



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

**March 2024**

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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,

The month of March is always a particular favorite of mine: its when we start to see signs of spring, temperatures start to rise just a little. we (hopefully) don't have to worry about any more "major", center-closing weather and the kids are out on spring break. The only part I don't like is having to move clocks forward and lose that precious hour of sleep! There's talk of doing away with daylight savings time—what do you all think of that idea? Regardless, I don't think anything is changing this year, so make sure to mark March 10th as the day to change those clocks!

See you at the Center—Kathy

**Nutritional Education: "Egg Basics"**  
**March 11th at 1:00 pm—** Join us and learn some "eggsellent" egg facts and how to make a quick and easy omelet! All details are on page 7.

**Do You Need More Restful Sleep?**  
**Join Dr. Abdullah Kahlid from OHSU on March 13 at 1 pm, Here at the Center**

Dr. Khalid from OHSU will present information for a "restful sleep" on March 13th at 1 pm. See page 7 for all the details on this presentation and information to reserve your spot for this speaker!

**AARP Social Security—March 21 at 1 pm**  
 Do you understand how Social Security works? Have you wondered what the difference is between full, early, and delayed benefits? Join AARP's free Social Security workshop. This workshop focuses on building an understanding of the implications of Social Security claiming decisions. See more details on page 7, including sign-up information.

**American Red Cross Blood Drive**  
**March 20th, 12:15 to 5:15 at CAC**  
 You can sign up on-line to donate blood here on March 20th! If you need help signing up call Kathy Robinson at 503 266 2970

**Daylight Saving Time — March 10th**

Remember to move your clocks FORWARD to "spring into spring".

**Join us to celebrate St. Patrick's Day a few days early! Our annual St. Patrick's Day Lunch Thursday, March 14th Sign Up Begins February 26th:** Don't forget — St. Patrick's Day is just around the corner and our kitchen team is preparing their annual Corned Beef and Cabbage meal! This lunch is by reservation so be sure to sign up beginning Monday, February 26th.

**Color Eggs for Easter on March 28th with Wendy and Mindy. See page 7 for details on sign up—space is limited!**

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

- Feb 26 Trip sign begins at 8:30
- Mar 4 Parkinson's Support Group 2 pm
- Mar 7 Stroke Survivor Group 1 pm
- Mar 10 Daylight Savings— "Spring Forward"
- Mar 11 Nutritional Education at 1 pm
- Mar 13 OHSU—Speaker/Sleep Disorders 1pm
- Mar 14 Conversations on Aging 10:30
- Mar 14 St. Patrick's Day Lunch—  
Reservation Required
- Mar 14 NW Medicare Advisors 1 pm
- Mar 19 Spring Begins!
- Mar 20 Blood Drive 12:15—5:15
- Mar 21 Understanding Social Security 1 pm
- Mar 21 Music with Jim 11:30
- Mar 25 Sign up begins for April trips/events
- Mar 27 Music with Scott 11:15
- Mar 27 Free Seamstress Service 12-3 pm
- Mar 28 Color Easter Eggs—10:30
- Mar 31 Easter Sunday!

Date for March Board Meeting TBD

# Center Services

## Client Services Available in March

**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
- ♦ Books/library\*
- Pool
- 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, March 13th. 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 6th and 20st 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 March 6th and 20th with extended hours to 11:45,

### Foot Clinics—Jenelle Ediger offers Appointments 2nd & 4th Mondays each month This month the 11th and 25th

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](http://www.SeniorLonelinessLine.org)**

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

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

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

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



**RentWell:**  
A program of Transition Projects

**Get Help to Overcome Housing Barriers**

This program offers a Free 15-hour class series for low to moderate income renters, with barriers such as evictions, criminal history, and poor or no credit or rental history.

Classes include a background report and incentive funds for landlords who rent to Rent Well Graduates.

Self-Guided E-Courses are available and Live Classes are also available. **For more information, visit [www.rentwell.org](http://www.rentwell.org) or call 503 650 5647**

**Wildlife and Water Friendly garden Series— What Tree Should I Plant?**

The Environmental Learning Center presents a free Workshop Series for anyone interested in home gardening for wildlife and water quality.

**What Tree Should I Plant?**  
Presented by—Drew Zwart, Ph.D, Research Scientist-Plant Pathology & Physiology, Bartlett Tree Experts

**Plant a tree!** What are the factors to consider in selection placement, and care to promote a successful outcome and provide benefits to both overheated gardeners and wildlife alike? Which trees thrive in residential landscapes:. A variety of trees will be explored in this presentation.

**Register:**<https://www.eventbrite.com/e/wildlife-water-friendly-gardens-free-series-2024-tickets>



NAMI has a new peer-led support group for adults who identify as LGBTQIA2S+ and live with mental illness where people learn from one another's experiences,

share coping strategies, and offer mutual encouragement. **Meets monthly on the 2nd Sunday of every month via Zoom from 5:00 pm to 6:30 pm. For more information contact: [www.namicc.org](http://www.namicc.org) or call 5003 344 5050.**

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

**Lifeline** is a non-transferrable government assistance program limited to one discount per household. Oregonians who currently receive qualifying benefits below may receive up to a \$15.25 reduction in their monthly bill for local residential telephone service or up to a \$19.25 reduction in their monthly bill for broadband service. Proof of eligibility may be necessary for enrollment.

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

**Sleep apnea Support Group or Forum**

The start of a sleep apnea journey can be a daunting one that is full of questions and concerns. However, by joining a sleep apnea support group or forum, you can gain access to the sleep apnea community's:

- \*Sleep Apnea Tips
- \*Treatment Experiences
- \*Advice on Specific Sleep Apnea Equipment
- \*Access to Frequently Asked Questions with Answers
- \*Viewpoints on the Impact of Sleep Apnea on Day-to-Day Life

A sleep forum is a place where you can ask questions and get answers from others' personal experiences.

**Below is some information for contacting Apnea Forums and Support Groups:**

**CPAP Support Group: CPAP Talk <https://www.cpaptalk.com/CPAP-Sleep-Apnea-Forum.html>**

**American Sleep Apnea Association <https://talk.sleepapnea.org/>**

**Facebook CPAP Support Groups**

If you are looking for one-on-one personal support, call **1 800 356 5221** Monday thru Friday, 8 am to 8 pm or Saturday and Sunday from 8 am to 5 pm.



# 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 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— March 6, 20, and 27th

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

**No Fee**

### “Medi-Carolers”— March 6th and 20th

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

### Vice Chair

**Matt English**

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

### Treasurer

**Keith Galitz**

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

### Secretary

**Sandie Field**

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

**Robert “Cash” McCall**

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

**Pat Schauer**

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

**Tim Nichols**

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

**Brandon Leonard**

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

**Joyce Peters**

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

## A word about our Board ~

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

## Special General Membership Minutes—January 10, 2024

**Meeting Purpose:** A special meeting of the general membership was convened in order to take a vote on two proposed amendments to the By-Laws. The proposed changes were included in the Dec 2023 newsletter and were provided at the meeting on Jan 10<sup>th</sup> 2024.

**Call to Order:** At approximately 12:45 pm vice chair, Matt English called the General Membership Meeting to order. The proposed By-Laws changes were briefly explained by Matt and questions were solicited. Receiving no questions, Matt asked for a motion to approve the revisions to the By-Laws as presented; motion was made and seconded. Matt asked for further discussion, none received. A vote was taken resulting in a unanimous decision to accept proposed revisions to the By-Laws.

12:50 pm: Meeting adjourned by vice chair, Matt English

*Respectfully submitted by Sandra Field, Secretary*

## Board Meeting Minutes—excerpt: January 10, 2024 Excerpts

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

**Directors Excused:** Loren Bell **Staff Present:** Kathy Robinson

**Guests Present:** City council liaison Jim Davis

**Call to Order and Approval of Minutes:** The meeting was called to order by Vice Chair, Matt English at 1:00 pm. A quorum was established; a motion was made, seconded and unanimously passed to approve minutes of the December meeting. Matt welcomed newest Board Member, Robert “Cash” McCall, who is replacing Millie Reser.

**Report from City Council Liaison, Jim Davis:** Jim stated that the BRIC grant pre-application submitted jointly with CAC was accepted. The City will work with Kathy to prepare a full grant application.

City Council is reviewing applicants for open positions; He also reported on Parks and Recreation progress on several existing parks in the city as well as a plan for a new park on City owned land off Locust and Territorial. The new Athletic Field plan is progressing, and land has been identified. With cold weather approaching, Rotary is deploying a second communications trailer that will provide emergency charging stations and internet access to the community during emergency situations.

**Director Report:** The Stroke Survivor support group started; appointments for the AARP Tax Clinics have begun and are filling up fast; AARP Driving class is filling up; The Annual Appeal has already exceeded budget with over \$71K received so far.

**Building Remodel Update:** Kathy reported that a pre application for a government Grant to fund over \$200K for seismic upgrades, a generator and fire suppression systems was approved and an invitation extended to make the full application. Interviews are in progress for the assistant cook position.

**Investment policy:** The investment policy has been updated with the approved changes. Changes to the By-Laws were approved at a special membership meeting on January 10<sup>th</sup>, 2024. Signatory changes have been completed for bank and investment accounts.

**Committee Reporting:** A discussion was had regarding regular reporting of committee activities at the Board Meetings. *Action Item: Sandie to present a proposed Committee Meeting Calendar for Board Review by February Board Meeting*

**New Business—Capital campaign consultancies:** Two candidates have been interviewed; each has differing approaches and significant cost differences. Kathy is working through final conclusions and recommendations. *Action Item: Kathy to make final recommendations at February Board Meeting*

**Executive Session:** At approximated 1:45 the Vice Chair, Matt English requested a motion to move to Executive Session. So moved.

**Meeting Adjourned:** At 2:00 pm a motion was made to adjourn the meeting. Motion was seconded and passed unanimously. Next meeting is Wednesday, February 14<sup>th</sup> at 1 pm.

*Respectfully submitted by Sandra Field, Secretary*

# March Speakers and Activities

## MONDAY, March 4, at 2 pm Parkinson's Resources Support Group



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

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

## First Thursday of Each Month—March 7, at 1 pm Stroke Survivor Support Group

A Stroke Survivor Support Group meets the first Thursday of each month (this month **Thursday, March 7th at 1:00 pm**). Focus is providing stroke survivors the opportunity to join together, share experiences, as well as provide strength and hope, and offset the social isolation many experience in their recovery.

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

**No Fee**

## NW Medicare Advisors: Thursday, January 11th, 1pm

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** at 503-303-7519

## Nutrition Education, Monday March 11, 1:00 to 2pm

**Egg Basics:** Eggs are a great source of protein. Learn how to shop, store, and prepare your eggs. We will make a simple Veggie Omelet in a Mug. Class limited to 12.

**Sign up at the front desk or call 503 266 2970 No Fee**



## RESTFUL SLEEP — March 13 at 1 pm

Wednesday, March 13<sup>th</sup> at 1 pm, Dr. Abdullah Kahlid, an OHSU internist and ICU doctor, will address common and manageable sleep disorders that may cause non-restful sleep and impact other health conditions. Dr. Kahlid is passionate about improving patients quality of sleep through his work at OHSU and the VA Medical Center. Join us to learn more about "restful" sleep! Sign up in person at the front desk or call 503 266 2970. **No Fee**

## Thursday, March 14, at 10:30am Conversations on Aging: Resilience

As we age, we may feel increased vulnerability to the stresses that life presents. **Resiliency** can help counter this and restore our equilibrium in the midst of life's challenges. Join us for a discussion to learn to recognize and utilize the building blocks to enhanced resilience and share your own personal stories.

**Advance sign up encouraged.**

**No Fee**

## Thursday, March 14, at 1 pm: NW Medicare Advisors

They provide general information and answer questions regarding various plans, OR answer questions for those who may be new and now eligible for Medicare! **Questions before March 14? Call 503-303-7519.**

Walk-ins welcome; no appointment needed

**No Fee**

## Social Security: Understanding your Benefits: March 21, at 1:00 PM



Do you understand how Social Security works? Have you wondered what the difference is between full, early, and delayed benefits are? Join AARP's free Social Security workshop. This workshop focuses on building an understanding of the implications of Social Security claiming decisions. You will discover what Social Security is and also learn how to secure your benefits, as well as the future of Social Security. Build confidence in making a decision that is right for you.

**Advance Sign up required—** Call 503 266 2970 or sign up in person at the front desk.

## FREE Seamstress Service: March 27, 12 pm to 3 pm

Local seamstress Jennifer Varner offers free seamstress and mending services the 4th Wednesday of each month from noon to 3 pm at the Center! Services include hemming clothing, sewing on buttons and snaps; fixing faulty seams; repairing stuck zippers, mending holes and tears in garments, applying patches, and repairing popped seams. If you are not sure an item can be repaired bring it in and ask Jennifer! Questions are welcome! Sign up at the front desk or call 503 266 2970 and describe which service is needed.

## Thursday, March 28th 10:30am Color Some Eggs for Easter!

Join Wendy & Mindy for a fun Easter Craft We will color some eggs and send you home with a basket of your own!



Advance sign up required; space is limited. Call 503 266 2970 or sign up in person.

**SAVE THE DATES: April 11th at 10 am, Estate Planning with local attorney Loren Bell— Sign up begins March 25th.** Review essential documents you should complete for peace of mind (a Will, Power of Attorney and Advance Directive.

**May 16th at 1 pm, Probate with Loren Bell.** Loren addresses probate, privacy, possible estate tax benefits. **Sign up required; sign up begins April 29th.**





# March Movies, Music & More

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

## March Movie Line-up

### Wednesday Movie Features:

March 6<sup>th</sup>: **the Good Lie**, starring Reese Witherspoon. A group of Sudanese refugees are taken in by a brash American woman assigned to help them as they adjust to modern life in the United States. Based on the true story of the Lost boys of Sudan.

March 13<sup>th</sup>: **Man from Snowy River**, starring Kirk Douglas and a bunch of Australian actors. A young Australian cowboy falls for the boss's daughter, is accused of losing a prize stallion, and becomes embroiled in a bitter family dispute – can he overcome the odds and prove his worth? This is one of Kathy's favorite all-time movies!

March 20<sup>th</sup>: **Mr. Holmes**, starring Ian McEwan and Laura Linney. Sherlock Holmes must slip quietly out of retirement and pay a secret visit to his past in order to determine the future.

March 27<sup>th</sup>: **Miss Congeniality**, starring Sandra Bullock and Michael Caine. A tomboy FBI agent must go undercover in the Miss United States beauty pageant to prevent a group from bombing the event. Hilarious comedy!

### Fridays with Elizabeth Taylor!

March 1: **National Velvet**, starring Elizabeth Taylor and Micky Rooney. A headstrong jockey and a young English girl work together to turn an "unbreakable" horse into a champion.

March 8: **Life With Father**, starring Elizabeth Taylor, William Powell and Irene Dunn. A New York family in the 1880s face a series of calamities, mostly brought on by their four rambunctious sons.

March 15: **A Place in the Sun**, starring Elizabeth Taylor and Montgomery Clift. George Eastman is a poor young man determined to win a place in respectable society and the heart of a beautiful socialite.

March 22<sup>nd</sup>: **Elephant Walk**, starring Elizabeth Taylor and Dana Andrews. The young bride of a rich planter finds herself the only white woman at Elephant Walk plantation, in British Ceylon.

March 29<sup>th</sup>: **Taming of the Shrew**, starring Elizabeth Taylor and Richard Burton. Brutish, fortune-hunting scoundrel Petruchio tames his wealthy, shrewish wife Katharina. A Shakespeare comedy classic!

**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, 11:30** Jim provides a great variety of music including country, patriotic and much more.

**Music with Scott— Wednesday March 27th 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 March Hamburger Day and St. Patrick'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"?** You can use yours to sign in for lunch, trips, movies, speakers and classes! A key fob has nothing to do with membership, it is a way to sign in electronically for services (like lunch and exercise classes) or trips and presentations. **There is no fee to obtain a key fob and all you need to do is complete a purple form from the front desk and wait 7-10 days!** Then you can sign in to the Center electronically!



### Some Big Thank You's:

Thank you to our AARP tax volunteers for your assistance in tax preparation, for yet another year – we appreciate you!! Special thanks to Toni for the first-day donuts :)

Thanks to Birch Street Animal Clinic for their generous donation of pet food for the FIDO program — which also benefits our home delivered meals clients. Thank you!

Welcoming,

Inviting

Dynamic

Canby Adult Center—the "place to be"!



### Annual AARP Tax Clinic is FULL

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



# March Trips—2024

## TRIPS GUIDANCE :

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

Phone Bookings accepted **only** for trips **without pre-payment**.

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

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

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

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

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

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

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

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

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

Thank you for your cooperation!

Trip sign-ups are in person beginning **Monday, February 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 March trips on the first day of sign up, to give everyone a chance to sign up for something special.**

### **Goodwill/New to You**

**March 5, 2024**

Let's start Spring out right with a fun shopping trip to New to You and Goodwill. *Bring your own shopping bags and money for lunch. And shopping.*

Depart: 9:30am

Cost: FREE

Return to Center: 3:00pm

Bus Fee: Donations Accepted

### **iFLY Indoor Sky Diving**

**March 7, 2024**

A one-of-a-kind indoor skydiving experience with the thrill of life time memories. There's no other feeling in the world quite like indoor skydiving. iFLY's state-of-the-art wind tunnels are designed to provide a safe flight experience, memories that will last a lifetime, and a unique story to tell! Flyers ages 3 to 103 can indoor skydive. From beginners to seasoned pros, people of all shapes, sizes, and abilities can take flight and have the time of their lives. You don't need to be an athlete or in perfect shape — our world class instructors are experts at making flying fun for everyone.

*Bring money for lunch after the flight.*

Depart: 11:30am

Cost: 89.99 pay at event

Return to Center: 3:30pm

Bus Fee: Donations Accepted

### **Bingo at Keizer Senior Center**

**March 21, 2024**

It's Bingo Time at Keizer Senior Center. We'll eat lunch at Keizer Senior Center before the games begin. 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 10:15am

Cost: \$6.00 for lunch/(pay at event)

Return 5pm

Bus Fee: Donations accepted

### **Aerometal International Tour**

**March 22, 2024**

Let's try again! 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

Cost: Free

Return 3pm

Bus Fee: Donations accepted

### **Red chair Farm Spring Wreath Making**

**March 26, 2024**

Red Chair Farm is a family-run farm and offers a wide variety of art and craft classes. If you have a hankering to put together a spring wreath but don't feel like you have the skills to do so alone, come with us for the day and enjoy yourself while creating with guidance from Red Farm's creative, helpful, and easy to follow owner/instructor Jackie. You'll be glad you did. *Bring money for the wreath making and lunch after at Tammy D's in Mulino.*

Depart Center 9:40am

Cost: pay at Event

Return 2:30pm

Bus Fee: Donations accepted

### **Hello Little India Dinner in Lake Oswego**

**March 28, 2024**

Full authentic dine-in Indian Restaurant experience. Hello Little India specializes in North Indian, South Indian and Indo-Chinese cuisine. Choose from a Wide Variety of Menu Options to fit your taste buds. *Bring money for dinner.*

Depart: 4:30pm

Cost: pay at event

Return to Center: 8:00pm

Bus Fee: Donations Accepted

# Healthy Body—Healthy You!

Here we are, prodding through the rainy winter weather headed into spring! Thankfully that groundhog chose right and we're headed to an early spring (fingers crossed!). For March, we're looking at the importance of sleep as we age. There are SO many reasons to get a good night's sleep, check out the article below! As always, get outside for a walk when you can, I hope to see you at the center soon!

~ Mindy

## Edward's Story

Ever since he retired, Edward dreads going to bed at night. He's afraid that when he turns off his light, he will just lie there with his eyes open and his mind racing. "How can I break this cycle?" he asks. "I'm so tired—I need to get some sleep."

Just like Edward, you want a good night's rest. Getting enough sleep helps you stay healthy and alert. But, many older people don't sleep well. If you're always sleepy or you find it hard to get enough sleep at night, it may be time to see a doctor. Waking up every day feeling tired is a sign that you are not getting the rest you need.

## Sleep & Aging

Older adults need about the same amount of sleep as all adults—7 to 9 hours each night. But, older people tend to go to sleep earlier and get up earlier than they did when they were younger.

There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep. Some medicines can keep you awake. No matter the reason, if you don't get a good night's sleep, the next day you may: be irritable, have memory problems (or be forgetful), feel depressed or possibly have more falls or accidents.

## Get a Good's Night Sleep

Being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep. Here are some ideas:

- **Follow a regular sleep schedule.** Go to sleep and get up at the same time each day, even on weekends or when you are traveling.
- **Avoid napping in the late afternoon or evening,** if you can. Naps may keep you awake at night.
- **Develop a bedtime routine.** Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.
- **Try not to watch television or use your computer, cell phone, or tablet in the bedroom.** The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.
- **Exercise at regular times each day** but not within 3 hours of your bedtime.
- **Avoid eating large meals close to bedtime**—they can keep you awake.
- **Stay away from caffeine late in the day.** Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.



**Insomnia is Common in Older Adults**—Insomnia is the most common sleep problem in adults age 60 and older. People with this condition have trouble falling asleep and staying asleep. Insomnia can last for days, months, and even years. Having trouble sleeping can mean you: take a long time to fall asleep, wake up many times in the night, wake up early and are unable to fall back to sleep, wake up feeling tired or feel sleepy/drowsy during the day. Often, being unable to sleep becomes a habit. Some people worry about not sleeping even before they get into bed. This may make it harder to fall asleep and stay asleep.

**Movement Disorders & Sleep**—Restless legs syndrome, periodic limb movement disorder, and rapid eye movement sleep behavior disorder are common in older adults. These movement disorders can rob you of needed sleep.

People with restless legs syndrome, or RLS, feel like there is tingling, crawling, or pins and needles in one or both legs. This feeling is worse at night. See your doctor for more information about medicines to treat RLS.

## Tips to Help You Fall Asleep

You may have heard about some tricks to help you fall asleep. You don't really have to count sheep—you could try counting slowly to 100. Some people find that playing mental games makes them sleepy. For example, tell yourself it is 5 minutes before you have to get up, and you're just trying to get a little bit more sleep.

Some people find that relaxing their bodies puts them to sleep. One way to do this is to imagine your toes are completely relaxed, then your feet, and then your ankles are completely relaxed. Work your way up the rest of your body, section by section. You may drift off to sleep before getting to the top of your head.

Use your bedroom only for sleeping. After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.

Source: National Institute on Aging

# 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.

## Growing Up With Music

—P. Kester

Music was the oxygen of my growing-up years. At age four I was playing the piano by ear. At age eight, I began formal piano lessons.

I grew up in the Des Moines public schools (1940's-50's) which offered significant music education from elementary through high school. Opportunities to play and sing were abundant. At school, I served as pianist for the school orchestra from grade six through twelve, and sang in the school choirs. I also accompanied the school choirs and small ensembles of vocal music. Music contests and solo performances were frequent.

Immersion in music occurred in church and social life as well. In church I participated in vocal quartets and duets plus the choir. Social events often included gathering around the piano for sing-a-longs, or simply playing the piano for one another's enjoyment.

At age 16, I began pipe organ lessons and quickly became one of the assistants to the church organist. As an adult, I served as church organist in various locations.

Probably my most unique musical position was directing music for Taize worship at First Congregational Church in Colorado Springs (CO). Taize music originated in a French community of Catholic monks. The monastery was notable for its significant assistance of Jewish refugees escaping Hitler's regime during World War II. Over time, its vocal music became staples within both Catholic and Protestant churches world wide. In my work, directed the vocalists—instrumentalists and congregation in singing the Taize chants in worship. Instead of directing by hands and baton—I simply played the piano in a way that indicated when instrumentalists or vocalists or congregation were to join me.

Since my parents forbid me to major in music in college, or pursue a music career, I took private music lessons. During my adults years, my teachers were concert pianists and/or organists. I also participated in summer music camps for adults where each student was paired with a professional concert pianist. And I became an active and long-time participant of the American Guild of Organists.

Musical nature ran its course for many years. I chose to retire from active performance in my late 60's. However, listening to live musical performances still feeds my soul.



## What makes you “you”?

~ M. O'Shea

My friends have often heard me say my two best decisions were to marry Sharon and join the Air Force. Those two things along with the death of my mother when I was 15 are the seminal events that shaped my life.

My father was not a significant factor in my formulation. He often spoke in platitudes and was very self centered. My mother was the one who taught me many of the lessons which guided me through life. This is not to say my father did not have some influence. In his platitudes I found a set of values which were often useful through life. They were reinforced, however, by the thoughts of “what would mom think”. Her mother, my grandmother, had some influence there as well. We were quite close before and after mom's death.

My father remarried too soon after mom's death, 5 months. I recognized in some indirect way that I needed to get away from an environment that was subtly hostile to me. My stepmother and my sister's nanny were both undermining me with my father. I did not want to go to college or stay at home and get a job. The military reared up in my consciousness. I came to realize I would really like to learn electronics and work on aircraft. I made the decision at the beginning of my senior year in high school I would enlist after graduation. The Air Force became a career and led me to an advanced degree.

In the sixth grade this tall girl with long hair and glasses came into our class as a transfer. As I got to know Sharon I liked her more and more. I was a jock and was more interested in sports, especially baseball, than girls. In my freshman year of high school, I asked her to a dance. We went to different high schools. Then she reciprocated and after a few other dates we were “going steady”. Cutting to the chase, We dated for almost 5 years. I decided I liked the Air Force and was going to stay in. I also decided I wanted to marry Sharon. I asked her to marry so she could decide if she liked being a military wife; she did and we have been married over 61 years. She convinced me to go to college and get a commission. That led to an advanced degree and a career in the computer business.

Over the years Sharon has always been the one I go to for advice. If in need of a sounding board or a calming influence she has always been the one.

THE POWER OF  
*Writing*

# Birthdays & This & That!

## March 2024 Birthdays!

1 Sherry Banks	12 Velma Niemann	24 Linda Tasker
1 Debbie Kyzer	13 Jeannine Brumley	24 Judith Zogg
1 Gretchen McCallum	13 Karen Joy	25 Ragna Shollenberger
2 Gene Hedrick	13 Kathy Robinson	25 Kathleen Blanchard
2 Robin Way	13 Ed Robinson	26 Naomi Lawyer
3 Ann McBride	14 Peggy Bartlett	26 Beth Luchini
3 Judy Prescott	15 Joe Kalinowski	26 Janine Miller
4 Thomas Schnelle	16 Betty McDaniel	28 Judy Long
4 Cindy May	17 Patricia Smith	29 Lynn McFadden
5 Gerald Hawks	17 Patricia deCarteret	29 Ernest Winterton
5 Michele Bechtold	18 Dave Sleight	29 Maxine Elle
5 Maggi Mason	18 Patricia Naumann	30 Marcella Bennett
6 Robert Shollenberger	19 Mike Long	30 Patricia Purcell
6 Marcia Clark-McKittrick	20 Ken Kendall	30 Phyllis Smith
7 Ron Johnson	20 Lynda Tucker	31 Cheryl Pacholl
7 Sharon Arrigotti-Skoe	20 Judi Aus	
7 Peggy Bagby	20 Helen Ferguson	
8 Delores Leece-Rider	21 Roy Wilson	
9 Sandra Amos	21 Gail Freeman	
10 Roger Livengood	21 Roberta Beauchamp	
10 Laurie Ritson	22 Duane Zacher	
11 Darrell VanDerZanden	22 Lois Brooks	
11 Carol Teske	22 Katherine Holt	
12 Darlene Jacobucci	22 Bobbi Beddow	
12 Jean Moore	22 Mary Walsh	
	23 Jan Galitz	
	24 Betty Maschke	
	24 Diana Schaugency	

Happy Birthday



## Thank You New & Renewing Members:

Gloria Altenhofen,  
Marilyn Brown, Patti Busse,  
Cheryl Cannon & Cam  
Michael & Judi Cooco,  
Jody Craig, Carole Darling,  
Jesse & Roberta Elders  
Patti & Rob Gage,  
Wanda & John Hallam,  
Dennis Hardy, Mary Harrison,  
Vicki Harsch, Sharon Henderson,  
Karen Hill, Prudy Holzhauser,  
Becky Longmire, Kathy Lowery,  
Julia Moraga, Don Morgan,  
Edey Pavlicek, Donna Pierce.  
Doris & Thomas Schnelle  
Rex & Nancy Sebastian,  
Roger & Judy Sprague  
Joanne Stuart,  
Del & Georgia Thomas  
Natalie Pullella & Thomas Duthie  
Cindy Waldron,  
Barbara Walter  
Jim Yeager

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

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

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

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

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

Thanks to Canby American Legion for this service!

## FIDO Animal Food Bank of Clackamas County



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

Thank you for your donations!



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

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

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

Thank you for your support!

## Don't Miss a Newsletter:

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

Thank you!



## IS THIS FOOD EXPIRED?

### UNDERSTANDING DATE LABELS

The dates that food companies put on packages are not regulated and do not mean that the food is unsafe to eat, except in the case of baby formula. Most foods are still tasty and nutritious after the date has passed. **Not sure if food is spoiled? Check for off odor, flavor or texture.**

#### "BEST BY" OR "BEST IF USED BY" DATE

This date tells you when the food will have the **best flavor**. It is **still safe to eat** past this date.

#### "USE BY" OR "EXPIRATION" DATE

This is the last date that the product will be at its **peak quality**. It is **still safe to eat** past this date (except for baby formula).

#### "PACKING/MANUFACTURING" DATE

This is the date used by manufacturers for tracking. It is **not an expiration date** - it is not related to food quality or safety.

#### "SELL BY" DATE

This tells the store how long to display the product for sale. It is **still safe to eat** past this date.

#### GOOD FOR UP TO ONE YEAR AFTER THE DATE:

- Packaged food like cereal, pasta, dried beans, and baking mixes
- Frozen foods
- Canned goods including soup, condiments, meat, fruit, and vegetables

#### GOOD FOR UP TO 30 DAYS AFTER THE DATE:

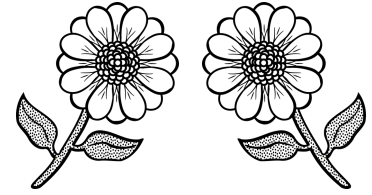
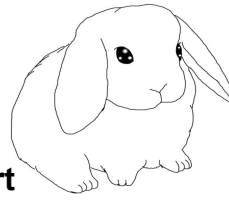
- Butter
- Cheese
- Eggs

#### GOOD FOR UP TO SEVEN DAYS AFTER THE DATE:

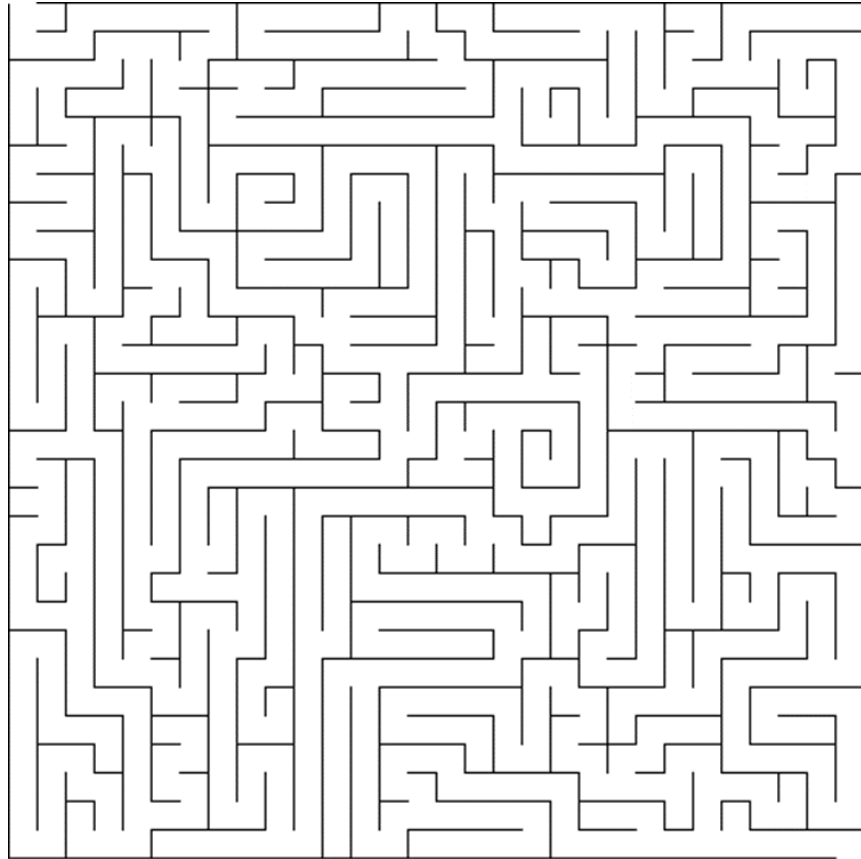
- Milk
- Yogurt
- Cream Cheese



Questions? Contact us at 215-223-2220 or info@sharefoodprogram.org.



Start




© www.BigActivities.com

Finish



**Happy Easter**  
**Sunday, March 31<sup>st</sup>**



**St. Patrick's Day...**

Do you know why they say there is a pot of gold at the end of a rainbow?

Leprechauns are said to keep their gold in a large black pot and they hide it very well.

Legend has it, that if you actually catch the stealthy leprechaun, you can force them to tell you where they hid their gold, which is usually at the end of a rainbow. Apparently finding THAT is just as difficult as catching a leprechaun!

**SPRING IS HERE TUESDAY, MARCH 19TH!**

"Spring fever" is a real syndrome. When the temperature rises during the warm spell after a long winter, there is a dilation of the blood vessels so blood can be carried to the body surface where heat can be lost quickly. People experience an energetic feeling when this happens.

The **first day of spring** is called the vernal equinox. What does that mean? 'Vernal' is Latin for spring while equinox' is Latin for 'equal night'.

The **birthstone** for March is the aquamarine and the flower for March is daffodil. **HAPPY SPRING EVERYONE!**

# Around Town

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## In Canby...

### **American Legion— Post 121**, 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**, March 7, 5-8 pm, Canby Downtown 1<sup>st</sup> Thursday activities at Retro Revival, 280 N Grant St

The Friends of the Library Book Garden Vintage Book donations will be featured at Retro Revival 10th Anniversary Showcase on **March 7** between **5-8 p.m.** Friends Board members will be present to celebrate the awesome 10-year partnership with Retro Revival. Come and shop the vintage books, Retro Revival sales and become a Friend of the Library today. Contact information: [canbyfol@gmail.com](mailto:canbyfol@gmail.com)

### **St. Paddy's Day Party & Casino Night**, [Clackamas County Fairgrounds](#), Saturday, March 16<sup>th</sup> - 6pm

Get ready for a St. Patrick's Day celebration with a twist, at the Clackamas County Event Center on March 16, 2024, at 6 PM! This festive night is a fundraiser for our new building. We've got live Irish music to set your feet tapping, delicious drinks to keep the spirits high, and, you can try your Irish luck at our casino. We are even holding a Texas Hold 'Em tournament! So wear your luckiest green, bring your poker face, and join us for an unforgettable evening of fun and fundraising. Let's make magic happen together. See you there!

### **Easter Egg Hunt**, Clackamas County Fairgrounds, Saturday, March 30 at 11am. \$FREE

### **2024 Clackamas County Fair & Canby Rodeo Court Coronation**, March 9, Clackamas County Fairgrounds

Join us to celebrate and fundraise for the 2024 Clackamas County Fair and Canby Rodeo Court. Tickets are will be available for \$25, pre-purchasing tickets is highly encouraged. Doors open at 5:30, dinner served at 6. We will have silent, live, and dessert auctions as well as a wine wall and no-host bar. And of course, we will be crowning our 2024 Queen Olivia and Princess Madison. This is a fun event for the whole family!!

### **Stained Glass Window Workshop**, March 9<sup>th</sup>, Red Chair Farms, 27215 S. Gribble Rd, Canby, OR 97013

This will be about a 2.5 hour class and you will walk away with a stained glass window installed with hooks and small chain to hang. We will provide you a large rustic barnwood window for you to design using MANY varieties of beautiful glass and sea glass pieces. If you have a special gem or piece of your own you'd like to add, bring it with you! We will walk you through the process of designing, grouting and cleaning your work of art, ready to hang when you leave! This is a bit of a messy activity but we will provide aprons, gloves and all tools needed to utilize your work station and make this a great experience with a gorgeous souvenir to take home! For more information, visit <https://www.eventbrite.com/e/stained-glass-window-workshop-tickets-781081635197>.

## Just out of town...

**2024 Wooden Shoe Tulip Festival**, March 22 – May 5, 2024, 33814 S. Meridian Rd, Woodburn  
You are invited to the 39th annual Wooden Shoe Tulip Festival. Experience the beauty of 40 acres of tulips and over 200 acres of outdoor space and activities this spring. We are again offering tickets online only this year to minimize crowds and allow for more time to enjoy our fields. We thank you all for the continued support for our farm and we look forward to bringing the beauty of the Willamette Valley to you and your family. For more information, visit <https://www.woodenshoe.com/>.

### **Spring on the Farm**, Mar 16 - Mar 30 at 3:00PM, Triskelee Farm, 29700 Southwest Mountain Road, West Linn

Come join us for a fun-filled day where you can hop along with the Easter Bunny, search for eggs, and other family activities. Come join us for a fun-filled day at Triskelee Farm! Get ready for an Eggciting Easter egg hunt, take a picture with the Easter Bunny, and bounce around. Our farm is buzzing with activities, so after the egg hunt, take a tour and see some mama sheep and their little lambs. It's a fantastic way to celebrate the joy of spring with your loved ones. Mark your calendars and don't miss out on this eggcellent event! We'll be serving farm fresh food and tasty drinks. See [Triskeleefarm.com](http://Triskeleefarm.com) for more information and tickets.

## Out of Town...

### **Portland Seafood & Wine Festival**, March 1-3, Portland Expo Center

Enjoy fresh Oregon seafood (we'll be at the peak of Dungeness Crab season!) as well as wine, craft beers, cider, & distilled spirits as you browse the myriad of exhibitors! Over 30 of Oregon's finest wineries (and 20 other beverage makers) offer you tastings of their very best. This is a family-friendly event! Live entertainment, face painters, balloon artists and so much more. The fest is preceded by one of the Northwest's most prestigious wine events, the Portland Seafood & Wine Festival Wine Competition presented by ilani. Vintners from across Oregon submit their finest in hopes of being named among the best. We then make them available (for tasting and for purchase) at the festival.

### **Portland Golf Show**, March 1-3, Portland Expo Center

In addition to huge savings and a first look at the newest clubs, enjoy free lessons, instructional seminars, golf fitness, kids areas, a 19th hole lounge and fun tests of skill, including long drive, putting, chipping and closest-to-the-pin contests.

### **Portland RV Show**, March 7-10, Portland Expo Center

We bring quality shows, providing the greatest variety of products in one central location. The Portland Metro RV Dealers Association is committed to exposing people to the recreational vehicle lifestyle. Where they find a freedom they cannot duplicate in any other way with the RV life; freedom to set their own pace and see what they want, when they want.



# Thank you 2023—2024 Annual Appeal Donors

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

Anonymous	Ronald Lindland
Tricia Achenbach	Judy Long
Abbie Allen	Frank Long
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Chuck & Mary Ann Kocher	Judy Zettergren
Gary Kohfield	Eleanor Zieg
Oliver Korsness	Fred and Jan Zittleman
Darline Kraxberger	
Brenda Lais	
Robert Larson	
Craig & Deone Lewelling	

## **Sustaining Business & Organizational Donors:**

### Donations of \$201+

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

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

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

## **January & February Donors**

### Financial Donors:

Linda Allen  
 Tom & Theresa Arena  
 Robert & Vicki Breitbarth  
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 Bruce Gehrke  
 Patty Hatfield  
 Joann Hayner  
 Steve & Lori Heli  
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 Toni Hvidsten  
 Arbie Irwin  
 Robert Larson  
 Eddy Pavlicek  
 Greg Timmons  
 Rose Mary & Darrell Vanderzanden

### Memorial Donors:

Vicki Adamson in Memory of Leo Garre  
 Vicki Adamson in Memory of Gloria Kraft  
 Vicki Adamson in Memory of Frank Cutsforth

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— March 2024

Su	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 Better Bones & Balance 11:00 GeriFit 1:00 Pinochle 1:00 Movie: National Velvet	2
3	<b>4</b> 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot 2:00 Parkinson's resource Support Group 2:30 Relaxation/Meditation	<b>5</b> 9:30 YOGA 9:30 Trip: Goodwill 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>6</b> 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB & Balance 10:00 Blood Pressure Clinic 11:00 GeriFit 1:00 Movie: The Good Lie	<b>7</b> 10:00 Ukulele Class 10:00 Memoir Writing 11:30 Trip: Skydiving 1:00 NW Medicare Advisors 1:00 Line Dancing 1:00 Stroke Support Group	<b>8</b> 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 Better Bones & Balance 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Life with Father	9
10	<b>11</b> 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 10:00 Foot Clinic 11:00 GeriFit 1:00 Nutrition Education 1:00 Hand & Foot Canasta 2:30 Relaxation/Meditation	<b>12</b> 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>13</b> 9:00 Tai Ji Quan 10:00 Better Bones 10:00 Newsletter Folding 11:00 GeriFit 1:00 Speaker: OHSU Sleep Specialist 1:00 Board Meeting 1:00 Attorney Consults 1:00 Movie: Man from Snowy River	<b>14</b> 10:00 Ukulele Class 12:00 St. Patrick's Day Lunch— Reservation Required 1:00 Line Dancing	<b>15</b> 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 Better Bones 11:00 GeriFit 1:00 Pinochle 1:00 Movie: A Place in the Sun	16
17	<b>18</b> 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	<b>19 Spring Begins</b> 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>20</b> 9:00 Quilty Friends 9:00 Tai Ji Quan 10:00 Blood Pressure Clinic 10:00 Better Bones 11:00 GeriFit 12:15 Blood Drive 1:00 Movie: Mr. Holmes	<b>21</b> 10:00 Memoir Writing 10:00 Ukulele Class 10:15 Trip: Bingo at Keizer Sr. Center 11:30 Music with Jim 1:00 Line Dancing 1:00 AARP Social Security Speaker	<b>22</b> 9:00 Tax Clinic 9:00 Tai Ji VIDEO 9:40 Trip: Aerometal Intern't Tour 10:00 BB&B VIDEO 11:00 GeriFit VIDEO 11:15 Music w/Scott 1:00 Pinochle 1:00 Movie: Elephant Walk	23
24	<b>25</b> 8:30 Trip Sign up Begins 9:00 Tai Ji VIDEO 10:00 BB&B VIDEO 10:00 Wood Carving 10:00 Foot Clinic 11:00 GeriFit VIDEO 1:00 Hand & Foot Canasta 2:30 Relaxation/Meditation	<b>26</b> 9:30 YOGA 9:40 Trip: Spring Wreath Making 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>27</b> 9:00 Tai Ji VIDEO 9:00 Quilty Friends 10:00 BB&B VIDEO 11:00 GeriFit VIDEO 11:15 Music with Scott 12:00 Seamstress Svcs 1:00 Movie: Miss Congeniality	<b>28</b> 10:00 Ukulele Class 10:30 Easter Eggs 1:00 Line Dancing 4:30 Trip: India Dinner In Lake Oswego	<b>29</b> 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 Better Bones 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Taming of the Shrew	30
31	Happy Easter					

# Menu—March 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			<b>1</b> <b>Chicken Fajitas</b> <b>Onions and Peppers</b> <b>Salsa &amp; Sour Cream</b> <b>Beans and Rice</b> <b>Tres Leches Cake</b>	<b>2</b>
<b>3</b>	<b>4</b> <b>Pork Stew w/ Roasted Vegetables &amp; Roasted Red Potatoes</b> <b>Green Salad</b> <b>Chef's Choice</b> <b>Dessert</b>	<b>5</b>	<b>6</b> <b>Chicken &amp; Dumplings</b> <b>Mashed Potatoes</b> <b>Green salad</b> <b>Fruit</b>	<b>7</b> <b>Chef's Salad</b> <b>Vegetable Soup</b> <b>Sugar Cookies</b>	<b>8</b> <b>Tator Tot Casserole</b> <b>Steamed Carrots</b> <b>Broccoli Bacon</b> <b>Salad</b> <b>Roll</b> <b>Chocolate Pudding</b>	<b>9</b>
<b>10</b> Daylight Savings Begins	<b>11</b> <b>Meatballs with Gravy</b> <b>Buttered Noodles</b> <b>Steamed Vegetables</b> <b>Green Salad with To- matoes &amp; Cucumbers</b> <b>Jello with Fruit</b>	<b>12</b>	<b>13</b> <b>Deli Sandwich</b> <b>Vegetable Garnish</b> <b>Chickpea Greek</b> <b>Salad</b> <b>Chef's Choice Soup</b> <b>Brownie</b>	<b>14 St. Patrick's Day</b> <b>Corned Beef</b> <b>Steamed Cabbage</b> <b>Roasted Potatoes and</b> <b>Carrots</b> <b>Roll</b> <b>Watergate Salad</b> <b>Brownies with Mint</b> <b>Topping</b>	<b>15</b> <b>Sausage</b> <b>Cheddar Quiche</b> <b>Hashbrown Potatoes</b> <b>Applesauce</b> <b>Blueberry Muffin</b>	<b>16</b>
<b>17</b>	<b>18</b> <b>Meatloaf with Gravy</b> <b>Mashed Potatoes</b> <b>Steamed Broccoli</b> <b>Fresh Veggie Salad</b> <b>Chocolate Chip Cookie</b>	<b>19</b> Spring Begins	<b>20</b> <b>Kielbasa &amp; Sauerkraut</b> <b>Vegetables</b> <b>Cornbread</b> <b>Marinated green Bean</b> <b>salad</b> <b>Vanilla Pudding</b>	<b>21</b> <b>Shrimp Louie</b> <b>Tossed Greens</b> <b>Vegetable Garnish</b> <b>Chefs Choice Soup</b> <b>Apple Cobbler</b>	<b>22</b> <b>Oven Baked Pollock</b> <b>Rice Pilaf</b> <b>Vegetables</b> <b>Coleslaw</b> <b>Peach Crisp</b>	<b>23</b>
<b>24</b> Happy Easter	<b>25</b> <b>Chickpea Curry Soup</b> <b>with Rice</b> <b>Steamed Vegetables</b> <b>Pita Bread</b> <b>Chef's Choice</b> <b>Dessert</b>	<b>26</b>	<b>27</b> <b>Club Sandwich</b> <b>Lettuce and Tomato</b> <b>Vegetable Soup</b> <b>Oatmeal Cookie</b>	<b>28</b> <b>Hamburger Day</b> <b>Potato Salad</b> <b>Broccoli &amp; Cauliflower</b> <b>Salad</b> <b>Fresh Fruit</b>	<b>29</b> <b>Sweet and Sour Chick- en</b> <b>Rice</b> <b>Steamed Vegetable</b> <b>Cucumber salad</b> <b>Fruit</b>	<b>30</b>
<b>31</b>						