



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

January 2024

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PO Box 10 1250 S Ivy
Canby, OR 97013
M—F 8:30 am—4:30 pm

Welcome from the Director

Dear friends,

Hard to write “Happy New Year!” when we aren’t in the middle of December yet—but an early Happy New Year to you all! We’re trying out an earlier schedule for our newsletter in the hope that folks receive it well in advance of the new month—let us know what you think.

There’s plenty happening at the Center to bring in the year 2024 with a bang—we hope you’ll find something that entices you out of the house and over to CAC for a visit.

Happy holidays, and see you at the Center—Kathy

AARP Tax Clinic Scheduled to open February 2nd—Appointments Can Be Scheduled beginning January 8th

The AARP Volunteer tax preparers will open their clinic beginning Friday, February 2nd, and each Friday thereafter thru April 12, 2024. You can call the Canby Adult Center at 503 266 2970 beginning January 8th to schedule your appointment. **See page 6 for more information on this program.**

New! Seamstress/Mending Service

We are pleased to offer a new service beginning in January! Jennifer Varner, a local seamstress, will be here in classroom 2 on the fourth Wednesday of each month starting January 24th, from 12 – 3:00 pm, to complete minor mending services for our community. This service is free! See page 7 for all the details on this wonderful new service!

Red Cross Blood Drive January 3rd Noon to 5 pm

“Kick off” the new season of giving — give blood this year at CAC. Our first blood drive of the new year is Wednesday, January 3, 2024! Sign up on line or see Kathy Robinson if you need help signing up.

How About Some Friendly Competition? CAC 2nd Annual Chili Cook-off January 25th at 11 am. “Bring your best—Chili” See page 7 for all the details

Brief Change to In-house Exercise Classes

Our Wellness Coordinator (fitness instructor) Mindy will be on medical leave Jan 7th—Jan 29th. All exercise classes will continue in her absence with a recorded version of each class, so plan to continue your routine and join us M/W/F for exercise!

New this Year: STROKE SUPPORT GROUP

Join us Thursday, January 4, 2024, at 1 pm for the first meeting of a monthly **Stroke Support Group here at CAC**. We will host a monthly meeting the first Thursday of each month. The group is facilitated by Mike Long, MSW, and will focus on sharing experiences, strength and hope. All the details and more information on page 7. This is a free meeting—sign up is encouraged but not required.

Month at a Glance: See inside for details

| | |
|--------|-----------------------------------|
| Dec 26 | Trip sign up begins at 8:30 |
| Jan 3 | Blood Pressure Clinic 10 am—11:45 |
| Jan 3 | Blood Drive 12:30—5 pm |
| Jan 3 | Parkinson’s Support Group 2 pm |
| Jan 4 | Stroke Support Group 1 pm |
| Jan 10 | Music with Scott 11:15 |
| Jan 10 | Board meeting, 1:00 |
| Jan 11 | Ukulele Class Resumes 10:00 |
| Jan 11 | Conversations on Aging 10:30 |
| Jan 11 | NW Medicare Advisors 1 pm |
| Jan 17 | Blood Pressure Clinic 10 am-11:45 |
| Jan 17 | AARP Safe Driver Class—Part 1 |
| Jan 18 | Music with Jim 11:30 |
| Jan 18 | AARP Presentation—Brain Health |
| Jan 19 | AARP Safe Driver Class—Part 2 |
| Jan 22 | Consumer Harm Prevention 11 am |
| Jan 24 | Free Seamstress Service 12-3 pm |
| Jan 25 | Chili Cook-Off at 11 am |
| Jan 26 | Bee Organized Speaker—10 am |
| Jan 29 | Trip Sign up for February Trips |

Reminder: We are CLOSED for two holidays in January, 2024.

Monday, January 1st—New Years Day
Monday January 15th observing
Martin Luther King Jr Day.

Center Services

Client Services Available in January

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, January 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— Return to the Center Twice each month—This month the 3rd & 17th 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 January 3rd and 17th and now 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 high-

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: January 3rd, 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 usually taken beginning mid-January for tax services that run February through mid-April. AARP

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!

On **Thursday January 4th at 1:00 pm**, Canby Adult Center will be host the initial meeting of a monthly stroke survivor support group. The group will meet at the Center on the **first Thursday of each month 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.

The group will be facilitated by **Mike Long, MSW**, who suffered a hemorrhagic stroke in 2018. For those 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



**Clutterers Anonymous:
A program of Clutterers Anonymous
World Services Organization INC
24 Hour Line—866 402 6685**

Clutterers Anonymous offers in person, Zoom, and telephone call meetings. Individuals gather together to encourage one another through non-judgmental support as they are decluttering their space.

See website for in person meetings



<https://clutterersanonymous.org/>

**Do you need help installing or checking your current or new smoke alarms or carbon monoxide detectors?
Canby Fire can help with that!**

The purpose of the **Oregon Office of State Fire Marshal Smoke Alarm Installation Program** is to provide smoke alarms to Oregon fire agencies to install in residences that are unprotected.

Canby Fire crews are more than happy to help ANYONE install or check their current or new smoke alarms or carbon monoxide detectors. **Simply call Canby Fire Department, the main station, at 503 266 5851.**

**Because of the limited amount of alarms the department receives each year, they kindly ask that only those with a financial hardship request an alarm.*

Consumer Credit Counseling Service offers financial education and counseling to help people improve their lives and choose the financial options that are right for them. Services include: credit/debt counseling, running credit report, bankruptcy education and counseling, housing and reverse mortgage education, daily money management, representative payee and various financial classes. Statewide services.

For more information contact: Phone 541 293 5154
<http://www.improvedcredit.org>
email: info@improvedcredit.org

**REFRESH YOUR DRIVING SKILLS
with the AARP Smart Driver Class**

Take the AARP Smart Driver classroom course and you could save money on auto insurance! Offered Wednesday January 17th 2024 **and** Friday January 19th 2024 1:00-4:30 pm . You must attend both half day sessions to receive a certificate of completion to qualify for an auto insurance discount.

Benefits:

- * Learn techniques for handling left turns, right-of-way, following distance, and roundabouts.
- * Understand how to reduce traffic violations, crashes, injury risk, and learn state-specific items.
- * Discover proven driving methods to help you and your loved ones safe on the road.

Location: The Canby Adult Center at 1250 S Ivy Street Canby Oregon 97013

Advance Registration Required.

Class limited to 20 participants. Cost is \$20. for AARP members \$25 for non-members Sign up in person at the front desk or call 503 266 2970.

**Alano Club of Portland:
A Recovery Support
Center**



Alano Club is a recovery support center hosting over 100 weekly recovery meetings and 13 distinct 12-step recovery programs, including Alcoholics Anonymous, Narcotics Anonymous, Gamblers Anonymous, and Clutterers Anonymous, A Peer Support program (Peer Connect) in addition to many other recovery support groups.

Other support groups include debt/overspending support groups, Hoarding support groups, Sexual/Love Addiction Support Groups, and Workaholics Support Groups. Visit <http://www.portlandalano.org> or call 503 222 5756 for meeting information. You can also email at info@portlandalano.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!

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 promptly 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— January 3rd, 10th, 24th & 31st

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

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

kgalitz@canby.com
(Term ends Sept 2024)

Secretary

Sandie Field

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

Millie Reser

softballady63@gmail.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.

Please note: Monthly Board Meeting Minutes

In our effort to mail-out the monthly newsletter earlier in the month so that members receive it more timely, the monthly Board Meeting Minutes will now be published in the following month's newsletter, i.e., the December Board Minutes will be published in the January 2024, edition of the newsletter. You will still receive the Board Minutes but they will be for the prior month, rather than the current month.

Let us know if you have questions, and thank you for your understanding as we implement necessary changes to our newsletter mailing date.

Special membership meeting—Wednesday January 10, 2024 12:45 pm

As announced in our December newsletter, the Canby Adult Center Board of Directors proposes two revisions to our bylaws, which will allow the Board to exercise more discretion and agility in managing the strategic direction of the Center. Those proposed changes were included with the December newsletter, as required by our current bylaws. I

f you cannot locate your copy of the proposed changes and are a current member, please reach out to Director Kathy Robinson at cacdir@canby.com for a copy if you are interested in learning more.

All current members of CAC are welcome to participate in the vote on January 10th.

AARP Tax Clinic Scheduled to open February 2nd—Appointments Can Be Scheduled beginning January 8th

The AARP Volunteer tax preparers is a service we host at the Canby Adult Center. Tax-aid volunteers are provided thru AARP. This year, they will open their clinic beginning Friday, February 2nd, and each Friday thereafter thru April 12, 2024.

You may call the Canby Adult Center at 503 266 2970 beginning January 8th to schedule your appointment for this tax preparation service.

The AARP tax clinic 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, are self employed with employees or do not show a business profit. They are not able to prepare complex tax returns.

We are happy to host the AARP tax clinic again this year, and are grateful for the volunteers who run the program! These appointments fix quickly and we do not maintain a wait list.



Like to sing?

Come join us in this new Canby Adult Center singing group! No experience necessary to join this fun group of other music-lovers. We meet on the first and third Wednesday of each month at 1 pm in Classroom 3. **Bring enthusiasm and join us for this fun new singing group in 2024.**

Volunteer Drivers Needed For the Transportation Reaching People Program



Are you looking for a volunteer opportunity that is flexible? Consider becoming a **Transportation Reaching People Volunteer Driver.** Volunteer drivers are caring people with reliable cars who drive seniors and people with disabilities to medical appointments and important errands.

Volunteers receive:

- Free defensive driving training, which may give you a discount on your auto insurance
- Flexible scheduling
- Mileage reimbursement

Contact Wendy May, Client Services Coordinator, at 503 266 2970 to learn more about this great volunteer opportunity!

January Speakers and Activities

WEDNESDAY, JANUARY 3RD at 2 pm Parkinson's Resources Support Group



This group meets the first Monday of each month from 2 pm to 3 pm! Join this group 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. [We meet the first Monday except when Monday is a holiday—then the group meets on Wednesdays.]

Thursday, January 11th @ 11am Conversations on Aging: Grief & Loss

Our Conversations on Aging series is back. As we age, we experience many types of loss. Grief may become a more common experience. Explore with others how to find your own unique path through grief.

Advance sign up is encouraged. Call 503 266 2970 or sign up at the front desk. **No Fee**

Thursday, January 11th @ 1pm NW Medicare Advisors

Northwest Medicare Advisors provides general information and answers questions regarding changing plans for the upcoming Medicare year OR for those who may be new and now eligible for Medicare!

If you have questions prior to the meeting you can contact **NW Medicare Advisors by calling: 503-303-7519**

Wednesday & Friday January 17th & 19th 1-4:30p AARP Smart Drive



- Would you like to save money on auto insurance?
- ⇒ Learn techniques for handling left turns, right of way, following distance, and roundabouts.
 - ⇒ Understand how to reduce traffic violations, crashes, injury risk, and learn state specific items.
 - ⇒ Discover proven driving methods to help keep you and your loved ones safe on the road

Class is open to the public and limited to 20 participants. Call 503 266 2970 to register by phone, or see the reception desk at Canby Adult Center to register.

Classroom course fee is \$20 for AARP Members and \$25 for non-members. Bring exact cash or check made payable to AARP at class time. NO debit or credit. Bring your AARP membership card or number to get the discount. You must be able to attend both sessions.

Thursday, January 18th @ 1pm AARP Six Pillars of Brain Health



It's never too late to take charge of your brain health! In this session you will have the opportunity to learn about the six pillars of brain health; how living an active life by—learning more, being social, staying fit, eating right and managing stress—can support brain health. Share your brain-boosting tips and be inspired by others. Lesley Johnson, AARP Speaker will be the presenter of this valuable information.

Sign up required— sign up at the front desk or call 503 266 2970

Monday, January 22 11-1pm Protecting YOU from Consumer Harm

Come learn how the Oregon Division of Financial Regulation's (DFR) financial education and consumer advocacy resources **can help you** make more informed decisions and protect you from consumer harm. Craig will have a table set up in the lunchroom to answer any questions you may have. This information is invaluable. Information session only; no sign up required.

"Bee Organized" - Don't Miss This! Friday, January 26th @ 10am **RESCHEDULED FROM DECEMBER**

"Bee Organized" will be here to discuss ways to declutter and organize your space! This organization believes everyone deserves organized spaces that serve them, their family and their season of life. Further, they believe in helping clients create customized, realistic and sustainable organizing solutions.

Join us for tips on getting started! Advance signup required.

Do you cook a mean pot of home made chili? Prove it!

Join us for our 2nd Canby Adult Center Chili Cook Off. Bring your favorite home made Chili Recipe to the center on January 25th at 11 am. Make sure to bring it in a crock pot to keep it warm. We will invite guests to sample and vote on the best chili. Let's warm up the place and have some fun. Sign up at the front desk.

NEW: FREE Seamstress Service January 24 12-3 pm

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 or dresses may also be an option); 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 People can feel free to bring an item if they are not sure and questions are always welcome! **Sign up at the front desk and describe which service you need (ie, mending, seam repair, etc).**

January Movies, Music & More

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

January Movie Line-up

Wednesday Movie Features:

January 3rd: **Wild Hogs**, starring John Travolta and Tim Allen. Four frustrated weekend warriors hit the road for a motorcycle trip that goes hilariously awry when they run afoul of a real bike gang.

January 10th: **Monuments Men**, starring George Clooney and Matt Damon. As WWII winds down, a crew of art historians and museum curators race against time to recover works of art stolen by the Nazis. Based on a true story!

January 17th: **A Haunting in Venice**, starring Kenneth Branagh. Retired and living in Venice, Inspector Poirot reluctantly attends a séance where a murdered guest thrusts the detective into a sinister, shadowy world. An Agatha Christie mystery.

January 24th: **The Great Alaskan Race**, starring Treat Williams. In 1925's historic great race of mercy, a group of brave mushers travel 700 miles to save the small children of Nome, Alaska from a deadly epidemic. Another true story!

Fridays with Paul Newman

January 5th: **Cool Hand Luke**, starring Paul Newman and George Kennedy. A laid-back Southern man is sentenced to two years in a rural prison, but refuses to conform.

January 12th: **The Long, Hot Summer**, starring Paul Newman and Joanne Woodward. Accused barn burner and conman Ben Quick arrives in a small Mississippi town and quickly ingratiates himself with its richest family, the Varners.

January 17th: **Absence of Malice**, starring Paul Newman and Sally Field. When a prosecutor leaks to a Miami reporter that a liquor wholesaler is suspected in the murder of a union head, the man's life begins to unravel.

January 24th: **Cat on a Hot Tin Roof**, starring Paul Newman and Elizabeth Taylor. As the family of a wealthy Southern patriarch informs his children that he is dying of cancer, lies and secrets surface that threaten to rip the family apart.

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 Scott—January 10th 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!

Music with Jim—Third Thursday, January 18th at 11:30

Jim provides a great variety of music including country, patriotic and much more.

Music with the Erk's—Thursday, January 25th at 11:15

A great variety of old classics, country and favorites. Don't miss this music duo (and sometimes a friend or two joins them)!

Remember Make Reservations for "Special Event"

Lunch Dates: We will require reservations for our January Hamburger 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.

A LITTLE CLARIFICATION...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:

All of the great musicians who've shared their music with us over the holidays. We appreciate you!

All of the donors who have assisted in filling the Canby Kiwanis Barrels, the Canby Center Barrels, the FIDO Barrel and the Veteran's Socks Barrels.

Shimadzu—for hosting our Senior Christmas gift tree program

Our newsletter folders AND Annual Appeal volunteers—we appreciate your help with our fundraiser!

The "Wreath" ladies for donating beautiful wreathes and Centerpieces for our home delivered meals clients!

January 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 **Tuesday December 26th**. While you may call on the 26th 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 January trips on the first day of sign up, to give everyone a chance to sign up for something special.**

Spirit Mountain Casino

January 9, 2023

It's time again to go to Spirit Mountain for fun and gaming. *Bring money for lunch and gaming at the casino.*

Depart: 8:30am

Return 6pm

Cost: Pay at the slot machines

Bus Fee: Donations accepted

Roasted By Mom Coffee Tour and Lunch

January 12, 2023

Roasted by Mom Coffee is a specialty coffee roasting company and are delighted to show us how they do it. We take raw beans from all over the world, roast everything in house, package it in house, sell seed of a cherry....and Roasted by Mom roasts these seeds to perfection.

*Bring money for lunch at **Big's Chicken Restaurant** after our tour.*

Depart Center: 10am

Return: 4pm

Cost: Free

Bus Fee: Donations accepted

Lunch and Bingo at Keizer Senior Center

January 18, 2024

Word has it in the *Keizer/Salem Area Senior Center Bulletin newsletter* that the lunches are good and bingo is worth playing. Come along for the adventure and check it out with us! For as little as \$4.50 you can play all of the 16 games. We will have 5 early birds, 7 regular games, 2 blackout bingo games with an extra 2 "on the way up" games. *Bring money for lunch and bingo at the Keizer center.*

Depart Center 10:30

Return 4:30 pm

Cost: \$6.00 for lunch/16 for Bingo games 4.50
[pay at event]

Bus Fee: Donations accepted

Aerometal International and Lunch

January 19, 2024

Aerometal International is known for their repair and restoration of vintage aircraft specializing on DC 3 and C47 planes. They are excited to have us come look around with a tour and show us some of their other projects as well. *Bring money for lunch after the tour at Langdon Farms.*

Depart Center 9:40am

Return 3pm

Cost: Free

Bus Fee: Donations accepted

OMSI Emperical Theatre movie and lunch

January 30, 2024

Join the crew of adventurers as we go to Omsi theatre for a surprise movie. These are 45 minute long educational movies presented to us on a crazy wild big screen. *Bring money for lunch at **Buster's Barbeque** after the movie.*

Depart Center: 10:00am

Return 3pm

Cost: \$7.00 for movie ticket (pay at event)

Bus Fee: Donations accepted

Did you know...

OMSI (the Oregon Museum of Science and Industry) is a science and technology museum in Southeast Portland. It contains three auditoriums, including a large-screen theatre, planetarium, and exhibition halls with a variety of hands-on permanent exhibits focused on natural sciences, industry, and technology

OMSI was founded November 5, 1944. By 1955 OMSI's annual attendance rate had grown to 25,000 visitors per year.

Healthy Body—Healthy You!



Happy New Year! We reflected on 2023 and looked forward to 2024 in our newsletter article last month. This month we're taking a look at Stroke Awareness. Did you know.....Stroke is the No. 5 cause of death and a leading cause of disability in the United States? There are ways to spot the warning signs, read on for more information.

FYI—I'll be taking medical leave in January, foot surgery! Classes will continue at the center with a video version of each class offering in my absence. Keep up your fitness and I'll see you towards the end of January. ~ Mindy



What is a Stroke

Stroke is a disease that affects the arteries leading to and within the brain. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.

F.A.S.T. Warning Signs

If you're having a stroke, it's critical that you get medical attention right away. Immediate treatment may minimize the long-term effects of a stroke and even prevent death. Thanks to recent advances, stroke treatments and survival rates have improved greatly over the last decade.

Use the letters in F.A.S.T. to spot a Stroke

- **F = Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **A = Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S = Speech Difficulty** – Is speech slurred?
- **T = Time to call 911** – Stroke is an emergency. Every minute counts. Call 911 immediately. Note the time when any of the symptoms first appear.

Other symptoms can include: numbness or weakness of face, arm or leg (often on one side of the body); confusion, trouble speaking or understanding speech; trouble seeing in one or both eyes; trouble walking, including dizziness or loss of balance and coordination; severe or sudden headache with no known cause.

Risk Factors Under Your Control

Stroke is dangerous and deadly, but you can treat several of its risk factors. High blood pressure, smoking, diabetes, diet, physical inactivity, obesity, high cholesterol, atrial fibrillation, sleep apnea, carotid artery disease and other heart diseases are just a few risk factors that you can control to limit a stroke. If you are interested in checking your personal risk for stroke, there is an online "Stroke Risk Assessment" that can help. (go to www.stroke.org). Remember some stroke risks are changeable while others are not. If you scored high for risk factors or are unsure of your risk score, always talk with your health care professional about your questions and how you can reduce your risk.

Effects of Stroke

Every stroke is unique, but strokes tend to affect people in common ways.

The brain is an extremely complex organ that controls various body functions. If a stroke occurs and blood flow can't reach the region that controls a particular body function, that part of the body won't work as it should.

If the stroke occurs toward the back of the brain, for instance, it's likely that some disability involving vision will result. The effects of a stroke depend primarily on the location of the obstruction and the extent of brain tissue affected. The effects of a stroke depend on several factors, including the location of the obstruction and how much brain tissue is affected. However, because one side of the brain controls the opposite side of the body, a stroke affecting one side will result in neurological complications on the side of the body it affects

How Can I Learn More?

Call 1-888-4-STROKE (1-888-478-7653) or visit stroke.org to learn more about stroke or find local support groups. Sign up for our monthly Stroke Connection e-news for stroke survivors and caregivers at StrokeConnection.org. Connect with others who have also had an experience with stroke by joining our Support Network at stroke.org/SupportNetwork. Do you have questions for your doctor or nurse? Take a few minutes to write down your questions for the next time you see your health care professional.

Source: American Stroke Association (www.stroke.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.

Holiday Meals

Shortly after my father returned home from WW II, he asked our neighbor Clyde Meeker to remodel our dining room by removing a wall to incorporate our sun-room into the dining room. This increased area allowed for the use of a much larger dining room table with ten high back wooden chairs. Dad's goal of the remodel project was to invite friends and family to dine with us on special holidays.

Our family usually ate our meals in the kitchen seated at a big Formica covered table with heavy metal chairs. It was easy to dine in the kitchen as we were just steps from the kitchen counter where the prepared food was located. We scooped up our food from the bowls on the countertop or pans on the stove and sat down to enjoy our meals. My brothers and I usually made quiet small talk and ate our meals as fast as we could so we could get back outside to play or work on our latest project.

The newly expanded dining room changed our meal arrangement for the holidays. Whenever we ate meals at the big new dining room table, we boys had to 'mind our manners' and wait for dishes of food to be passed to us then filled our plates and passed on the bowl to the next person. We were told this was "formal dining".

These holiday dining experiences were usually uncomfortable for us boys because my brothers and I were expected to listen to the adult conversation and not talk much. After all, we were just kids and didn't know much about adult topics, so we just listened. Once everyone was finished eating, my brothers and I "cleared the table" by properly reaching around a person from their right side. I never knew what difference it made which side of a person you removed their plate. After removing the plates, we came back to the table from the kitchen to wait until the dessert was served and then removed the dessert plates from the right side of each person. Then we were excused from the table.

My brothers and I wanted to rush through the meal and finish our plate clearing chores so we could get back outside to our important play time building forts or riding our bikes or climbing trees.

The food was delicious, but we had better things to do than sit at the big dining room table eating a meal.

B. Roberts

Picnics

M. O'Shea

Before my mother died our family used to go on a lot of picnics. My mother liked the fall most of all. In the San Francisco Bay Area the fall was the nicest weather all year. We had among others the ocean beach, Golden Gate Park, Crystal Springs Reservoir on Skyline Drive in San Mateo county and a place called Deer Park in Marin County. Deer park was a favorite of my mother and her mother, my grandmother. We often had the place to ourselves in the fall.

My grandmother owned a cabin in Pescadero, a small town on the coast south of the city about 40 miles. This was usually a weekend getaway place. The cabin was struck by lightning and burned to the ground when I was about 12 years old.

Another tradition was the church picnic at Skipper Park in San Mateo. The church picnic was a huge deal. It was packed by the time the music and dancing started at 4 PM. The music was supplied by a couple of accordion playing members.

My family would arrive early to have breakfast at the park. My father was on the picnic committee. Around ten o'clock we would start a softball game that went on most of the day. Usually the game ended around 2PM because the auto parking overflowed onto the field. There were pie eating contests, a quilting Bee and other activities. Of course, bingo. It was more of a fair than a picnic. Some of the people we knew we only saw at the picnic. Needless to say there was loads of alcohol available.

The dancing went on until late. The picnic was on a Labor Day and we had to go to school the next day. About 9PM our mom would send my brothers and I to our family auto and we were asleep in minutes after a day full of activities.

There was a cleanup committee who did their work in the light from auto headlights. My mother told us about this since we were sound asleep by that time.

Are you thinking of trying something new in 2024? You might be interested in this class!

This class is facilitated by Mark O'Shea, who provides a prompt at each session. You can write from the topic, or, you may choose your own subject. Class participants may choose to share with class and if you wish, you may share your writings for publication in the newsletter.

This class meets the 1st and 3rd Thursday of each month, from 10 am to 11:15 am. This class is free and everyone is welcome!

Birthdays & This & That!

January 2024 Birthdays!

| | | | |
|----|--------------------|----|------------------|
| 1 | Joyce Sturdevant | 19 | Martha Hartman |
| 1 | Marge Bolton | 19 | Sandra Johnson |
| 2 | Irma Houston | 19 | Sarah Lind |
| 2 | Charlotte Johnston | 19 | Vickie Smith |
| 2 | JoAnn Kempfer | 20 | Edith Cato |
| 2 | Betty Keys | 21 | Janet Skinner |
| 3 | Gloria Altenhofen | 21 | Janet Weeks |
| 4 | Gretchen Raney | 21 | Ardeth Woods |
| 6 | Al Keefe | 21 | John Noorowijk |
| 7 | Sally Maxwell | 22 | Carrie Anderson |
| 7 | Carol Schreiner | 23 | Ed Bird |
| 8 | Patty Hatfield | 24 | John Bemis |
| 8 | Sandra Zimmer | 25 | Debbie Brown |
| 8 | Delbert Bradford | 25 | Bonnie Pichette |
| 9 | Nori Zieg | 25 | Jerry Mootz |
| 10 | Joyce Korschgen | 26 | Susan Liston |
| 10 | Mike Breshears | 26 | Dennis Naumann |
| 12 | Erica Dally | 27 | Gwenn Clem |
| 12 | Sandy Kuehn | 27 | Don Gulliford |
| 13 | Millie Reser | 28 | Linda Capps |
| 13 | Ron Pacholl | 28 | Rita Corcoran |
| 15 | Ilse-Dore Vaughn | 28 | Ed McCann |
| 16 | Vickie Nees | 29 | Edwina Hawbecker |
| 16 | Frank Long | 29 | Clay Metzger |
| 17 | Doug Argo | 29 | Karen Winther |
| 17 | Larry Hepler | 30 | Deborah Simmons |
| 18 | Kathy Kersey | | |
| 18 | Wilma Smith | | |

Happy Birthday

Thank You New & Renewing Members:

Bobbie Beddow, Jeannine Brumley, Edith Cato, Erica Dally Gary & Stephanie Frye, Carl & Sue Horton, Mary Jo Kelly, Korschgen & Rudd, Verla Kreilkamp, Kathleen Milligan, David Onsgard, Monte Poppen, Dale Rushton, Elizabeth Wheelock, Pat Young

HAPPY NEW YEAR!!

2024 is a "LEAP YEAR" and has a total of 366 days! A leap year isn't necessarily every four years. To be a leap year, the year number must be divisible by four — except for end-of-century years, which must be divisible by 400. So while we'll see a leap year every four years until 2096, there won't be another one after that until 2104

On Monday April 8, 2024, there will be a complete solar eclipse. It will cross North America, passing over Mexico, the United States and Canada. The moon will pass between the earth and the sun, completely blocking the face of the sun.

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!

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!

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!**

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!



Canby American Legion offers Proper Disposal of U.S. Flag

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. Anyone with a flag in need of disposal can deposit a flag inside the box at any time, and the American Legion will insure that the flag is disposed of properly.

Thank You Canby American Legion!

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

Out of Town...

Rose City Classic Dog Show, Jan 18 - 21, 2024, Portland Expo Center

The Rose City Classic Dog Show is one of the largest and most popular dog events in the United States. That's why so many of the best dogs in America and even dogs from foreign countries travel to Portland each January to compete. The event spans 5 days, starting on Wednesday with about 20 Individual breed specialty shows and an all-Terrier group show. These specialty events are put on by local AKC dog clubs organized for the improvement and preservation of a particular breed or group of breeds. Specialty day is followed on Thursday through Sunday by 4 all-breed shows.

Portland Build, Remodel & Landscape Show, January 19-21, Oregon Convention Center, Hall D

This comprehensive 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, sharing their valuable knowledge to bring your ideas to life or inspire you with new ones. See the latest innovations and design trends -- Experts will be showcasing everything for the home including the latest in: Kitchens, Bathrooms, Flooring, Landscape Installations and more!

Portland Boat Show, January 10th - 14th, Portland Expo Center

Acres of boats and water sports equipment. It's the ultimate shopping experience with hundreds of boats of all sizes and descriptions side-by-side. It's all here in one convenient stop! Shop, compare and buy!

The 5th Annual Tualatin Winter Brew Festival, January 27th, 1 pm – 9 pm, Stickmen Brewing Tualatin Beer Hall, 19745 SW 118th, Tualatin

A fundraiser benefiting the Tualatin High School Pack Backers, Hosted by Stickmen Brewing Company. If you are a connoisseur of craft beer, northwest ciders and wine, mark your calendar for the last Saturday in January, because this is an event you don't want to miss! Featuring seasonal and specialty offerings from 20+ local brewers, cider houses and vineyards, plus great food from four local restaurants and music provided by the Tualatin High School Jazz band as well as our local DJ fave, Robert Richter, the stage is set for a fun event and all for a good cause.

OMSI \$5 Days, January 7 & February 4

Join OMSI the first Sunday of each month for OMSI \$5 Days! \$5 Museum Admission, \$5 Submarine Tours, \$5 Planetarium Shows, \$5 Documentary Films. Please anticipate higher traffic on \$5 Days and plan to purchase tickets in advance online.

Harlem Globetrotters, January 20, 2:00 PM - MODA Center, Portland

Don't miss your chance to be a part of the world-famous Harlem Globetrotters global tour as they take the court with moments of extreme basketball innovation and unparalleled fan fun! You'll be amazed by new levels of mind-blowing trick shots, expert ball-handling skills, and BIG LAUGHS with unrivaled opportunities for pre-game, post-game and in-game fan engagement!

Portland Metro Reptile Expo, January 13th, 2024, Double Tree Hilton Hotel, 1000 NE Multnomah Street

Portland Metro Reptile Expo is the first captive-bred reptile event in America. It features some of the finest reptile breeders around who pride themselves on the quality of their animals. We feature product vendors, reptile rescues, educational displays, and free raffles and giveaways.

DISNEY'S THE LION KING, January 7 - 28, 2024, Keller Auditorium, Portland

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. More than 100 million people around the world have experienced the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling of this Broadway spectacular – one of the most breathtaking and beloved productions ever to grace the stage. Winner of six Tony Awards®, including Best Musical, The Lion King brings together one of the most imaginative creative teams on Broadway.

Portland's Folk Festival, All Ages, January 14, 2024, 2:00 pm, Crystal Ballroom, 1332 W Burnside St, Portland

Portland's Folk Festival and McMenamins Present: An annual celebration of folk, Americana and roots music in Portland.

Willamette Wedding Show, Jan 27th – 28th, 10am – 5:00 pm, Oregon Convention Center, Portland

Are you in the midst of planning your dream wedding? Look no further! In this ultimate guide, we will take you through every step of the process to help you plan the perfect wedding at the Willamette Wedding Show. From finding inspiration for your theme to booking vendors and finalizing details, this comprehensive post has got you covered. We'll provide tips on navigating the event, showcasing the incredible range of vendors and exhibitors you can expect to find. We'll also share insider secrets to securing the best deals and discounts, ensuring that your wedding remains within budget. Whether you're a local bride or planning a destination wedding, this guide will help you make the most of your experience at the Willamette Wedding Show and create memories that will last a lifetime.



Thank you 2023—2024 Annual Appeal Donors

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Silver Business & Organizational Donors:

Donations \$1—\$50

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Friends of Canby Adult Center Inc
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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— January 2024

| Su | Mon | Tue | Wed | Thu | Fri | Sat |
|----|--|---|---|---|---|-----------|
| | January 1st Happy New Year! Center is Closed  | 2 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance | 3 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 Blood Pressure 10:00 BB & Balance 11:00 GeriFit 12:30 Red Cross Drive 1:00 Movie: Wild Hogs 2:00 Parkinson's Support Group | 4 No Ukulele Class Today 10:00 Memoir Writing 1:00 Line Dancing 1:00 Stroke Support Group NEW | 5 9:00 Tai Ji Quan 10:00 Better Bones & Balance 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Cool Hand Luke | 6 |
| 7 | 8 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot 2:30 Relaxation | 9 8:30 Trip: Spirit Mtn 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance | 10 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB & Balance 11:00 GeriFit 11:15 Music with Scott 1:00 Board Meeting 1:00 Attorney Consults 1:00 Movie: Monuments Men | 11 10:00 Ukulele Class 11:00 Conv. On Aging: Grief & Loss 1:00 NW Medicare Advisors 1:00 Line Dancing | 12 9:00 Tai Ji Quan 10:00 Better Bones & Balance 10:00 Trip: Coffee Tour & Lunch 11:00 GeriFit 1:00 Pinochle 1:00 Movie: The Long, Hot Summer | 13 |
| 14 | 15 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 10:00 Foot Clinic 11:00 GeriFit 1:00 Hand & Foot 2:30 Relaxation | 16 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance | 17 9:00 Tai Ji Quan 10:00 Blood Pressure 10:00 Better Bones 10:00 Newsletter Folding 11:00 GeriFit 1:00 AARP Smart Drive Session 1 1:00 Movie: A Haunting In Venice | 18 10:00 Ukulele Class 10:30 Trip: Lunch & Bingo at Keizer 11:30 Music with Jim 1:00 Line Dancing 1:00 Brain Health | 19 9:00 Tai Ji Quan 9:40 Trip: Aero-Metal Interntl 10:00 Better Bones 11:00 GeriFit 1:00 Pinochle 1:00 AARP Smart Drive Session 2 1:00 Movie: Absence of Malice | 20 |
| 21 | 22 9:00 Tai Ji Quan 10:00 Better Bones 10:00 Wood Carving 11:00 GeriFit 11:00 Dept of Financial Regulations 1:00 Hand & Foot 2:30 Relaxation | 23 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance | 24 9:00 Quilty Friends 9:00 Tai Ji Quan 10:00 Blood Pressure Clinic 10:00 Better Bones 11:00 GeriFit 12:00 Seamstress NEW Service 1:00 Movie: The Great Alaskan Race | 25 10:00 Memoir Writing 10:00 Ukulele Class 11:00 Chili Cook-off 11:15 Music with the Erk's 1:00 Line Dancing | 26 9:00 Tai Ji Quan 10:00 Better Bones 10:00 Speaker: Bee Organized 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Cat on a Hot Tin Roof | 27 |
| 28 | 29 8:30 Trip Sign up Begins 10:00 Better Bones 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot 2:30 Relaxation | 30 9:30 YOGA 10:00 Trip: OMSI 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance | 31 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 Better Bones & Balance 11:00 GeriFit 1:00 Movie: To Be Announced! | Remember: Exercises classes at the Center will be using the video from January 7th thru January 29th while Fitness Instructor, Mindy, is out of the office. In person classes with Mindy are set to resume on the 31st of January! | | |

Menu—January 2024

Sun Mon Tue Wed Thu Fri Sat

| | | | | | | | |
|-----------|---|-----------|--|--|---|-----------|--|
| | <p>1 New Years Day Center Closed</p>  | 2 | <p>3 Cobb Salad Vegetable Soup Brownies</p> | <p>4 Spaghetti with Meat Sauce Tossed Greens Garlic Bread Baker's Choice Dessert</p> | <p>5 Pork Loin Herbed Stuffing Fresh vegetables Spinach Salad Fruit</p> | 6 | |
| 7 | <p>8 Chicken Enchilada Casserole Black beans Spanish rice coleslaw Apple sauce</p> | 9 | <p>10 Authentic Jambalaya with Rice Cornbread Steamed Vegetable Coleslaw Vanilla Cake</p> | <p>11 Plant Based Meal Lentil Stew With Quinoa And Mushrooms Crusty Bread Steamed vegetables</p> | <p>12 Pork Yakisoba with Vegetables Steamed cabbage Egg roll Carrot Raisin salad Chocolate pudding</p> | 13 | |
| 14 | <p>15 Martin Luther King Day Center Closed</p> | 16 | <p>17 Taco salad Tossed Greens Beans/Rice Butter Milk Custard</p> | <p>18 Chicken & Dumplings Mashed Potatoes Steamed Vegetable Carrot & Raisin Sal-</p> | <p>19 Pulled Pork Sandwich Cole Slaw Tots Cookie</p> | 20 | |
| 21 | <p>22 Smothered Meat Balls Buttered Noodles Green Beans Pea and Cheese Salad Tapioca Pudding</p> | 23 | <p>24 White Chicken Chili Cornbread Steamed Italian Vegetables Cucumber Salad Vanilla Pudding</p> | <p>25 Hamburger Day Baked Beans Potato Salad Broccoli & Cauliflower Salad Fresh Fruit</p> | <p>26 Baked Breaded Pollock Rice Pilaf Mixed Vegetables Cole Slaw Carrot Cake</p> | 27 | |
| 28 | <p>29 Chicken Alfredo Fettuccini pasta Mixed Vegetables Spinach Salad Apple Berry Crisp</p> | 30 | <p>31 Tuna Salad Tossed Greens Vegetable Garnish Chefs Choice Soup Chef's choice dessert</p> | | | | |
| | | | | <p>Thanks to our Serving Groups: Canby Fire Department Canby Police Department Canby Utility LDS Church—First Ward Zion Mennonite Church Student Transportation of America</p> | | | |