto:ODBGoldFish@web-ster.com)  
(Term ends Sept 2025)

#### Brandon Leonard

[leonardb@canbypolice.com](mailto:leonardb@canbypolice.com)  
(Term ends Sept 2026)

#### Joyce Peters

[joyce4432@canby.com](mailto:joyce4432@canby.com)  
(Term ends Sept 2026)

## A word about our Board ~

We are grateful to our board members! Our nine-member board is filled by volunteers who have been elected (or in some cases, appointed) to sit as our board of directors, generally for a term of three years. They meet monthly, usually the second Wednesday of each month, and members and guests are always welcome to attend.

## Board Meeting Minutes—Excerpts February 14, 2024

**Directors Present:** Loren Bell, Matt English, Keith Galitz, Sandra Field, Tim Nichols, Joyce Peters, Pat Schauer, Brandon Leonard, Cash McCall

**Directors Excused:** None

**Staff Present:** Kathy Robinson

**Call to Order and Approval of Minutes:** The meeting was called to order by Chair, Loren Bell at 1:00 pm. A quorum was established, and a motion was passed unanimously to approve minutes of the January meeting.

**Report from City Council Liaison, Jim Davis:** The City Council received several applications for an open Council position. Scott Sasse has been selected to fill the open position. Jim also reported on Parks and Recreation progress on approved plans for upgrades to several existing parks in the city with expected weather-related delays. A design for a proposed 40-acre athletic complex is completed and will be presented to City Council that will include 8 soccer fields, 4 baseball fields, an Indoor soccer field and room for a future aquatic center. The Walnut Street extension to HWY 99 is waiting for ODOT’s traffic study and design finalization before going to bid. The City Goal Setting Session is scheduled for this week.

**Treasurer Report:** Keith reported that January was an excellent month for the investment portfolio. Ending balances above projections and well within budget.

**Director Report: Client Programs:** A Resource Fair is planned for May that will focus on housing resources in the area.

**Fundraising and Other Events:** The Iwo Jima commemoration is Saturday, February 17<sup>th</sup> with the VFW and Marine Corp coordinating.

**Building Remodel Update:** Kathy reported that work on the government Grant- *Building Resilience in Communities* (BRIC) to help fund over \$200K for some of the seismic upgrades and a generator required in the Building Remodel is progressing with CAC taking the lead to work with the State of OR and a Consulting firm to complete the process.

**Staffing:** A new assistant cook; Daniel Campa joined the kitchen staff on February 8<sup>th</sup>.

**Administration:** At the direction of the Board, Kathy engaged a Human Resources Firm, TRUPP to assess the existing employee handbook. A proposal was approved by the board to pursue their development of a new handbook with updated regulations and practices the cost of which is covered in the approved budget. Kathy advised of a need for a used vehicle for running Center errands instead of using the Van and Bus. The Board supported her idea to solicit donations. Due to conflict in schedules, it was agreed that the March board meeting would be delayed to March 20<sup>th</sup>. Kathy requested that Board members keep her informed of availability, scheduled vacations, etc.

**Old Business: Final Amended By-Law changes:** Final amended By-Laws as approved by full membership in January were distributed and signed by the Board chair and secretary.

**Committee Reporting:** A proposed Committee Meeting Calendar was presented for discussion. Committee leads and members were discussed and approved as well as proposed dates for specific activities. The Strategic Planning Committee was renamed [Building Remodel Planning Committee](#).

**Capital Campaign Consultancies:** Two candidate firms have been interviewed. Each has differing approaches and significant cost differences. Kathy continues to work through final conclusions and recommendations.

**Executive Session:** At approximately 1:45 the Chair, Loren Bell requested a motion to move to Executive Session.

**Meeting Adjourned:** At approximately 2:30 pm a motion was made and unanimously passed to adjourn the meeting. Next meeting is Wednesday, **March 20th** at 1 pm.

*Respectfully submitted by  
Sandra Field, Secretary*

# April Speakers and Activities

## **MONDAY, April 1, at 2 pm Parkinson's Resources Support Group**



The group meets the first Monday of each month from 2 pm to 3 pm to share, learn, and connect with others navigating Parkinson's. This group is open to people with Parkinson's, care partners, family and friends.

Contact facilitator Shirley at 503-380-1712 if you have questions. *[If the first Monday is a holiday—the group meets on the first Wednesday.]*

## **First Thursday of Each Month—April 4, at 1 pm Stroke Survivor Support Group**

A Stroke Survivor Support Group meets the first Thursday of each month (this month **Thursday, April 4th, at 1:00 pm**). Focus is providing stroke survivors the opportunity to join together, share experiences, as well as provide strength and hope, and offset the social isolation many experience in their recovery.

The group is facilitated by **Mike Long, MSW**, who suffered a hemorrhagic stroke in 2018. If you are unable to attend in person, Stroke Awareness Oregon.org offers a virtual support group via ZOOM on the 2nd and 4th Tuesdays of each month at 3 pm. For more information call 541 323 5641.

**No Fee**

## **April 11th at 10 am—Estate Planning with local attorney Loren Bell— Sign up begins March 25th.**

Plan now to attend this informative presentation by local attorney, Loren Bell. Loren will review essential documents you should complete for peace of mind (including a Will, Power of Attorney and Advance Directive).

We offered a similar presentation last year which was well attended. You won't want to miss this opportunity.

Sign up required. Sign up in person at the front desk or by calling 503 266 2970. **No Fee**

## **Thursday, APRIL 11th at 1 pm: NW Medicare Advisors**

NW Medicare Advisors provide general information and answer questions regarding various medicare plans. They are also able to answer questions for those who may be new and now eligible for Medicare!

If you have questions before April 11th, you can call them at 503-303-7519. Walk-ins welcome; no appointment needed **No Fee**



## **April is Parkinson's Disease Awareness Month!**

Join us Monday, April 8th at 1:00 pm for Parkinson's Resources of Oregon Presentation

Did you know April is Parkinson's Disease Awareness Month? Parkinson's disease (PD) is a neurodegenerative chronic illness with a myriad of symptoms. PD is the second most common neurodegenerative disease behind Alzheimer's with nearly one million people in the US living with it. With age being the number one risk factor to developing PD, you or someone you know may be navigating the disease.

Understanding the basics of Parkinson's can help people with PD feel more supported and raise awareness to the challenges PD poses.

Nia Jones, Program Coordinator at Parkinson's Resources of Oregon (PRO) will discuss the basics of PD, local resources, and how to support those around you with PD.

Sign-ups strongly encouraged – sign up in person at the front desk or call 503 266 2970. **No Fee**

## **FREE Seamstress Service: April 24, 12 pm to 4 pm**

Local seamstress Jennifer Varner offers free sewing services the 4th Wednesday of each month from noon to 4 pm. Services include hemming, buttons and snaps; fixing faulty seams; repairing stuck zippers, mending holes and tears in garments, applying patches, and repairing popped seams. If you are not sure an item can be repaired bring it in and ask Jennifer! Sign up at the front desk or call 503 266 2970 and describe which service is needed. To give everyone an opportunity to take advantage of this service, please do not sign up multiple months in a row—thank

## **Rose Elder Law—Informational Presentation and Discussion: Setting Up Long Term Care Thursday, April 25th at 10:00 am**

Join Jennifer Trundy from Rose Elder Law, here at CAC, on Thursday, April 25<sup>th</sup> at 10am! Jennifer will be here to offer information and answer questions regarding setting up long-term care.

Advance sign-up encouraged. Sign up in person at the front desk or by calling 503 266 2970. **No Fee**

See next page for More April Speakers and Activities →

# April Speakers and Activities—Continued

## Options for Care in the Home as you Age Thursday April 25th at 1 pm

Join us for a presentation on the various care options available to support aging individuals in the comfort of their own homes. Whether you're considering care for yourself or a loved one, this session will cover the similarities and differences between Home Care, Home Health, Palliative Care, and Hospice Care. We'll discuss different types of home care services, such as personal care assistance, meal preparation, medication management, and companionship. You will gain valuable insights into the options available for aging in place and how to make informed decisions that promote independence, safety, and well-being.

Don't miss this opportunity to explore the possibilities of aging comfortably at home.

**Sign up required**— call 503 266 2970 or sign up in person at the front desk. **NO FEE**

### Monday, April 29th at 1:00pm

Canby Police Department will be here to discuss code compliance and all the current happenings around town.



### SAVE THE DATE:

#### Probate with Loren Bell—May 16th at 1 pm

Loren will address probate, privacy, and possible estate tax benefits.



Sign up for this informative session beginning April 29th.  
**Sign up required. No Fee**

### YOU ARE INVITED Friday Night, March 29th, to the American Legion Auxiliary Fish, Fries & Cole Slaw Plate for \$10

The American Legion Auxiliary is inviting you for dinner on Friday Night March 29th. You can purchase a Fish, Fries and Cole Slaw Plate for \$10. The proceeds from this Auxiliary event will benefit CAC's home delivered meals program!

### Do you have a town car that you no longer need?

Are you thinking about giving up driving and not sure how to dispose of your vehicle? The Canby Adult Center is hoping to add to its vehicle fleet with a trustworthy, fuel-friendly, town car for in-town use. If you have a vehicle that you no longer use, consider donating it to CAC – it's a great tax write-off! See Kathy Robinson if interested!



## Baseball Word Scramble



1. aidnmod \_\_\_\_\_
2. ctrphie \_\_\_\_\_
3. ohstsrtp \_\_\_\_\_
4. omherun \_\_\_\_\_
5. ugduot \_\_\_\_\_
6. enidrfiel \_\_\_\_\_
7. sbae \_\_\_\_\_
8. doumn \_\_\_\_\_
9. hctearc \_\_\_\_\_
10. iteksr \_\_\_\_\_
11. laeug \_\_\_\_\_
12. knucklllbea \_\_\_\_\_
13. rwnoudn \_\_\_\_\_
14. dltoufei \_\_\_\_\_
15. iafirsce \_\_\_\_\_
16. astudim \_\_\_\_\_
17. rrero \_\_\_\_\_
18. kiofpcf \_\_\_\_\_
19. opbackts \_\_\_\_\_
20. odulberedhae \_\_\_\_\_

### Word scramble ANSWER KEY

11 League  
12 Knuckleball  
13 Rundown  
14 Outfield  
15 Sacrifice  
16 Stadium  
17 Error  
18 Pickoff  
19 Backstop  
20 Doubleheader

1 Diamond  
2 Pitcher  
3 Shortstop  
4 Homerun  
5 Dugout  
6 Infielder  
7 Base  
8 Mound  
9 Catcher  
10 Strike



# April Trips—2024

## TRIPS GUIDANCE :

Trips sign-up begin the last Monday of the month prior, **except as noted**.

Phone Bookings accepted only for trips without pre-payment.

**You may sign up only yourself and one other family member.**

**Clearly** note any mobility device needed, i.e., walker, scooter, wheelchair, etc.

Please note that we expect travelers with mobility or other health issues to choose wisely when signing up for a trip with us. All travelers must be able to participate in all aspects of the trip independently, or else bring a caregiver.

Trips involving advance ticket booking by the Center **MUST** be paid in advance before your name goes on the list.

If you must cancel on a pre-paid trip, we will reimburse any transportation fee collected; we will reimburse for prepaid tickets **ONLY** if we have another traveler ready to take your place.

Seniors (age 60+) and caregivers receive first priority for trips. Under 60 travelers may attend if space permits.

**Travelers are allowed to sign up for a maximum of two trips the first day of sign-ups; come back on subsequent days to sign up for trips that still have open spots.**

The above is general guidance; CAC reserves the right to modify procedures to fit individual trip or client needs

*CAC reserves the right to refuse service to anyone not complying with all the elements of our Code of Conduct.*

Thank you for your cooperation!

Trip sign-ups are in person beginning **Monday, March 25th**. While you may call on the 25th to sign up for any trip that doesn't require a prepayment, your call will be put through to the Transportation Coordinator's voicemail and your trip request will be processed **AFTER** all in-person sign-ups are processed. **Trip requests that are phoned in may not get a spot on a desired trip if it fills up with in-person sign-ups. Any required pre-payments MUST be paid before a spot can be reserved. You may sign up for two (2) April trips on the first day of sign up, to give everyone a chance to sign up for something special.**

### **Canby Police Department Tour/City Shops**

**April 9, 2024**

Where is our police station in Canby? What goes on there and the city shops anyway? Let's go find out together and enjoy seeing the business of protecting and keeping our city running smoothly. *Bring money for lunch at Fultanos after the tours.*

Depart: 9:40am

Return to Center 2pm

Cost: FREE

Bus Fee: Donations Accepted

### **Willamette Heritage Center**

**April 11, 2024**

The Willamette Heritage Center, formerly the Mission Mill, is a National Parks-designated American Treasure. We'll view Beautiful gardens, pioneer buildings, and museums. The Center also includes a research library and archives of Marion County history. Visitors will enjoy seeing the **Thomas Kay Woolen** Mill that was built in 1889. *Bring money for lunch after the tour.*

Depart: 9:30am

Return to Center 3pm

Cost: \$8.00 (pay at sign up)

Bus Fee: Donations Accepted

### **Silverton Creek Lanes Bowling and Lunch**

**April 16, 2024**

From ages 2 to 100, anyone can do it! Come along for some smashing fun with friends. Silver Creek has it all. If your own bowling ball and shoes if you have them. *Bring money for bowling and lunch after.*

Depart: 10:30am

Return to Center 3pm

Cost: \$10.50 (pay at event)

Bus Fee: Donations Accepted

### **Bugatti's Italian Restaurant in Oregon City**

**April 18, 2024**

This team does not just include our fantastic restaurant team members but our local farmers, fishers, ranchers, brewers, vintners, bakers, and foragers. Together we aim to provide you with delicious meals, a healthy environment and support for our communities. *Bring money for dinner.*

Depart: 4:45pm

Return to Center 8pm

Cost: Pay at event

Bus Fee: Donations Accepted

### **Canby High School Alumni Spring Concert**

**April 25, 2024**

Let's go to dinner at *Langdon Farms Restaurant* and then to the spring concert. Listen to all of the best choirs offered by Canby High School, including the award-winning, 100 voice concert choir and the alumni choir, including CHS alumni from the 1960s, 70s, 80s and beyond—our own Kathy Robinson can be seen in the alto section!

Depart: 4:45pm

Return to Center 8:30pm

Cost: \$12 (pay at sign up)

Bus Fee: Donations Accepted

### **Wooden Shoe Tulip Farms**

**April 30, 2024**

Join the gang as we venture over to Wooden Shoe Tulip festival to experience the magnificent fields of vibrant color and beauty of blooming flowers, train rides, craft vendors, and more. *Bring money for lunch at Country Cottage Restaurant at the golf course in Senior Estates after enjoying the tulips.*

Depart: 9:45am

Return to Center 3:30pm

Cost: Free admission

Bus Fee: Donations Accepted

**Mark your calendars:** March 29th - Fish & Chips & Coleslaw Plate at Canby American Legion, hosted by the Legion Auxiliary. Burgers, hot dogs, fish and chips on offer. Dinner is \$10 and proceeds to benefit CAC Home Delivered Meals program.

Dinner starts at 5:30 pm

Canby American Legion Hall is located at 424 NW 1st Avenue, Canby. See you there!

# April Movies, Music & More

**Afternoons at the Movies ~ ~  
Wednesday & Friday 1'o clock sharp!**

## **March Movie Line-up**

### **Wednesday Movie Features:**

April 3<sup>rd</sup>: **Holes**, starring Shia LaBeouf and Sigourney Weaver. A wrongfully convicted boy is sent to a desert detention camp where he joins the job of digging holes for some mysterious reasons. Lighthearted adventure comedy.

April 10<sup>th</sup>: **Heaven can Wait**, starring Warren Beatty and Julie Christie. A professional quarterback, accidentally taken away from his body by an overanxious angel before he was meant to die, returns to life in the body of a millionaire.

April 17<sup>th</sup>: **Maverick**, starring Mel Gibson, Jodie Foster and James Garner. Bret Maverick, needing money for a poker tournament, faces comic mishaps and challenges, including a charming woman thief.

April 24<sup>th</sup>: **The Secret: Dare to Dream**, starring Katie Holmes and Josh Lucas. This uplifting story follows a young widow and a mysterious man who helps her and her family transform their lives.

### **Friday Fun...**

**April is the month of "fools", so join us  
for Bob Hope and Bing Crosby on their travels  
full of (mis)adventures!**

April 5<sup>th</sup>: **Road to Bali**. Having to leave Australia in a hurry, two song and dance men sign on as divers, which brings them to an island where they vye for the affections of the local princess.

April 12<sup>th</sup>: **Road to Morocco**. Two stowaways find themselves on foreign soil and fall for the charms of a Moroccan princess.

April 19<sup>th</sup>: **Road to Utopia**. Two vaudevillians search for Klondike gold – but compete for a lovely lady instead.

April 26<sup>th</sup>: **Road to Zanzibar**. The boys are in hot water as guests of honor at a cannibal feast in the darkest heart of Africa!



**Lunch service is at noon Monday, and Wednesday thru Friday. You must be seated by noon.**

**Music in the Dining Room:** We are occasionally able to offer live music prior to, and up to 15 minutes after lunch is served. When available, we provide the date and time of our musical guests, however sometimes that is not possible.

**No Music with Jim this month—watch the May newsletter for his next performance date— Usually the Third Thursday, at 11:30** Jim provides a great variety of music including country, patriotic and much more.

**Music with Scott— April 24th at 11:15**

Featuring our very own Scott Goetchius! He will play for us from 11:15 to 12:15. A great variety of music for your enjoyment—his repertoire is extensive!

### **Remember Make Reservations for "Special Event"**

**Lunch Dates:** We will require reservations for our Easter Lunch celebration on April 3rd AND Hamburger Day on April 18th to ensure that we can offer appropriate seating for everyone. You don't need to be a member to make a reservation; your reservation guarantees seating. Our goal with the reservation list is to help us better prepare for special event meals, and help make the lunch service more efficient for your dining pleasure.

**DO YOU HAVE A "FOB"?** You can use yours to sign in for lunch, trips, movies, speakers and classes! A key fob has nothing to do with membership, it is a way to sign in electronically for services (like lunch and exercise classes) or trips and presentations. **There is no fee to obtain a key fob and all you need to do is complete a purple form from the front desk and wait 7-10 days!** Then you can sign in to the Center electronically!

### **Some Big Thank You's:**



Thank you to Caroline Burton for the beautiful hand-made quilts which she has generously donated to us for raffle. There is a quilt displayed in our lobby which will be raffled off on April 3rd! Buy your tickets today!

**Welcoming,**

**Inviting**

**Dynamic**

Canby Adult Center—the "place to be"!



### **Annual AARP Tax Clinic is FULL**

The AARP Volunteer Tax Clinic appointments are currently full and we do not maintain a wait-list. You may call us often at 503 266 2970 to see if we've had any cancellations. AARP tax-aide volunteers are not able to prepare complex tax returns. **Appointment IS required; No Fee**

# Healthy Body—Healthy You!

April is here, spring has sprung (well, it's spring-ing anyway)! Sunshine and rain brings us the beautiful green colors of Oregon and I'm READY for it! April is Parkinson's Awareness Month, a time when the Parkinson's community comes together to raise awareness for Parkinson's disease (PD). Take a few minutes to learn about this disease and how it may affect you. I hope to see you at the center soon ~ Mindy

## What is Parkinson's Disease?

Parkinson's disease is a brain disorder that causes unintended or uncontrollable movements, such as shaking, stiffness, and difficulty with balance and coordination.

Symptoms usually begin gradually and worsen over time. As the disease progresses, people may have difficulty walking and talking. They may also have mental and behavioral changes, sleep problems, depression, memory difficulties, and fatigue.

While virtually anyone could be at risk for developing Parkinson's, some research studies suggest this disease affects more men than women. It's unclear why, but studies are underway to understand factors that may increase a person's risk. One clear risk is age: Although most people with Parkinson's first develop the disease after age 60, about 5% to 10% experience onset before the age of 50. Early-onset forms of Parkinson's are often, but not always, inherited, and some forms have been linked to specific alterations in genes.

## What Causes Parkinson's Disease?

The most prominent signs and symptoms of Parkinson's disease occur when nerve cells in the basal ganglia, an area of the brain that controls movement, become impaired and/or die. Normally, these nerve cells, or neurons, produce an important brain chemical known as dopamine. When the neurons die or become impaired, they produce less dopamine, which causes the movement problems associated with the disease. Scientists still do not know what causes the neurons to die.

## Symptoms Of Parkinson's

- Tremor in hands, arms, legs, jaw or head
- Muscle stiffness, where muscle remains contracted for a long time
- Slowness of movement
- Impaired balance and coordination, sometimes leading to Falls
- Depression and other emotional changes
- Difficulty swallowing, chewing, and speaking
- Urinary problems or constipation
- Skin problems

The symptoms of Parkinson's and the rate of progression differ among individuals. Early symptoms of this disease are subtle and occur gradually. For example, people may feel mild tremors or have difficulty getting out of a chair. They may notice that they speak too softly, or that their handwriting is slow and looks cramped or small. Friends or family members may be the first to notice changes in someone with early Parkinson's. They may see that the person's face lacks expression and animation, or that the person does not move an arm or leg normally.

**Parkinson's Foundation  
Helpline**

**Call 1-800-4PD-INFO**

**OR**

**helpline@parkinson.org**

## Treatments for Parkinson's Disease

Although there is no cure for Parkinson's disease, medicines, surgical treatment, and other therapies can often relieve some symptoms.

Medicines can help treat the symptoms of Parkinson's by:

- Increasing the level of dopamine in the brain
  - Having an effect on other brain chemicals, such as neurotransmitters, which transfer information between brain cells
- Helping control non-movement symptoms

Deep brain stimulation

For people with Parkinson's disease who do not respond well to medications, the doctor may recommend deep brain stimulation. During a surgical procedure, a doctor implants electrodes into part of the brain and connects them to a small electrical device implanted in the chest. The device and electrodes painlessly stimulate specific areas in the brain that control movement in a way that may help stop many of the movement-related symptoms of Parkinson's, such as tremor, slowness of movement, and rigidity.

## Support for people living with Parkinson's disease

While the progression of Parkinson's is usually slow, eventually a person's daily routines may be affected. Activities such as working, taking care of a home, and participating in social activities with friends may become challenging. Experiencing these changes can be difficult, but support groups can help people cope.

**The center offers a monthly support group (the FIRST Monday of each month at 2pm.** If you would like more information, call or email the resource listed above.

source: [www.parkinson.org](http://www.parkinson.org)

# Memoir Writing—

First and third Thursday of each month at 10 am, Classroom 2. Join us!

**Please Note:** The views and beliefs shared in these memoirs are those of the authors and do not necessarily reflect any policy or position of the Canby Adult Center.

## Collections ~~

G. Randolph

All my life I have collected various items that had a special meaning to me at the moment. I probably did this to recall a happy memory or a time in my life that was pleasant.

When I stayed at my grandmother's house on weekends, I tended her flowerbeds and large cactus collection and after she passed, I was given all the heat-loving, prickly, fuzzy pots only to have them die in the first winter in our cold, un-insulated farmhouse. I never liked cactus after that hard winter.

Later in my teens I collected movie star pictures from the studios of MGM, United Artist, RKO and Paramount by sending a request and 15-cents in coin to cover costs, to get a 5x7 glossy photo of the stars. My little bedroom was plastered with famous movie stars to the horror of my mother!

After I married and had children, I collected recipes to feed them healthy foods. Just recently I sent four boxes of recipes to my close relative with such instructions on how to bake all those home-grown 40# pumpkins in your own kitchen without breaking a sweat, even though it takes 5 days to process the whole patch! Now I just keep a small plastic bag in a handy drawer with 35 or 40 favorites in case I take a wild notion to fire up the old stove.

Needless to say, when I had my own home I collected trees and shrubs, bulbs and roses and plenty of annuals in my prize yard. It was complete with a wisteria covered gazebo and two water fountains out back and a covered patio where we sat for hours in the solitude of many peaceful days ready and drinking coffee and watching the two dogs play and frolic. I reluctantly lost that valued collection upon the sale of the house eleven years ago, but laughed all the way to the bank.

One of my biggest collections was that of fabric and upholstery materials. It existed for many years. I finally figured out the real joy was in purchasing a bargain and not always making anything out of it. Although one summer I made a lot of polyester pants and jackets, and tops to take on vacation. Another time I made 144 cloth grocery bags to sell at my daughter's bazaar. I burned the midnight oil on that project. Now I have a scant six little shoe boxes of fabric in case I feel domestic and want to sew potholders, etc.

From all these collections I enjoyed, I kept the memories in my heart to be replayed when I get old and feisty and the days are long and dreary. These beautiful items made me happy at the time, but grew dim as the years crept by. They have all been replaced by other needs in my life that are more meaningful and urgent and I accept that for the time-being.

Enjoy your collections for the time left in your life!

## The Blizzard of 1947

B. Roberts

Back when my two brothers and I were kids, our main winter job was to shovel the snow from our sidewalks. We lived in a big house on the corner of Mesier Ave. and New York State Route 9. Both sidewalks seemed to be at least half of a mile long on the side of each roadway.

In December of 1947, the eastern region of New York State received four feet of snow during a massive blizzard. Us boys grabbed our favorite snow shovels and started clearing the long sidewalks before the snow-storm finished dumping snow. We believed it was better to shovel the walks a few times rather than wait until the snow stopped falling.

The city garbage truck was hooked up to a big snowplow used to clear our city streets while the New York State highway department was responsible for plowing Route 9. The state plows made massive snowbanks along our long north sidewalk.

My brothers and I hatched a plan to dig a tunnel along the length of the curb of Route 9. We used smaller coal shovels because they fit better in our long tunnel. We started digging at the corner and dug the tunnel along the curb all the way east to our neighbor's house. We became concerned that we may not be able to breath in the tunnel, so we dug an air hole halfway along our tunnel and straight up to reach 'good air'.

The crazy part of our tunnel project was the fact we could hear the cars and trucks that were only about two feet from our tunnel. If a vehicle skidded into our tunnel, nobody would find us for days.

Search parties would be sent out to locate the Roberts boys who did not return home from a day of snow shoveling.

The state spread rock salt on the road to melt the ice so the water leaked into our tunnel. We became thirsty so dipped our hands in the water for a drink and realized the water was loaded with salt. Bad idea!!!

On sunny days the top of our tunnel would start to melt so our snow suits became wet and we would have to retreat to the house to get dry. Mom wondered why we were wet so we told her we were playing in the snow. We couldn't tell her about our tunnel project.

The sun would melt the top of our tunnel and then freeze at night. In the morning, we would walk on top of tunnel and sometimes we slipped down into traffic lane. That was a risky idea!!

We had fun building the snow tunnel but our guardian angels worked overtime protecting us.



# Birthdays & This & That!

## April 2024 Birthdays!

1	Pam Anderson	9	Deb DesLaurier	26	Pauline Templeton
2	Betty Haak	9	Ginny Stevens	27	Deborah Wade
2	Judie Stone	10	Violet Burley	27	Michele Hunter
2	Shelly Taranoff	11	Marlene Dopp	28	MaryAnn McCann
3	Marguerite O'Brien	12	Marian Hada	29	Marsha Keen
3	Julie Curley	14	Phyllis Lind	30	Robert Daniels, Sr.
3	Margaret Gher	14	Anne Stronko	30	Joe Freeman
4	Jeanne Dinnel	15	Dale Williamson	30	Bill Roberts
5	Arthur Fillis	15	Nancy Fortier	30	Jud Christiansen
5	Tim Nichols	16	Abby Miles	30	Michelle Bayley
5	Jean Metzger	17	Betty Johnson		
5	Kristy Vel	18	Todd Tanali		
5	Marjorie Irving	18	Laurie Harmon		
5	Deb Williams	19	Sunya Porter		
5	Patricia Williams	19	Sue Marble		
6	Dave Fife	19	Diane Davis		
6	Luellen Fife	19	Louise Doney		
6	Nancy Sebastian	19	Mary Harrison		
6	Gwen Reymore	20	April Van Tassel		
7	Rod Ruger	21	Judy Adams		
7	Yoka Noorowijk	22	Scott Caufield		
7	Natalie Pullella	22	Diana Keefe		
8	Bill Hill	23	Sue Goetchius		
8	Dennis Richey	24	Sandie Field		
8	Kathy Dieter	26	Cynthia Wales		
9	Harvey Simi	26	Suzanne Marshall		



### Thank You New & Renewing Members:

Verna Alberti	Allan Kawada
Judi & Alfred Aus	Karen & David Kleinke
Larry Ball	Peter & Nida Kokteff
Ron & Carol Bardwell	Donald Magnuson
Lionel & Barbara Billeaudeau	Lynn & Jane McFadden
Toni Bowes	Bertta Moore
Karen Carpenter	Kathryn Pearson
Im Sook Choi	Jean Robison
Rita & Anthony Corcoran	Albert Roy, Jr.
Deb Deslaurier	Linwood and Marilyn Rush
Jim & Linda Dippman	Wilburn & Barbara Shell
Patricia & Arthur Fillis	Joan Stuart
Lauren Fries	Linda Todd
Gail Gartner	Susan Wear
Kathleen Goodin	Caroline West
Marjie Guise	Sylvia Wiegand
Betty Haak	David & Vicki Williams
Gene & Georgia Hedrick	Stockman-Hind
Charolette Heibert	Marchant & Weber
Arline Herr	Christiansen & Lewis
Vicki Juneski	

**Are you a CAC Member?** Membership to CAC has an annual fee of \$15 for an individual, or \$25 for a couple. Complete the membership form on the last page of this newsletter or print the form from our website; send it, along with your membership fee to: **PO Box 10, Canby OR 97013**

A gift of \$51 or more at any time during the year provides a one year membership, which includes the monthly newsletter for one year, (paper copy or by email) and a discount on building rental. Thank you for your support!

**Bingo Raffle Items Needed:** We have Bingo at Canby Adult Center every Tuesday at 1 pm. We accept new, or gently used items to use as **raffle gifts!** If you wish to donate an item, please bring it to the front desk and we will gladly use it. Thank you!

### Canby American Legion offers Proper Disposal of U.S. Flags

Canby American Legion, Located at 424 NW 1st Street, has a deposit box outside the gate on the Fir Street side, where you can deposit flags in need of disposal. **Look for the mailbox with the VFW logo.** Deposit the flag inside the box and the American Legion will insure that the flag is disposed of properly.

Thanks to Canby American Legion for this service!

### FIDO Animal Food Bank of Clackamas County



The Canby Adult Center is partnering with the Home Delivered Meals AniMeals Program in hosting a donation barrel for pet products. New and unused food, unused medication, leashes, collars, incontinent products, etc. can be donated in the big red barrel in the foyer.

Thank you for your donations!



### Sign up to Donate Your "Community Rewards" to CAC

You can donate your Kroger/Fred Meyer community rewards points to the Friends of Canby Adult Center and each quarter CAC receives a donation from Fred Meyer community rewards program based on a percentage of your shopping purchases. Choose CAC as your non-profit recipient.

To sign up: access your Fred Meyer account using the number on your **rewards card**; you need an email address. Select **Friends of Canby Adult Center** as your non-profit recipient and you can help support the Center as you shop! Let us know if you need help signing up. Rewards points **don't** take away from your personal quarterly points.

Thank you for your support!

### Don't Miss a Newsletter:

If you move please change your mailing address with us! The postal service does not forward newsletters to your new address. If you prefer an electronic copy please let us know your email address.

Thank you!

# Around Town

## In Canby...

### **American Legion— Post 121**, NW 1st Street

- ◆ Friday Night Hamburger Feed - Burgers, hot dogs, fish and French Fries.
- ◆ Note: Friday Night March 29th, American Legion Auxiliary offers Fish, & Chips and Coleslaw Plate \$10. Proceeds from this Auxiliary event will benefit CAC's home delivered meals program!
- ◆ BINGO every Thursday —opens at 5:00 pm, games start at 6:00 pm. Concession offers: Chips, candy, popcorn and sodas

### **Spring in The Country Bazaar**, April 7 - 13, 2024, Clackamas County Fairgrounds

Over 100 vendors will be selling handcrafted items at our 30th annual Spring Show! Items featured will be birdhouses, garden art, collectibles, home décor, plants gourmet treats, and more! A Wonderful Bazaar with gifts, crafts, and home goods.

### **Spring Flea Market**, April 27<sup>th</sup>, Clackamas County Fairgrounds

The Canby Historical Spring Flea Market is scheduled for April 27th. Vendors from around the area gather their goods to sell to collectors. You never know what you are going to find. If you are a vendor and are interested in participating, please contact us for more information. Hope to see you there. Admission is \$3.00 at the door. Children 12 & under are free.

### **Canby Education Foundation Casino Night Annual Fundraiser**, April 27<sup>th</sup>, 5:00pm, Willamette Valley Country Club, 900 Country Club Pl, Canby

Join us for an evening supporting Canby School District!

### **Aurora Colony Flea Market**, April 6, Aurora American Legion Hall, 21510 Main St NE, Aurora

It will feature antiques, vintage, handcrafted, artisans, local producers, home goods, local non-profits and much more. Presented by Wind Horse Antiques and a portion of all booth fees supports the Aurora American Legion Post 110.

### **Large Gnome Class**, Sunday, April 14, Red Chair Farms, 2:00pm-4:00pm, 27215 S. Gribble Rd. <https://www.eventbrite.com/e/large-gnome-class-tickets-845491486797>

This Gnome is my own design and I've gotten A LOT of compliments on him in my studio - so let me share my secrets and let's make one together! I will have a wide variety of colors to choose from and I'll walk you through creating your new friend! No crafty experience is necessary and all supplies provided!

### **Tea by the Sea**, St Patrick's Church, April 27th, 498 NW 9th

Tea by the Sea: Saturday, April 27, from 2 to 4 pm. St. Patrick's Church Hall, Tickets are \$20 each and you can reserve your ticket by calling Verlene Patton, 503-481-3619. Come join us for some fun and tasty eating and TEA.

## Just out of town...

### **20<sup>th</sup> Annual Garden Palooza**, April 12 & 13, Bauman's Farm & Garden, 12989 Howell Prairie Rd. NE, Gervais

The gardeners are coming! Garden Palooza has been the premier Spring gardening event in the Portland Metro Area for the last two decades where serious gardeners come to get some serious deals as well as an early start on a large selection of plants, gardening tools, garden art, gardening books & apparel and much, much more!

Mark your calendars and make plans to experience over 30 vendors coming together at Bauman's Farm & Garden to get you excited about gardening. This is a free event to attend and there are no parking fees.

## Out of Town...

### **Convenient Composting**, April 14, 11:00 am, Oregon Gardens, Silverton

The Tulip Team is coming to The Oregon Garden to teach you to how easily – and conveniently – compost at home! Learn how to determine the best place to set up a composting system, how to use your compost, learn what you can and cannot compost, how to do so sustainably, and even create your own mini compost experiment to take home!

**General Admission: \$12 Members: Free**

### **Quilt, Craft & Sewing Festival**, Portland Expo, Thursday, April 11th - Saturday, April 13

Come join us at the Quilt, Craft & Sewing Festival! You will find a wide variety of Sewing, Quilting, Needle-Art and Craft supply exhibits, make 'n takes, free demos, and daily door prize drawings.

### **Portland House & Outdoor Living Show**, April 5-7, 2024 — Oregon Convention Center, Hall D

This comprehensive and expansive home show brings together homeowners and the area's top remodeling and building experts. Every aspect of the home can be explored, from the smallest design detail to the largest house addition. Professionals will be on hand to share their valuable knowledge to bring your ideas to life or inspire you with new ones.

### **Broadway Rose Theatre Company**, Sh-Boom! Life Could Be a Dream, April 4 – 28, Broadway Rose New Stage, 12850 SW Grant Avenue, Tigard

Meet Denny and the Dreamers, a fledgling doo-wop singing group hoping to realize their dreams of making it to the big time! Return to the days of yesteryear with nostalgic hits from the Golden Oldies, "Fools Fall In Love," "Tears On My Pillow," "Runaround Sue," "Earth Angel," "Stay," and "Unchained Melody." Winner of the Los Angeles Drama Critics Circle Best Musical Award, Sh-Boom! Life Could Be a Dream will leave you laughing, singing, and cheering—let's hear it for the boys.

# Thank you 2023—2024 Annual Appeal Donors

## Sustaining Individual Donors: Donations of \$201+

Anonymous	Mel Farrington	Craig & Deone Lewelling	Carole Laity & Sheldon Marcuvitz
Tricia Achenbach	Jeff Feller	Ronald Lindland	Doug & Diane Skille
Abbie Allen	Ron & Cheryl Fullerton	Judy Long	Roger Skoe & Sharon Arrigotti-Skoe
Robert Allen	Keith and Jan Galitz	Frank Long	Vicki Smith
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Tom & Theresa Arena	Bruce Gehrke	Larry and Ann McBride	AJ and Deve Swaim
Robert Baguio	April & Jared Gensman	Mike & Gretchen McCallum	Mary Ann Taufest
Hank Baker	Fredrick Gill	Anne McKinney	Jim Thompson
Florence Ball	Donna Gould	Mary & Bernie McWilliams	Cordell Tietz
Janey Belozar	Emmett Gray	Kathy Milhauser	Greg Timmons
Norma Benjamin	Carmen Hamilton	Jeffrey Mills	D'Anne Tofte
Dennis Berkheiser	Rosemary Hands	Jerry & Brenda Mootz	Jorge Tro
Tina Borges	Leona Hart	Marty Moretty	Angie Turnacliff
Michael Bradney & Helen Ferguson	Patty Hatfield	Gale Nelson	William Vermillion
Buzz and Jo Brehm	James & Paulette Hefflinger	Tim & Sally Nichols	Susan & Earl Voss
Marjorie Brood	Delbert Hemphill	John & Yoka Noordwijk	Ed & Cindy Wales
June Casper	Larry & Yvonne Hepler	Kathy & Richard Oathes	Jennifer & Sean Warren
Bob Cornelius	Bob & Jenny Hickman	Charles Odell	Mary & Larry Weber
Mary Margaret Cornish	Don & Susie Hope	Mary Mariah Olson	Janice Weeks
Ernest Cowan	Kathleen Hostetler	Micki Paul	james and Greta Wiersma
Robert Cullison	Randall Jenkins	John Pendleton	Elaine Wilcox
Tom Daudistel	Robert & Charlotte Johnston	Joyce Peters	Roy Wilson
Shuree & Deven Deller	Paula Jones	Deanna Peterson	Anna and Steve Winders
Mason Diegel	Robert & Darlene Kauffman	Sunya and Wade Porter	Kathy Winther
Hardy and Kim Dimick	Michael & Lucy Kelsay	Gordon Rasted	Peggy Yeats
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Scott & Susan Enyart	Darline Kraxberger	George & Joy Schmidt	Fred and Jan Zittleman
Reni Erk	Brenda Lais	Rex & Nancy Sebastian	
	Robert Larson	Roger and Marilyn Shell	

### Sustaining Business & Organizational Donors:

#### Donations of \$201+

Anderson Properties  
 Canby-Molalla Spine & Sport  
 Clackamas County Meals on Wheels  
 Custom Plumbing & Construction  
 Cutsforths Market  
 DirectLink  
 OBC Northwest Inc.  
 Oregon Custom Cabinets Inc  
 Quest Investment Management  
 Roofmasters Inc.

### Thank you on-going Business Partners for your in-kind support

Andrew Kauffman—Attorney at Law  
 Canby Kiwanis Foundation & Thrift Store  
 Custom Plumbing & Construction  
 Cutsforth's Marketplace  
 Direct Link  
 Hulbert's Flowers  
 Kahut Waste Services  
 Marquis at Hope Village  
 Shimadzu

## February & March Donors

### Financial Donors:

Abbie Allen	Robert & Vicki Breitbarth
Joan Dalton	Patricia deCarteret
Shuree & Deven Deller	Patty Hatfield
Arbie Irwin	Betty Larson
Robert Larson	Ron & Peggy Patterson
Jean Robison,	Greg Timmons
Lillybell Walter	

### Memorial Donors:

**Gloria Weygandt-Randolph  
 in Memory of Buzz Weygandt**



Friends of Canby Adult Center Inc  
PO Box 10  
Canby OR 97013-0010

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CANBY ADULT CENTER MEMBERSHIP APPLICATION Date \_\_\_\_\_

New Member  Renewal   
Name \_\_\_\_\_  
*Under 65* \_\_\_ *65-70* \_\_\_ *70-75* \_\_\_ *75-80* \_\_\_ *Over 80* \_\_\_

Single Membership: \$15/year Couple: \$25/year

Birth Month \_\_\_\_\_ Birth Day: \_\_\_\_\_

Name \_\_\_\_\_  
*Under 65* \_\_\_ *65-70* \_\_\_ *70-75* \_\_\_ *75-80* \_\_\_ *Over 80* \_\_\_

Birth Month \_\_\_\_\_ Birth Day: \_\_\_\_\_

Address: \_\_\_\_\_ City & Zip \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Enclosed: Check: \$ \_\_\_\_\_ Cash: \$ \_\_\_\_\_

*Renewal postcards are mailed quarterly as a reminder to renew your membership & update your information.*

Check here  *to receive newsletter by e-mail only with thanks for helping us save on postage!*

**DONATION:** Donor Name: \_\_\_\_\_ Donation Enclosed: \$ \_\_\_\_\_

Address: \_\_\_\_\_

**MEMORIAL:** In Memory of: \_\_\_\_\_ Memorial Enclosed \$ \_\_\_\_\_

Acknowledgement Address: \_\_\_\_\_





Street Address: 1250 S Ivy, Canby, OR 97013  
 Phone: 503-266-2970  
 Web: www.canbyadultcenter.org

# Activities— April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1 April Fool's Day</b> 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot 2:00 Parkinson's resource Support Group 2:30 Relaxation/Meditation	<b>2</b> 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>3 Easter Lunch</b> 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB & Balance 10:00 Blood Pressure 11:00 GeriFit 11:30 Music with Jonah 12:00 Easter Lunch Quilt Raffle 1:00 Medi-carolers 1:00 Movie: Holes	<b>4</b> 10:00 Ukulele Class 10:00 Memoir Writing 1:00 Line Dancing 1:00 Stroke Support Group	<b>5</b> 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 Better Bones & Balance 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Road to Bali	<b>6</b>
<b>7</b>	<b>8</b> 9:00 Tai Ji Quan 9:00 Foot Clinic 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 1:00 Parkinson's Resources of Oregon 1:00 Hand & Foot 2:30 Relaxation/Meditation	<b>9</b> 9:40 Trip: Canby Police Dept/ City Shops 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>10</b> 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB & Balance 11:00 GeriFit 11:30 Music with Jonah 1:00 Attorney Consults 1:00 Board Meeting 1:00 Movie: Heaven Can Wait	<b>11</b> 9:30 Trip: Willamette Heritage Center 10:00 Estate Planning w/ Loren Bell 10:00 Ukulele Class 1:00 NW Medicare Advisors 1:00 Line Dancing	<b>12 Baseball Day</b> 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 Better Bones & Balance 11:00 GeriFit 12:00 Baseball Day 1:00 Pinochle 1:00 Movie: Road to Morocco	<b>13</b>
<b>14</b>	<b>15</b> 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot Canasta 2:30 Relaxation/Meditation	<b>16</b> 10:30 Trip: Silverton Bowling/Lunch 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>17</b> 9:00 Tai Ji Quan 10:00 Better Bones 10:00 Blood Pressure Clinic 10:00 Newsletter Folding 11:00 GeriFit 11:00 Music with Jonah 1:00 Medi-carolers 1:00 Movie: Maverick	<b>18</b> 10:00 Ukulele Class 1:00 Line Dancing 4:45 Trip: Bugatti's Italian Dinner	<b>19</b> 9:00 Tai Ji Quan 10:00 Better Bones 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Road to Utopia	<b>20</b>
<b>21</b>	<b>22</b> 9:00 Tai Ji Quan 9:00 Foot Clinic 10:00 Better Bones 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot Canasta 2:30 Relaxation/Meditation	<b>23</b> 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>24</b> 9:00 Quilty Friends 9:00 Tai Ji Quan 10:00 Better Bones 11:00 GeriFit 11:15 Music w/Scott 12:00 Seamstress Svce 1:00 Movie: The Secret: Dare to Dream	<b>25</b> 10:00 Memoir Writing 10:00 Ukulele Class 10:00 Speaker: Elder Law Long Term Care 11:00 Seated Volleyball 11:00 Music with Jonah 1:00 Aging In Your Home 1:00 Line Dancing 4:45 Trip: Canby HS Spring Concert	<b>26</b> 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Road to Zanzibar	<b>27</b>
<b>28</b>	<b>29</b> 8:30 Trip Sign up Begins 9:00 Tai Ji VIDEO 10:00 BB&B VIDEO 10:00 Wood Carving 10:00 Foot Clinic 11:00 GeriFit 1:00 Speaker: Canby PD 1:00 Hand & Foot Canasta 2:30 Relaxation/Meditation	<b>30</b> 9:30 YOGA 9:45 Trip: Wooden Shoe Tulip Farm & Lunch 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance				

# Menu-April 2024

Sun Mon

Tue Wed

Thu

Fri

Sat

	<p><b>1 April Fools Day</b></p> <p>Breaded Chicken Burger Lettuce and tomato Sweet Potato Fries Corn Coleslaw Brownie</p>	2	<p><b>3 Easter Meal</b></p> <p>Baked Ham with Honey Glaze Macaroni and cheese Asparagus Tossed green salad Warm rolls Lemon bars</p>	4	<p>Turkey Sandwich Veggie Garnish Vegetable soup Cookie</p>	5	<p>Crab Linguini with Tomatoes Green Beans Marinated Vegetable Salad Fresh baked Roll Punch Cake</p>	6
7	<p><b>8</b></p> <p>Beef Chili with Beans Cornbread Vegetables Cucumber salad Jello with fruit</p>	9	<p><b>10</b></p> <p>Deli Sandwich Vegetable Garnish Chefs Choice Soup Green Bean Salad Apple Crisp</p>	11	<p>Chicken &amp; Dumplings Mashed Potatoes Steamed Vegetables Carrot &amp; Raisin Salad Apple Spice Cake</p>	12 Baseball day	<p>Hot dog on a bun Macaroni salad Coleslaw Baked Beans Peanut Butter Bars</p>	13
14	<p><b>15</b></p> <p>Chicken Enchilada Casserole Black beans Spanish rice Coleslaw Apple sauce</p>	16	<p><b>17</b></p> <p>Cobb Salad Vegetable Soup Brownies</p>	18	<p>Hamburger Day Potato Salad Broccoli &amp; Cauliflower Salad Yellow Cake with Frosting</p>	19	<p>Breaded Pollock Rice Pilaf Steamed vegetable Cucumber salad Banana Pudding</p>	20
21	<p><b>22</b></p> <p>Baked Ziti Casserole Vegetables Garlic bread Green salad Fruited Gelatin salad With marshmallows</p>	23	<p><b>24</b></p> <p>Teriyaki Pork With Vegetables White Rice Orientale Vegetable Chickpea Salad Chocolate Chip Bread</p>	25	<p>Bbq Chicken Sandwich Potato salad Steamed Vegetables Chef's choice dessert</p>	26	<p>Sweet and Sour Meatballs Buttered noodles Baked Vegetables Tossed salad Fruit</p>	27
28	<p><b>29</b></p> <p>Shrimp Alfredo Fettuccini noodles Steamed vegetable Spinach Salad Chef's choice dessert</p>	30	<p>Thanks to our Serving Groups: Canby Fire Department                      Canby Police Department Canby High School Athletes Canby Utility LDS Church—First Ward Zion Mennonite Church Student Transportation of America</p>					