



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

February 2024

CENTER STAFF

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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,

I am writing this after almost a week of center closure—that ice storm was NOT what we expected when we all went home last week! I hope that everyone stayed home, warm and safe. At least we all kept the lights on, right?

Stay warm, dry and safe out there—see you at the Center—Kathy

AARP Tax Clinic Begins February 2nd —Limited Appointments Are Still Available

The AARP tax clinic opens Friday, February 2nd. This volunteer-based program runs thru April 12th. Limited appointments are still available. Schedule yours by calling us at 503 266 2970.

See page 6 for more information on this program.

Stroke Survivor Support Group Meets Monthly First Thursday at 1:00 pm

The group is intended to provide stroke survivors the opportunity to join together and share their experience, strength and hope and offset the social isolation many experience in their recovery. See page 7 for all the details of this meeting.

AARP “HomeFit” Presentation— February 15th at 1 pm

This program empowers and equips you with information that could help you remain safely in your home as you age.

See page 7 for details on the class and sign up instructions. Don't miss this great information!

In-house Exercise Classes Return to Regular Schedule in February

Our Wellness Coordinator (fitness instructor) Mindy is scheduled to return for in person classes in February! All exercise classes will return on schedule with Mindy! If you took a break while Mindy was out — now is the time to return to in person class!

Candy Heart Valentine Craft—Wednesday February 7th at 1:00 PM

Join us for a fun Valentine craft. We provide the supplies. Advance sign up required in person or call 503 266 2970.

CAC Celebrates Superbowl on Friday, February 9th. Wear your favorite team hat, jersey, scarf, pin, etc. to lunch on Friday February 9th to celebrate Super Bowl LVIII.

Valentine Lunch February 14, sign up beginning January 29th

We are celebrating Valentine's Day on Wednesday, February 14th and want you to join us! The Kitchen Crew is planning a special meal and so advance reservation is required—please sign up in person at the front desk or call 503 266 2970. See you there!

Month at a Glance: See inside for details

- | | |
|--------|--------------------------------------|
| Jan 29 | Trip sign up begins at 8:30 |
| Feb 1 | Stroke Survivor Group 1 pm |
| Feb 2 | AARP-Tax Clinic—Appntmt Required |
| Feb 5 | Parkinson's Support Group 2 pm |
| Feb 7 | Valentine Craft 1 pm |
| Feb 8 | Conversations on Aging 10:30 |
| Feb 8 | NW Medicare Advisors 1 pm |
| Feb 9 | Superbowl Celebration at Lunch |
| Feb 14 | Valentine's Lunch (reserved seating) |
| Feb 14 | Board Meeting, 1:00 |
| Feb 15 | Music with Jim 11:30 |
| Feb 15 | AARP-HomeFit 1 pm |
| Feb 17 | Feral Cat Shelter Build— 10 am |
| Feb 22 | Seated Beach Volleyball 11 am |
| Feb 22 | MHAAO Information table 11—1pm |
| Feb 23 | Music with Scott 11:15 |
| Feb 26 | Sign up begins for March trips |
| Feb 28 | Free Seamstress Service 12-3 pm |

Center Services

Client Services Available in February

Canby Adult Center prepares and serves nutritious hot meals in our kitchen each Monday, and Wednesday thru Friday. Meals are served in our dining room and lunch 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 the 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.

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, February 14th. 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— Return to the Center Twice each month—This month the 7th and 21st 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 February 7th and 21st with extended hours to 11:45,

Foot Clinics—Jenelle Ediger offers Appointments 2nd & 4th Mondays each month This month the 12th and 26th

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: March 20th, 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

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

NEW IN 2024: Stroke Survivor Support Group Meeting - First Thursday of Each Month at 1 pm

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

The next meeting is Thursday February 1, 2024, at 1 pm



MHA AO

Mental Health & Addiction Association of Oregon Representatives will be on site with an informational table on February 22, From 11– 1

MHA AO is an inclusive peer-led organization dedicated to self-direction honoring the voice of lived experience.

What is Peer Support? Peer Support is a non-clinical support service offered by people who understand because they have been there. Peer support involves listening, mutual learning, respect, and hope. Peer Support happens when someone comes alongside a person, builds a connection and supports each person's unique recovery journey. For more information, call 503 922 2377.

Oregon Humane Society

Spay & Neuter Financial Aid

Oregon Humane Society Veterinary Hospital offers high quality spay and neuter services. Financial assistance is available for those who qualify. For more information visit Oregonhumane.org/Portland-spay-neuter

Find a home for your pet.

If you are unable to keep your pet, Oregon Humane Society (OHS) may be able to place your pet in a new home! For more information visit Oregonhumane.org/find-a-home-for-your-pet

You can also call 503 285 7722 for a directory of services.



Need Internet or Phone Bill Help? The Affordable Connectivity Program May Be Able To Assist You!



The Affordable Connectivity Program (ACP) is an FCC program that helps connect families and households struggling to afford Internet service. ACP provides up to \$30/month discount for broad band service.

There are three steps to enroll in this program:

- 1)Go to ACPBenefit.org
- 2)Submit an application or print out a mail-in application
- 3)After validation, contact **DirectLink** with your application ID Number and enrollment name to select a plan and have the discount applied to your bill.

For more information call 877 384 2575 or go to fcc.gov/ACP.



Low-Cost Dental Care and Online Resources!

Oregon Dental Association provides links to dental resources near you. They also offer information on the Oregon Health Plan including enrollment and contact information.

Program types include:

- Dental Care Referrals,
- Dental Insurance,
- Dental Care Expense Assistance,
- Health Care Discount Enrollment Programs,
- State/Local Health Insurance Programs

For more information call 503 218 2010 or visit www.oregondental.org

Clackamas Free Healthcare Clinic

Do you need Healthcare but can't afford it? **Try the Clackamas Free Clinic—** located on the campus of Clackamas Community College(CCC) inside Clairmont Hall.

This is volunteer-driven, **FREE** primary care for adults(18+) in Clackamas County.

For more information or to schedule an appointment, please call 503 722 4400. Learn more at:

www.clackamasfreeclinic.org



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 2:30 pm,

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!

Pinochle: Tuesdays & Fridays 1:00 pm This is double-deck pinochle 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— February 7, 21 and 28

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

“Center Stage” Singers— February 7th and 21st

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—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
(Term ends Sept 2026)

Vice Chair

Matt English

menglish@canbyfire.org
(Term ends Sept 2024)

Treasurer

Keith Galitz

kggalitz@canby.com
(Term ends Sept 2024)

Secretary

Sandie Field

s.field289@yahoo.com
(Term ends Sept 2025)

Robert "Cash" McCall

cashmccall@canby.com
(Term ends Sept 2025)

Pat Schauer

pschauer1951@yahoo.com
(Term ends Sept 2024)

Tim Nichols

ODBGoldFish@web-ster.com
(Term ends Sept 2025)

Brandon Leonard

leonardb@canbypolice.com
(Term ends Sept 2026)

Joyce Peters

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: December 13, 2023, Excerpts

Directors Present:

Loren Bell, Keith Galitz, Sandra Field, Tim Nichols, Joyce Peters, Pat Schauer, Brandon Leonard

Directors Excused:

Millie Reser, Matt English

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; a motion was made and seconded to approve minutes of the November meeting; the motion was passed unanimously.

Board Update - Loren reported that he was in receipt of a written letter of resignation from Board Member, Millie Reser, for personal family reasons. Board members discussed options to fill her remaining term. Per our Bylaws, the Board may appoint the candidate receiving the next highest number of votes from the last election. A board member has agreed to contact that candidate to determine his interest and will report back for next steps.

Report from City Council Liaison, Jim Davis

Jim stated that the Town Halls to obtain input for the City's new comprehensive plan are very well attended with good feedback from the community. He also reported on Parks and Recreation progress on several existing parks in the city and a plan for a new park on City owned land off Locust and Territorial near 22nd. A willing seller of 40 to 50 acres has been identified for the potential Athletic Field that will attract various tournaments and events. The planning process is underway with a targeted completion in 2025/26.

Monthly Reports

Treasurer: Keith Galitz presented his report which reflected good investment returns for November on all investments.

Director: Client Programs: Crafting Classes are showing increased interest. A new Stroke Survivor support group will start in January. The AARP Tax Clinics will resume in February. A new service will be added in January that will provide free onsite mending services by a seamstress; any large projects will be referred to her business. Meals on Wheels clients have decreased but Congregate meals have increased. Donations received for MOW have decreased and Kathy is investigating potential reasons.

Fundraising and Other Events: The annual Holiday Bazaar was a success providing vendors with good results and increasing community awareness. The Center made over \$1,600 on sales and vendor tables. Thanksgiving lunch was fully booked within 48 hours, no one was turned away and there were several board members as well as Canby PD on hand to help serve. The Christmas lunch scheduled for Thursday; Dec. 21st is fully booked. The Annual Appeal is underway with \$35K received so far; on track to meet budget projections.

Building Remodel Update: Kathy reported that a pre application for a government Grant- *Building Resilience in Communities* to help fund over \$200K for some of the seismic upgrades and fire suppression systems required in the Building Remodel was rejected. However, she and City Administrator, Eileen Stein feel the issues reported are easily corrected and an updated preapplication will be submitted. Interviews have been completed with Rose City Philanthropy with a proposal received. An interview with Vargas Group is scheduled in December for a Capital Campaign and Consultancy proposal. When received a recommendation will be made to the Board for review.

Old Business:

Staffing: Kathy reported the need to add to the kitchen team; an advertisement has been placed on Indeed. There has been some interest and interviews will be scheduled.

Recommendation on By-Law changes to go to full membership: Changes proposed by the BOD were reviewed and approved. As required, the proposed revisions to the Bylaws were included in the December Newsletter and a meeting to take a vote of the membership is scheduled in January 2024.

Meeting Adjourned: At 1:45 pm the BOD moved to Executive Session. Next meeting will be Wednesday, January 17th at 1 pm.

Respectfully submitted by Sandra Field, Secretary

February Speakers and Activities

NEW IN 2024: First Thursday of Each Month Stroke Survivor Support Group— February 1st

On **Thursday February 1st at 1:00 pm**, we host a stroke survivor support group. This group meets at the Center the **first Thursday of each month at 1:00 pm**. The focus of this group is to provide 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 stroke survivors 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**

AARP Tax Clinic Opens February 2nd

The AARP Volunteer Tax Clinic opens February 2, thru April 12, 2024. Call Canby Adult Center at 503 266 2970 to schedule your appointment. This free service is geared for helping seniors and low-middle income taxpayers **without complex tax returns**. AARP tax volunteers are **not** able to prepare returns where the tax payer has rental properties, is self employed with employees or does not show a business profit. They are not able to prepare complex tax returns. **Appointment required No Fee**

MONDAY, February 5th at 2 pm Parkinson's Resources Support Group



This 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.]*

Candy Heart Valentine Craft Wednesday February 7th at 1:00 PM



Join us in making a sweet candy heart valentine craft. We provide the supplies, you bring the fun. Class size limited. Sign up at the front desk or call 503 266 2970 **Sign-up required No Fee**

Thursday, February 8th at 10:30am Conversations on Aging: Talking with Adult Children

Our Conversations on Aging series is back. **Engaging with Adult Children** – Relationships with children change as we age. Examine current problems and foster greater understanding between generations. Be part of a discussion about relationships with adult children. Talk about some of your concerns.

Advance sign up encouraged; sign up in person or call 503 266 2970. No Fee

Superbowl Celebration February 9th Super Bowl Fun at Lunch



Wear your favorite team hat, jersey, scarf, pin, etc. to lunch on **Friday February 9th** to celebrate Super Bowl LVIII. Mary has planned a tasty Superbowl-themed lunch and Wendy will help you work it off with a football toss. Fun to be had by all.

AARP HomeFit—Thursday February 15th at 1:00 PM

This program empowers and equips you with information that could help you safely remain in your home as you age. The workshop leads participants through the process of thinking about each are of their current home and whether it will meet their needs as they age, from an accessibility and livability viewpoint. The workshop offers ideas and inspiration on making modifications, ranging from simple do-it yourself fixes to more complex solutions. HomeFit provides tips that could help you live comfortably, independently and injury-free at home. Call 503 266 2970 to register

Advance sign-up Required

No Fee

Calling all carpenters and people handy with tools: We Need YOU Saturday, February 17th at 10 am

Meow Village needs your skills on Saturday February 17th from 10:00 – 3:00 pm at the Canby Adult Center, to assist with construction of feral cat shelters. Experience with the use of power drills and skillsaws is helpful. Also needed are people who can assemble foam insulation inside the plastic tub, apply duct tape and labels.

Please sign up at the front desk to let us know you are coming!

Seated Beach Volley ball Thursday, February 22, 2024 at 11 am



Seated beachball volleyball is BACK! Good fun, some exercise **and prizes** to the team with the most wins! **Advance sign-up required Space Limited**

NEW: FREE Seamstress Service February 28, 12-3

Local seamstress Jennifer Varner offers free seamstress and mending services the 4th Wednesday of each month from noon to 3 pm! She can hem clothing (pants/jeans/slacks/sleeves and casual skirts) sew on buttons and snaps; fix faulty seams; bring stuck zippers of any kind, often they just need a new slider; mending: holes and tears in garments or other fabric items; patches, popped seams, replacement of buttons and snaps. Not sure an item can be repaired? Bring it and ask Jennifer! Questions are always welcome!

Sign up at the front desk or call 503 266 2970 and describe which service you need (ie, mending, seam repair, etc).

February Movies, Music & More

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

February Movie Line-up

Wednesday Movie Features:

February 7th: **A Sunday Horse**. After a near-fatal accident, a determined rider from the wrong side of the tracks defies all odds to pursue her dreams of winning a national jumping championship. Inspired by a true story.

February 14th: **Notting Hill**, starring Julia Roberts and Hugh Grant. A London bookstore owner falls in love with the world's most popular actress.

February 21st: **The Electrical Life of Louis Wain**, starring Benedict Cumberbatch. The extraordinary true story of eccentric British artist Louis Wain, whose playful, sometimes even psychedelic pictures helped to transform the public's perception of cats forever.

February 28th: **Peace by Chocolate**. After the bombing of his father's chocolate factory, a young Syrian refugee struggles to settle into his new Canadian small-town life, caught between following his dream to become a doctor and preserving his family's chocolate-making legacy. Based on a true story.

**To celebrate the month of true love,
spend your Fridays with Bogie & Bacall!**



February 2nd: **Dark Passage** - Humphrey Bogart and Lauren Bacall: Vincent Parry is a prison escapee framed for murder, who emerges from plastic surgery with a new face. Irene Jansen is his lone ally.

February 9th: **Key Largo** - a returning veteran tangles with a ruthless gangster during a hurricane.

February 16th: **To Have and Have Not**—A Martinique charter boat skipper gets mixed up with the French underground resistance during WWII.

February 23rd: **The Big Sleep** - LA private eye Phillip Marlowe takes on a blackmail case...and a trail peopled with murderers, nightclub rogues, the spoiled rich and more.

Raining Cats and Dogs Showcase Theme for March!



In March the showcase theme changes to "**Raining Cats and Dogs**". If you would like to share a picture of a beloved pet, please label it with your name and phone number and turn it in to the front desk marked "Attention: Wendy May". We will use it in the showcase. The display will stay up until the sun shows up on a regular basis! Thanks for your participation!

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.

Music with Jim—Third Thursday, February 15th at 11:30 Jim provides a great variety of music including country, patriotic and much more.

Music with Scott—February 23rd 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 February Hamburger Day and Valentine's Day 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"? Do you want a key fob? They are used 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:

Karissa, Margeaux, & Georgia Hanno for the delicious baked goods and hand-made Christmas Cards for seniors in our community!

Karen Sadoff, Robert Baguio, April VanTassel, Rosemary & Darrell VanDerZanden—for delicious baked goods, chocolates candy and cookies.

Shimadzu—for generous Christmas gift donations for seniors in our Home Delivered Meal program.

Caroline Burton for the donation of 16 handmade quilts. Millar's Point S for Christmas Trees.

The "Wreath Ladies" for the beautiful wreathes and table toppers for seniors in our community

Quilty Friends quilt group for the donation of their quilt to the Center for raffle fundraiser!

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 animal 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 support.

February 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 prepaid 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, January 29th**. While you may call on the 29th 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 2 February trips on the first day of sign up, to give everyone a chance to sign up for something special.**

Eagle Viewing at the Dalles Dam

February 1, 2024

Join us as we take a 2 hour ride to The Dalles Oregon Dam visitors center to learn about the migration and life of the eagle, see a movie on the subject, and view an extra ordinary amount of eagles at the dam at this time of year all while learning about this dam as well. You can expect to find an extra large number of bald eagles on the hunt for fish in the rushing waters. *Bring money for lunch after the visit. We'll also make bathroom stops along the way for this trip.*

Depart: 8:30am

Return to Center: 3pm

Cost: Bring money for lunch

Bus Fee: Donations Accepted

Broadway Rose Presents:

Love Is Can Be a Battlefield Cabaret

February 5, 2024

Join us for a night of songs about love won and love lost, of make-ups and break-ups, starring some of our Broadway Rose favorites. *Love Is Can Be a Battlefield* makes a perfect pre-Valentines fun evening with your friends! Musical direction by the incredible Reece Marshburn. Wine and nibbles available for purchase. Bring money for dinner.

Depart: 4:30pm

Return to Center: 10:30pm

Cost: \$25.00 (Pay at sign up)

Bus Fee: Donations Accepted

Fort Kennedy Tour, Work Party, and Lunch

February 13, 2024

Fort Kennedy is known for it's direction to enable all veterans to move forward in their lives after military service. This organization strives to provide transitional housing, plus shelter for homeless service men and woman and to ensure all veterans receive the support through employment, family counseling, and help with well deserved benefits. Working with all veteran agencies in the community, homeless veterans achieve a much needed hand up, not a hand out. After taking a tour of their facilities, we'll be rolling up our sleeves to help for a time as well! How exciting is that. *Bring money for lunch after the tour.*

Depart: 9:15am

Return to Center: 2pm

Cost: Free

Bus Fee: Donations Accepted

Cuban Dinner Oregon City

February 22, 2024

Join us as we enjoy Caribbean cuisine family restaurant in the heart of downtown Oregon City on Main street. Whether you are wanting a taste of the Caribbean, looking to spend some time with friends, or just looking to try some wonderful flavors, this is the trip for you. *Bring money for dinner.*

Depart: 4:30pm

Return to Center: 7:30pm

Cost: Bring money for dinner

Bus Fee: Donations Accepted

Evergreen Aviation & Space Museum

February 27, 2024

[Evergreen Aviation and Space Museum](#) invites us to learn the history of aircraft around every corner in the museum — including the Spruce Goose, an F-86 *SABRE*, the second oldest surviving DC-3 in the world, and you can even try the flight simulator. **ASK LYNNE ABOUT DISCOUNTS!** *Bring money for entry fee and lunch.*

Depart: 9:15am

Return to Center: 3:30pm

Cost: Museum cost \$18.00 (pay at event)

Bus Fee: Donations Accepted

Healthy Body—Healthy You!



February is National Dental Health Month! There is a lot of good information out there about keeping your teeth, gums and mouth healthy. Check it out! Don't forget to get out and walk when it's dry/warmish outside, staying active in the winter is TOUGH! I hope to see you at the center soon.

~ Mindy

Senior Dental Care: 7 Surprising Dangers of Poor Dental Health and Reasons to Make Dental Care a Priority

Oral health directly affects overall health and quality of life. In fact, dental disease is a common cause of medical and emergency room visits, according to the American Dental Association. Medications and common chronic illnesses in older adults, such as diabetes or heart disease, put seniors at an increased risk for dental problems.

Yet, access to senior dental care continues to be a problem in the U.S. Dental care benefits cease upon retirement and routine dental care is not covered by Medicare. Lack of transportation, age-related memory loss, other cognitive problems, and physical disabilities may also lead to missed dentist appointments and poor dental health for seniors.

Good senior dental care may help prevent common problems, like toothaches, gum disease, and tooth loss. Healthy teeth also help older adults enjoy food and eat better. Read on to learn why it's important to make your dental health a priority.

7 Reasons to Make Senior Dental Care a Priority

1. **Tooth decay** - Plaque caused by bacteria harms the tooth enamel and causes cavities. One of the reasons older adults are at increased risk of cavities is dry mouth. Saliva helps protect the teeth and reduces bacteria, but dry mouth is a side effect of certain drugs commonly taken by seniors, such as medications for depression, asthma, and high blood pressure.

2. **Gum Disease** - Two in three seniors 65 and older have gum disease, according to the Centers for Disease Control and Prevention (CDC). Severe gum disease, also called periodontitis, can lead to sore, bleeding gums, chewing problems, and tooth loss, among other health problems. Unfortunately, many people don't know they have gum disease because it doesn't cause symptoms until the disease advances. Good senior dental care and regular dental exams can help prevent gum disease.

3. **Tooth Loss** - Tooth loss is common in older adults. In fact, one in five adults 65 and older have lost all their teeth, according to the CDC. Tooth loss can affect nutrition because seniors with missing teeth may not be able to eat or enjoy fresh food options, like fruits and vegetables.

4. **Heart disease** - Inflammation caused by gum disease increases the risk of heart disease, according to the American Academy of Periodontology. Gum disease can also make certain heart conditions worse and may be associated with a higher risk of stroke.

5. **Diabetes** - People with poor blood sugar control are at higher risk for dental problems, such as inflammation and gum disease. This is because too much glucose (sugar) in saliva helps bacteria grow in the mouth. Gum disease also seems to affect blood sugar control in people with diabetes.

6. **Pneumonia** - Older adults with poor dental hygiene, especially those who smoke, are at increased risk of bacterial pneumonia. This is because, as someone breathes, bacteria in the mouth can travel to the lungs. Maintaining good dental

hygiene in elderly adults who can't care for themselves may help lower the risk of this type of pneumonia.

7. **Oral Cancer** - Older adults are at higher risk for oral cancers. The risk is higher for people who chew tobacco or smoke cigarettes, pipes, or cigars. Regular dentist appointments can help detect problems early.

How to Improve Your Dental Health

Here are some steps you can take to maintain good dental health:

1. Remember to brush twice daily with fluoride toothpaste. A soft, electric toothbrush may make dental hygiene easier.

2. If you are forgetful, or have trouble remembering, set reminders. Sticky notes on the bathroom counter work great.

3. Remember to floss regularly. Flossing daily helps prevent plaque and gum disease. If you have problems flossing, talk to the dentist about other tools or techniques that may help.

4. Keep your dentures clean. Remember to clean your full or partial dentures daily and to remove them at night.

5. Schedule regular dentist visits. Regular appointments can help prevent dental problems and keep teeth healthy. The American Dental Association recommends seeing the dentist at least once a year for cleaning and a check-up.

6. Tell the dentist about medical conditions and medications you take. If dry mouth is a problem, the dentist may be able to offer strategies to help relieve it.

7. Try to eat a healthy diet **that isn't high in sugar to help prevent tooth decay and other health problems.**

Source:

National Institute on Aging & American Dental Association

Memoir Writing—

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

First Time Driving

I took every opportunity to ride in cars as a youngster so I could learn to drive a car someday. I rode in Grandpa's 1950 Chevy with a two-speed Power Glide transmission that looked easy to operate. My brothers and I nick-named the car the 'slush-o-matic' because of the way Grandpa put it into gear, pressed on the gas pedal then moved the gear shifter on the steering column into high gear.

Another fun car was our neighbor, Artie's 1930's black Dodge that had a floor hump that ran between the front and back seat. The old Dodge had a floor shifter, and it seemed that Artie was always pressing the clutch pedal down then moving the gear shift into different gear positions to drive down the streets of our neighborhood.

Artie's Dodge looked like a fun car to drive, and we look forward to Sundays because Artie took us with him to our local Presbyterian Church. My brothers and I loved to ride in the front seat while we took turns helping Artie "shift" the gear stick. We had to sit up so we could peer out the front window.

I also loved to ride in Dad's 1936 Ford hearse because sometimes he let me 'shift' the gear stick that was on the floor like Artie's Dodge.

Each time I rode in a car I was totally focused on the way the driver turned the steering wheel and operated the foot pedals along with the gear shift located either on the floor or on the steering column.

I knew it would be so easy to drive a car because of all the time I watched adults drive cars. When I grew older, the magic day arrived when my friend Jimmy invited me to come to his house after school to drive his father's black Desoto. I hurried home from school, grabbed a snack and jumped on my bike. I rode as fast as my legs could pump the pedals and my heart was beating just as fast. Jimmy lived up on Route 9 near King's Pond, our favorite ice-skating pond.

It was a nice sunny fall day, and I enjoyed the sun's warmth as I pedaled to Jimmy's house. Jimmy was outside near his father's black 4-door Desoto. This car was Jimmy's father's pride and joy. I loved seeing this Desoto driving past our house and now I was standing next to it in the driveway at Jimmy's house.

Jimmy and I visited a little bit, and he asked me, "Bill, do you want to go for a little ride in the pasture"? I could hardly believe what he just asked me. "Sure, I would love to ride with you into the cow pasture." Jimmy stated, "Bill, you know how to drive, don't you, so jump in and we will go for a short ride."

Jimmy asked me if I knew how to drive. "Sure, I can drive." (After all, I had watched Artie, Dad and Grandpa

engine came to life. I pulled the gear shift into first gear and slowly let out the clutch. I gave it some gas and everything was fine as we crept across the pasture. I looked down at my feet on the pedals when Jimmy screamed loudly, "Bill, look out for the fence."

I was headed into the big railroad tie, a post holding up the fence wire. I instantly jammed on the brakes. I forgot to shift out of gear and the engine died when the car hit the post. Then I looked up and saw the big black Angus bull in the enclosed pasture jump because the car was headed toward him but the post stopped the car. The bull wandered over to see why a big black car was trying to go into his pasture. I did not do much damage to the car's front bumper, but I was not invited back to Jimmy's house anymore.

My first-time driving a car did not turn out so good.

~~ B. Roberts

Some Benefits of Memoir Writing

*According to neuroscientists, memoir writing "can even change your brain's organic structure." But life stories are more than "hardships and challenges," Memoir writing also **helps us rebuild a sense of gratitude for our strengths, achievements and blessings.***

According to Psychology Today, writing memoirs is transformative because memoirs:

- Create a sense of well-being
- Relieve stress through the act of writing
- Provide a container for our thoughts
- Increase self-awareness
- Foster self-discovery and personal growth
- Help us focus our thoughts
- Provide a space for us to process and release negative emotions
- Shift our overall outlook

Source: Psychology Today

THE POWER OF
Writing

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.

Birthdays & This & That!

February 2024 Birthdays! *Happy Birthday*

1	Nida Wigowsky	17	Donna Lebold
2	Greg Kaufman	17	Margo Uhre
2	Gary Paddock	18	Pete Vel
2	Linda Foos	19	Shirley Schultz
4	Lori Lett	20	Jan Folger
5	Kathleen Jordan	21	LoranHagan
5	Mary McWilliams	21	Robert Riggen
5	Jan Morrison	21	Betty Weedman
5	Denise Stinson	22	Walt Daniels
6	Pam Parker	22	Kathi Dotson
7	Bob Sheveland	22	Sylvia Wiegand
8	Ken Brisky	23	Jane McFadden
8	Rick Riley	24	Charles Hathcoat
8	Sheila Brown	24	Bonnie Johnson
8	Gloria Coats	25	Gerald VanTassel
9	Barbara Billeaudeau	25	Deloris Reed
9	Kay Fisher	25	Nancy Sullivan
10	Ernie Cowan	26	Robert Johnston
10	Elaine Daniels	26	Roger Sprague
11	Carol Briskey	26	Laura Gustafson
13	Gary Davis	27	Larry McBride
13	Susan Williamson	27	Edgar Wales
14	Wilburn Shell	27	Jane Dahl
14	Al VanHorn	27	Charlene Farrar
14	Jacie McElhinny	28	John Tennis
15	Mardeen Hultgren	28	Patt Delaney
17	Oliver Korsness	28	Christine Ehlert

Thank You New & Renewing Members:

Judy Adams	Julie Ann Kemp
Loretta Anaya	Sandra Key
Jeannette Blancie	Michael & Linda Long
Arendina Brown	Kitty Losch
Jeannine & Gary Davis	Betty McDaniel
Dan & Pat Ewert	Kathleen Milligan
Stephanie & Gary Frye	Natalie Pullella & Thomas Duthie
Dean & Sue Glaspey	Daniel & Peggy Sigler
Marlene Gooding	Joanne Smith
Judy & David Greiner	John & Brenda Soderlunch
Martha Gulliford	Nancy Sullivan
Don Gulliford	Pauline Templeton
Joe Haftorson & Kathie Roberts	Katherine Thompson
Fred & Louann Haynes	Sandy Thompson
Terri Haworth	Ernest Winterton
Carol Johnson	Lellibell Welter
Darrell & Betty Johnson	Cindy Waldron
Karen Joy	Sue & Mick Wilson
Diane Kadwell	Becky
Kathryn Kahele	

QUILT RAFFLE WINNER: Congratulations to Quilt Raffle Winner: Ruth Feldman. Ruth won the beautiful quilt donated by our wonderful and generous Quilty Friends group! CONGRATULATIONS RUTH

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!

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**

If you send a gift of \$51 or more at any time during the year you receive a one year membership.

Membership includes the monthly newsletter for one year, (paper copy or by email) and a discount on building rental. Join today! Thank you for your support!

Don't Miss a Newsletter:

If you move please change your mailing address with Canby Adult Center. 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!**

Canby American Legion of- fers 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!



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 dollar amount from the 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!

Around Town

In Canby...

American Legion— Post 424, NW 1st Street

- ◆ Friday Night Hamburger Feed - Burgers, Chicken Nuggets and French Fries.
- ◆ BINGO every Thursday —opens at 5:00 pm, games start at 6:00 pm. Concession offers: Chips, candy, popcorn and sodas

Friends of Canby Public Library Presents: Bayocean: the Oregon Resort that Fell Into the Sea, Saturday, Feb 3rd, Canby Library, 220 NE 2nd Ave.

Author and history presenter Jerry Sutherland discusses his book about an Oregon Resort in Tillamook that eventually disappeared beneath the ocean.

Michael Allen Harrison and Julianne Johnson Valentine Concert, Saturday, Feb 10th, Pioneer Chapel, 508 NW 3rd Ave.

Michael Allen Harrison & Julianne Johnson, a dynamic duo who always deliver a heart-warming experience perfect for Valentine's. Cherish one another in the intimate atmosphere of Pioneer Chapel in Canby, Oregon

Buy tickets at <https://www.michaelallenharrison.com/event-details/valentines-in-canby-michael-julianne-7-00pm-show-1>

Chunky Blanket Making Workshop, Sat, Feb 17, Red Chair Farm, 27215 S Gribble Rd,

Make your cozy winter a little more homemade! 'Tis the season for cozy evenings on the couch and what better way than with a throw blanket made by YOU! In this workshop, we'll show you how to easily create a chunky 4'x5' blanket in your choice of 4 rich colors; Sea Blue, Chalk Pink, Misty Green or Vintage White. These are beginner level blankets and NO EXPERIENCE or prior crocheting/knitting expertise needed! Makes a great gift idea - the class or the finished product!

Out of Town...

Metamorphosis, play at Oregon City High School, Feb 23, 2024, 19761 S Beaver Creek Rd, Oregon City

The Metamorphosis is a dramatic adaptation of Kafka's novella. Kafka's surreal story, first published in 1915, is of a man who finds himself transformed one morning into an insect. The play is told as a play within a play, and there is a tragicomic dimension to this absurdist tale but also a deep truth. The play was adapted into a symbolic production by British playwright, actor, and director Steven Berkoff.

A Tomb With a View, play at Lakewood Center for the Arts, 368 S State St, Lake Oswego

January 5 – February 11, 2024 By: Norman Robbins
Directed by: Nancy McDonald and Laurence Overmire

In this comedy mystery thriller, the eccentric Tomb family gathers at the family estate after the death of their father. There, a lawyer reads a will involving some millions of dollars to a family with three unusual members and ... "unusual" tendencies. Soon there are more corpses than live members left! The plot twists and turns to a very surprising conclusion.

The Double-Threat Trio, play at Broadway Rose Theatre Co, January 25 – February 18, 12850 SW Grant Avenue, Tigard

To make it on Broadway you have to be a triple-threat — you have to sing, dance, AND act. In a city of rising stars, Nina, Kenny, and Jamison are out of luck. Nina sings, but can't act; Kenny dances, but can't sing; and Jamison, a classically trained actor, can't dance. When they team up with producer and former grande dame of the theatre Millicent, a woman of many talents (and hats!), they're off and running toward the opening night of their dreams. Enjoy the screwball hijinks of these Broadway hopefuls in this deliciously zany musical comedy.

Volkfest Sausage Festival, February 2-4, Mt. Angel Feshhalle, 500 Wilco Hwy NE, Mt. Angel

Live music, entertainment, local craft brews and wines, food and craft vendors, face painting & balloon artistry for the kids, Volkswalks for all ages. The proceeds from Volksfest helps pay for flower baskets around town, holiday decor downtown and fountain maintenance and allows the Chamber to contribute to various local charities.

Pacific Northwest Sportsmen's Show, February 14th-18th, Portland Expo Center

More than 700 fishing, hunting and outdoor recreation-related companies showing and selling newly released products and services. All features and seminars at the Pacific Northwest Sportsmen's Show are free with admission into the show.

Portland Spring Home & Garden Show, Thursday, February 22nd - Sunday, February 25th, 2024, Portland Expo Center

Attendees can expect to learn about products, home remodeling and gardening tips, ideas and inspiration from remodelers, outdoor living design experts, artisans and tradespeople during daily stage presentations and demonstrations. Spring is the perfect time to launch your remodeling project. While it's a huge decision to invest the time, finances – and sometimes your sanity – to embark on the emotional rollercoaster of ripping apart your home, the long-term benefits of remodeling your current space far outweigh the hassle – and choosing the right remodeler matters. You can meet remodelers face-to-face on neutral ground and engage with them to find the perfect fit to make your vision a reality.

Newport Seafood & Wine Festival, February 22-25, 2024, Newport, OR

This four-day event draws thousands of visitors to Newport during the last full weekend February, boasting over 125 vendors: seafood vendors, craftspeople, and Northwest wineries all under a tented venue adjacent to the Rogue brewery in South Beach. New this year, the Festival will include a Seafood Chowder Competition with \$5,000 in cash prizes. Some newer elements include a beer garden, and a stage with demonstrations, talks with wine makers, and live entertainment. Wine aficionados and foodies alike will feel at home at the Newport Seafood & Wine Festival, which continues to grow and give back to the community every year.



Thank you 2023—2024 Annual Appeal Donors

Silver Individual Donors:

Donations to \$50

Anonymous	Sheila Isaacson
Lucynda & Terry Adovnik	Karen & Tom Johnson
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Donations \$51 to \$200

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Donations \$1—\$50
JM Accounting Service

**Gold
Business & Organizational Donors:**
Donations \$51—200
Canby Evangelical Church
Efficient Arena Inc
Swan Island Dahlias
Timmco Insurance



Thank you 2023—2024 Annual Appeal Donors

Sustaining Individual Donors: Donations of \$201+

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Tricia Achenbach	Judy Long
Abbie Allen	Frank Long
Robert Allen	Maggi Mason
Christine Anderson	Larry and Ann McBride
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Florence Ball	Mary & Bernie McWilliams
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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
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 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
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 Marquis at Hope Village
 Shimadzu

December & January Donors

In-Kind Donors:

Daryl Alan
 Civil Air Patrol, Oregon Wing

Financial Donors:

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 Shuree Delver
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Memorial Donors:

Darlaine Hopper in Memory of Gloria Kraft
 Curt and Janice McLeod in Memory of Gloria Kraft
 Susie and Earl Voss in Memory of Gloria Kraft

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

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

Name _____
Under 65 ___ *65-70* ___ *70-75* ___ *75-80* ___ *Over 80* ___

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— February 2024

Su	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:30 Trip: Eagle Viewing 10:00 Ukulele Class 10:00 Memoir Writing 1:00 Line Dancing 1:00 Stroke Support Group NEW	2 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 Better Bones & Balance 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Dark Passage	3
4	5 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 4:30 Trip: Broadway Rose Theater	6 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	7 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB & Balance 10:00 Blood Pressure Clinic 11:00 GeriFit 1:00 Valentine Craft 1:00 Movie: A Sunday Horse	8 10:00 Ukulele Class 10:30 Conversations on Aging: Talking with Adult Children 1:00 NW Medicare Advisors 1:00 Line Dancing	9 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 Better Bones & Balance 11:00 GeriFit 12:00 Superbowl Celebration at Lunch 1:00 Pinochle 1:00 Movie: Key Largo	10
11	12 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 10:00 Foot Clinic 11:00 GeriFit 1:00 Hand & Foot Canasta 2:30 Relaxation/Meditation	13 9:15 Trip: Fort Kennedy Tour, Work Party & Lunch 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	14 Happy Valentine's Day 9:00 Tai Ji Quan 10:00 Better Bones 10:00 Newsletter Folding 11:00 GeriFit 12:00 Valentine Lunch (reserved seating) 1:00 Board Meeting 1:00 Attorney Consults 1:00 Movie: Notting Hill	15 10:00 Ukulele Class 11:30 Music with Jim 1:00 Line Dancing 1:00 "HomeFit" w/AARP	16 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 Better Bones 11:00 GeriFit 1:00 Pinochle 1:00 Movie: To Have and Have Not	17 10:00 Feral Cat Shelter-Build
18	19 9:00 Tai Ji Quan 10:00 Better Bones 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot Canasta 2:30 Relaxation/Meditation	20 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	21 9:00 Quilty Friends 9:00 Tai Ji Quan 10:00 Blood Pressure Clinic 10:00 Better Bones 11:00 GeriFit 1:00 Movie: The Electrical Life of Louis Wain	22 10:00 Memoir Writing 10:00 Ukulele Class 11:00 Seated Beach Volleyball 11:00 MHAAO* Info table in Dining Room *MHAAO—Mental Health & Addiction Association of Oregon. 1:00 Line Dancing 4:30 Trip: Cuban Dinner	23 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 Better Bones 11:00 GeriFit 11:15 Music w/Scott 1:00 Pinochle 1:00 Movie: The Big Sleep	24
25	26 8:30 Trip Sign up Begins 10:00 Better Bones 10:00 Wood Carving 10:00 Foot Clinic 11:00 GeriFit 1:00 Hand & Foot Canasta 2:30 Relaxation/Meditation	27 9:15 Trip: Evergreen Aviation Museum 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	28 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 Better Bones & Balance 11:00 GeriFit 12:00 Seamstress Svcs NEW 1:00 Movie: Peace by Chocolate	29 10:00 Ukulele Class 1:00 Line Dancing	March 1st 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 Better Bones 11:00 GeriFit 1:00 Pinochle	

Menu—February 2024

Sun Mon Tue Wed Thu Fri Sat

	Thanks to our Serving Groups: Canby Fire Department Canby Police Department Canby Utility LDS Church—First Ward Zion Mennonite Church Student Transportation of America				1 Baked Ham Scalloped Potatoes Mixed Vegetables Three Bean Salad Angle food cake with Berries	2 Lentil Dahl with Coconut Milk Steamed Rice Roasted Vegetables Pita Bread Cookie	3
4	5 Creamy Shrimp Pasta w/ Sundried Tomatoes Bread Steamed vegetable Green salad Apple Crisp	6	7 Chicken & Dumplings Mashed Potatoes Green Salad Chocolate Cake	8 Deli Sandwich Carrot Raisin Salad Chef's Choice Soup Vanilla Pudding	9 Superbowl Lunch Pulled Pork Sandwich Baked Beans Coleslaw Brownie 	10	
11	12 Beef Stroganoff Butter Noodles Mixed Vegetables Cole Slaw Chef's Choice Dessert	13	14 Happy Valentine's Day Chicken Cordon Bleu with Mustard Sauce Cheesy Potatoes Asparagus Fresh roll Berries & Cream	15 Breakfast for Lunch Assorted Quiche Fresh Fruit Muffin	16 Oven Baked Pollock Rice Pilaf Vegetables Coleslaw Cookies	17	
18	19 Presidents Day Center Closed 	20	21 Beef Stew Tossed Salad Cornbread Chef's Choice Dessert	22 Happy Mardi Gras Authentic Jambalaya with Rice Cornbread Steamed Vegetable Mini King Cakes 	23 Open Faced Hot Turkey Sandwich Sweet Potatoes Vegetables Apple Crisp	24	
25	26 Chicken Fried Steak Mashed Potatoes Vegetables Tossed Salad Fruit	27	28 Chicken Caesar Salad Romaine Lettuce Chefs Choice Soup Chocolate Pudding	29 Hamburger Day Baked Beans Potato Salad Broccoli & Cauliflower Salad Fresh Fruit			