Street: 1250 S Ivy
Mailing: PO Box 10
Canby, OR 97013-0010
Web: www.canbyadultcenter.org

CANBY ADULT CENTER

Phone: 503-266-2970
Fax: 503-263-6192
Center Hours: Monday—Friday
8:30—4:30

Director's Corner

Hello friends,

We're moving into the fall season—already!!! The October calendar sees the continuation of several new activities launched in August and September, including our Walking with Ease program, our Living Well with Diabetes class and a monthly Caregiver support group. Its also the beginning of Medicare Open Enrollment season, so check out the calendar for meeting dates with a variety of Medicare supplement providers .

If you're just starting out with Medicare, or feel in need of a refresher, please plan to join us on October 26th, when representatives from SHIBA will be here to answer your questions—see below for more information!

See you at the Center—Kathy

Pumpkins, pumpkins, who has pumpkins?

If you or someone you know has pumpkins they'd like to donate to the Canby Adult Center please let Kathy know! Each year we have our annual pumpkin carving contest and of course, we need pumpkins to make that happen.

We are looking for about 20 pumpkins of various sizes, small to extra large, for our pumpkin carving contest. Thank you!

Medicare 101!

Are you new to Medicare or thinking of enrolling in a different plan? Join us for our **Annual Medicare 101** Informational Presentation with **2018 plans and updates**. SHIBA Volunteer Counselors will give an overview of Medicare and the most recent/upcoming changes. The presentation will review the basics of Medicare Parts A, B, C and D, as well as Medicare fraud prevention, planning and savings. There are cost assistance programs to help people with Medicare cut the cost of their prescriptions and pick up part or all of their Part B premium every month. This will provide attendees with the guidelines and tools they need to get the financial help and plans that work for them.

Reminders

October 7th— Medicare Open Enrollment Begins
October 9th— Columbus day—Center is Open
October 27th—Pumpkin carving at 10 am
October 30th—Costume Contest

Ghostly festivities calendar!!

October 19th— Pumpkin craft—make a yarn pumpkin to enjoy during October!
October 27th—Pumpkin carving 10:00 am. We'll provide the gutted pumpkins and tools and will clean up the mess—all you need is your creative ideas for a great carved pumpkin! You can take your creation home on Monday the 30th.
October 30th—costume parade and contest. Show off your costume ideas and compete for bragging rights and prizes! Lunchtime.

Friday afternoons with Alfred Hitchcock:

Prepare to be chilled and thrilled by Hitchcock's special brand of suspense and humor, in honor of this "special" season. Movies start at 1:15:

October 6th: **Rear Window,** starring Jimmy Stewart and Grace Kelly. Is he a busybody—or witness to a murder?
October 13th: **North by Northwest**, starring Cary Grant. A case of mistaken identity leads to thrills, chases and romance.
October 20th: **Birds,** starring Tippi Hendren and Rod Taylor. The quiet of a coastal town is spoiled by attacks of killer birds….
October 27th: **Vertigo**, starring Jimmy Stewart and Kim Novak. Widely considered to be Hitchcock's greatest achievement, the movie follows a retired detective and a disturbed woman around the beautiful scenery of San Francisco and northern California—is she really possessed as her husband claims, or is there something else going on????

Hope you enjoy these classics!

October 2017

CENTER STAFF

DIRECTOR
Kathy Robinson
cacdir@canby.com

SUPPORT SERVICES
Timpra McKenzie
timpram@canby.com

CLIENT SERVICES
Wendy May
caccsc@canby.com

FOOD SERVICES MANAGER
Hurley Baird
CACFSM@canby.com

MEALS ON WHEELS
Bev Vandecoevering
bevv@canby.com

Jeanne Vodka
cacmow@canby.com

TRAVEL COODINATOR
Lynne Bonnell
lynneb@canby.com

ASSISTANT COOK
Audrey Barnett
cackit2@canby.com

KITCHEN ASSISTANTS
Karen Krettler
June Nice

KITCHEN UTILITY
Ana Villanueva

TRANSPORTATION
Scott Goetchius
Chuck Kocher
Wade Porter

CUSTODIAN
Howard Brooks
Carol Clark

BUILDING MONITORS
June Nice
Carol Clark

On-Going Services and Programs

Contact Wendy May, Client Services Coordinator at 503-266-2970 if you have questions on these programs.

Bus

Call at 8:30 a.m. on the day you need a ride to the Center and we will come pick you up. Bus runs Monday, Wednesday, Thursday, and Friday.

Transportation Reaching People: TRP

Volunteer drivers transport seniors to destinations in Clackamas, Washington and Multnomah counties. 5 to 7 business days notice required. Call Wendy at 503-266-2970.

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!

Foot Clinic Choices

LaVerne Lind takes appointments this month October
2nd, 16th, and 23rd
Patty Calcagno takes appointments the 1st & 3rd Wednesday each month.
This month: October 4th & 18th

Call **503-266-2970** to schedule an appointment for your foot care needs.

Free Blood Pressure Checks

The first and third Monday of each month.
This month
October 4th & 16th
10 am to noon!
No appointment needed.

Library: Books, magazines, audio books, video-tapes, DVD's, and puzzles available for loan.
No check-out required.
Donations gladly accepted.

Noon Meal in our Dining Room

Hot meals, prepared in our kitchen, and served Monday, Wednesday, Thursday, and Friday at 12:00 noon. Suggested meal donation is $3.50.

Musicians provide entertainment each Monday and on other occasions.

Meals on Wheels

Volunteer drivers deliver nutritious meals, prepared in our kitchen, to seniors and the disabled four days each week. Enough food is delivered to provide meals for seven days. Call 503-266-2970 to sign up!

Legal Assistance

The 2nd Wednesday of each month an attorney will meet with you at the Center for a free 30 minute consultation. Call 503-266-2970 to schedule your appointment.

Senior Health Insurance Benefits Assistance S.H.I.B.A.

SHIBA volunteers help with Medicare, Supplemental plans, Prescription Plan D and eligibility for free premiums. Call 503-655-8269 to request an appointment.

Canby Adult Center

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

Health & Wellness

Sit To Be Fit
Mon….10:30 am
Thur....10:30 am
Suggested donation $1

Senior Fitness
Mon….9:30 am **Wed**...10:30 am
Fri......10:30 am
Suggested donation $1

Tai Chi Class

Focus on movement, mobility and balance—meets twice weekly:
Wednesday & Friday
9:00 am to 10:00 am
$2 Minimum Donation Suggested

Walk With Ease Class

Developed by the Arthritis Foundation, **Walk With Ease** is a physical activity program proven to help people manage their arthritis pain. Continues thru October.

TOPS: Take Off Pounds Sensibly

Every Tuesday: Weigh-in 8:45 am - 10
Meetings from 10:00 am to 11:00
Membership $32 per year

"Let's Dance" Line Dancing Classes:

1:00 pm every Monday, Tuesday, & Thursday
No partner needed.
No fee; Donations accepted

Please Note: "Brain Training" classes are back at the Center. Class resumes October 3rd.

First Tuesday of each Month, 11:30 to 12:30 Come exercise your brain!!

Services Below Require an Appointment: Call 503-266-2970 to schedule your appointment or sign up at the front desk

Marilyn's Mini Facials

Friday, October 13th

Enjoy a relaxing facial with fresh raw botanicals from Costa Rica! $20 for a relaxing 30 minute facial.

Linda's Hair Cut & Style:

2nd & 4th Wednesday each month.

This month: October 11th & 25th
9:30 am to Noon
Cut & Style $10 Cut only $7.50

CLIENT SERVICES: Call Client Services Coordinator Wendy May for more information on programs listed below

TRP—Transportation Reaching People

TRP rides are available to Seniors to destinations in Clackamas, Multnomah & Washington counties for for medical appointments or other necessary personal errands.

Contact Wendy at 503-266-2970 to see if your trip qualifies for a TRP driver. **There is a minimum of 5 to 7 business days notice required for these rides.**

This is a volunteer based program and rides are not guaranteed; rides are filled based upon volunteer availability.

This service is intended for rides outside of Canby only. For in-town rides, contact Canby Area Transit at 503-266-4022.

Volunteers Needed for TRP Program

TRP (Transportation Reaching People) is a program where volunteer drivers use their private autos to provide rides to medical appointments and necessary errands for seniors and people with disabilities.

To qualify as a driver you must have a valid drivers license, have had a drivers license for at least 5 years; pass a Criminal Background Check; and have auto insurance.

Benefits include the joy of serving others, mileage reimbursement, the ability to pick your own schedule, free driver safety training that may reduce your auto insurance, and an annual recognition event.

TRP drivers are always needed! Please call Wendy at 503-266-2970 for more information about this volunteer opportunity.

SUPPORT GROUPS

Willamette Valley Hospice Offers Drop-In Grief Groups Available

Drop-in grief groups are available to any adult seeking support after the death of a loved one. These meetings offer a chance to meet others and find support and understanding for the challenges of life after a death. There is no charge to attend and advance registration is *not* required.

Donations accepted.

Meetings are monthly:
Willamette Valley Hospice: 1015 3rd Street, NW Salem, OR

Call 503 588 3600 if you need more information.

Alzheimer's Foundation of America

Young-Onset Spousal Support Groups

A diagnosis of young-onset Alzheimer's disease can bring major changes to a relationship. This support group will connect you with other spouses to discuss the challenges that come with young-onset, and managing your own needs. It is a space to share, listen, and support other caregivers.

AFA's free, telephone-based support group is ongoing, every **Wednesday**
4:00 pm- 5:00 pm (**EDT**)
To register: Contact AFA's national toll-free helpline at 866 232 8484 and speak with a licensed social worker.

Schedule your Canby Adult Center Tour

Are you new to the Canby area? Or just curious about what goes on here and what we offer at The Canby Adult Center? Let us show you around. Schedule your personal tour with Wendy May. She will give you a full tour of the Center as well as 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 between 9:00-4:30. Come check us out!

Need to Talk?

Call the **David Romprey Oregon Warmline: 1-800-698-2392**

Staffed by people with various life experiences, challenges and big feelings (including but not limited to) Mental Health, Addictions, Hospitalizations, Feelings of Suicide, Learning Differences, Homelessness, Loneliness, Challenges of having low income and more.

Call to have a confidential conversation with someone who will listen without judgment or criticism. People just want to be heard!

Monday:	10:00 AM - 8:00 PM
Tuesday:	10:00 AM - 12:00 AM
Wednesday:	9:00 AM - 8:00 PM
Thursday:	8:00 AM - 8:00 PM
Friday:	10:00 AM - 10:00 PM
Saturday:	10:00 AM - 10:30 PM
Sunday:	10:00 AM - 10:30 PM

Additional Comments on Hours of Operation: Feel free to call even at a time not listed, as the hours may have increased. Call 1-800-698-2392.
This warmline is NOT a resource line.

CLIENT SERVICES (Continued)

A new, interactive resource for VETERANS

Shared experiences and support for Veterans

Information, resources, and Veteran's stories

Your story.
Your connection.

MakeTheConnection.net helps Veterans and their families recognize that they are not alone- there are people out there like them who are going through similar experiences, overcoming challenges, reaching positive outcomes for treatment and recovery, and finding paths to fulfilling lives.

Many of our Nations Veterans can benefit from hearing the stories of others and gaining greater awareness of the resources that are available to help them move forward with their lives.

At Make The Connection.net, you can:

- View hundreds of candid video testimonials told by Veterans and their families
- Learn more about the issues you may be facing – and what works to address them
- Customize content relevant to your own experiences
- Explore easy to navigate information about finding solutions in plain language
- Locate resources , programs and services near you

Join the **MaketheConnection** online conversation:

Learn more at: *www.MakeTheConnection.net*

Malnutrition and Chronic Diseases Tools to stay healthy

For people with certain chronic conditions, proper nutrition is more than just a good idea. It's an essential part of managing many health problems like diabetes, heart disease, high blood pressure, osteoporosis, and more.

Older adults with chronic illnesses are especially at risk for poor nutrition, which can happen because of bad eating habits, loss of appetite, and decreased access to healthy foods because of limited mobility, money, or time.

Importance of good nutrition for older adults

Poor nutrition increases your risk for serious health problems. For those living with chronic illnesses, it can result in the loss of muscle and other tissue which can:

- Make it harder to recover from surgery and disease
- Make it more difficult to heal wounds
- Increase risk for infection
- Increase risk for falls
- Decrease strength needed to take care of yourself
- When these things occur, it can lead to readmission back to the hospital or longer stays in the hospital or rehabilitation facility.

Warning signs of malnutrition in older adults

- Alert your health care professional if you have any of the warning signs of poor nutrition:
- Eating poorly
- Chewing and swallowing difficulties
- Taking multiple medicines
- Unplanned weight loss

Source:
www.ncoa.org/healthy-aging/chronic-disease/nutrition-chronic-conditions

The 2017-2018 Clackamas County Energy Assistance Program will start accepting application requests from ***seniors*** October 1, 2017

To apply for energy Assistance:

1. You must live in Clackamas County
2. You must be within the following GROSS (before any taxes and deductions) income guidelines:

2016-17 program year income guidelines

Gross monthly Income	Household Size
$1,885.50	1
$2,465.58	2
$3,045.75	3
$3,625.92	4
$4,206.08	5
$4,786.25	6
$4,895.00	7
$5,003.75	9
$5,112.58	9
$5,221.33	10
$5,330.08	11
$5,438.92	12

To request an applications, contact Clackamas County at 503 650 5640 and listen for the correct prompt. Make sure that you state that you are a low income senior requesting an application.

Board News & Announcements

BOARD OF DIRECTORS 2017—2018

CHAIR
Dave May
dmay@utep.edu
(Term ends Sept 2019)

VICE-CHAIR
Debbie Jewell
dljewell2@canby.com
(Term ends Sept 2018)

TREASURER
William Reif
billr@equitygroupteam.com
(Term ends Sept 2019)

SECRETARY
Ruth Howard
frhoward6680@gmail.com
(Term ends Sept 2020)

Mark Adams
mwadams@bhgpartners.com
(Term ends Sept 2019)

Mary Bosch
mbosch40@canby.com
(Term ends Sept 2020)

Jim Davis
jimmik7@canby.com
(Term ends Sept 2018)

Johni Thayer
johnit1940@gmail.com
(Term ends Sept 2018)

Brenda Mootz
mootzb@canby.com
(Term ends Sept 2020)

About our Board

Canby Adult Center has a 9-member Board of Directors.

Each September, at our Annual Meeting, three new Board Members are elected to serve a three year term.

Thanks to our Board!

Excerpts from Board meeting of Wednesday, September 13, 2017, 1:00 pm

Directors Present: Dave May, Debbie Jewell, Johni Thayer, Bill Reif, Mark Adams, Brenda Mootz, Jim Davis and Ruth Howard **Directors Excused:** Mary Bosch

Staff Present: Kathy Robinson **Guests present:** None

The meeting was called to order by Chairman, Mark Adams and it was established that a quorum present. The Chair asked for approval of the minutes from the August 9, 2017 board meeting. A motion was made approve the minutes and the Board unanimously approved. Mark welcomed the new Board members from the election held earlier in the day at the Annual Meeting. Brenda Mootz and Ruth Howard were elected as new Board members and Mary Bosch was re-elected to a second term.

Mark then provided his recommendation for officers and asked for volunteers. Ruth volunteered to be secretary. Johni Thayer moved to approve the recommendation and Bill Reif seconded the motion. The Board unanimously approved the following officer appointments: Board Chair: Dave May; Vice Chair: Debbie Jewell; Secretary: Ruth Howard; Treasurer: Bill Reif. The meeting was then turned over to Dave as the new chair.

Director's Report: Kathy encouraged Board members to attend the volunteer appreciation event this Saturday, the 16th from 4pm-6:30pm. Kathy provided an update on the lawsuit via email earlier this week.

Budget: Kathy advised the current report shows we are overspent YTD by about $20,000. This is due to the investment fees being added to the expense report, on the advice of our auditors. Kathy will discuss this recommendation with our accounting firm, she is not sure it should be reflected in this manner.

Investment report: Bob's email summary of the investment report was shared with the Board. The total value as of 8-31-17 is $6,860,667.09. Returns continue to be very good

Other Business: Jim thanked Kathy for keeping the center open as a cooling station during the hot weather. This is very important for the community and much appreciated.

New Business:
Bill advised that the nominating committee received positive feedback related to the new format for voting for new Board members. The one request was that we provide photos of the nominees. Kathy also advised she would be adding a question to the application related to the vision for the center as members have expressed an interest in how applicants feel about the future of the center. Dave took a moment to thank the out going officers and Board members for their service. The board meeting was adjourned and a brief Executive Session followed. The next board meeting is scheduled for Wednesday, October 11th which is an off-site board retreat.

Membership renewal

Renewing your membership is easy! Just complete a membership renewal form and include your check with the form. You will receive our newsletter each month, which contains our monthly menu, trip destinations, guest speakers and fun events!

Membership renewal is also a great time to update your email address and provide us with your birthday so you can be recognized in the newsletter!

Website Update: Our website is getting a new look and it will be available soon.

Be sure to check us out at www.canbyadultcenter.org

October Speakers & Announcements

October 26th: SHIBA presentation
1:00 – 2:00 with question & answer session

Learn about Medicare with a SHIBA (Senior Health Insurance Benefit Assistance) volunteer! This is a great time to consider helpful information during open enrollment. Open enrollment runs October 15th thru December 7th.

This session will be followed by individual counseling sessions on **Monday, November 27th**, from 1 pm to 4 pm. Contact SHIBA at (503 655-8269 option 4) to schedule your individual appointment!

SENIORS: If you have questions about Medicare, … Jacquie Walter is an Independent Insurance Broker whose goals are to help seniors understand Medicare and be a resource and advocate for seniors.

Jacquie is hosting a meeting September 29th, beginning at 10 am to answer questions regarding Medicare Part A, Part B, Part C and Part D and to go over some options available to reduce your financial exposure with Medicare. You can call Jacquie directly at 503-324-4511 if you would like to RSVP for this event.

Share-A-Meal is October 17th:

Twice each year the CAC kitchen invites Canby's business community to sample our wonderful meals by purchasing lunch from us. The meals are prepared the day of the event in our kitchen, and our wonderful volunteer drivers deliver the meals to local businesses who purchase them.

This event supports our home delivered meal program! We are fortunate to have a supportive and generous business community, so, be sure to talk up this fundraiser to your favorite Canby businesses!

Another Fun and Successful Volunteer Appreciation Event

We hosted our annual volunteer appreciation event on Saturday, September 16th and it was a great success! We hold this event annually to thank our many volunteers who help at the Canby Adult Center. Our volunteers provide 12,000 hours of service each year, whether it be driving for home delivered meals, as a hostess in the dining room, working at the reception desk, registrar, helping with bingo, teaching a class, folding newsletters, providing musical entertainment, helping in the kitchen, or some other form of volunteer service. We are grateful for our volunteers.

Many thanks to "The Mellow Tones" for providing absolutely beautiful music for our event, and also special thanks to the following businesses for providing raffle baskets for our volunteers:

Arrangements by Marcil
Canby Smiles
Dutch Brothers
Miracle Ear
Rackleff Place
Starbucks
Rob Bauer Insurance
DirectLink
Hulberts
Natures Pet
Regency Home Care
Wilco
Canby Adult Center Staff

Health Care Presentations:

Meetings are free and Open to everyone!

October 13th—10 am: Regence Blue Cross

October 13th—1:30 pm: United Healthcare

October 18th—1:00 pm: Providence

October 19th—at 2:30 pm: Senior Choices

October 20th—at 1:00 pm: Humana

October 25th—at 1:00 pm: Medicare Supplement Broker

October 26th—at 1:00 pm: Medicare 101 with SHIBA

October 27th—10 am: Regence Blue Cross

October 27th— 1:30 pm: United Healthcare

Medicare open enrollment runs from October 15th thru December 7th. These presentations are offered to assist you in making informed decisions about your medicare choices.

Donations Accepted

Books: We gladly accept large-print books and we would love to add them to our well-used Library! We also accept paperback books! We are *not, however,* able to accept serial romance books such as the Harlequin romance series.

Movies: We are grateful to receive donations of movies, in DVD or Video formats. We make those movies available for people to borrow and sometimes are able to use them for Weekly Wednesday movies!

Yarn: We always accept and appreciate yarn donations— our knitting and crocheting volunteers knit all year long, hats, scarves and sweaters for us to sell at our fundraisers. We'll put your yarn to good use!

Thank you for your donations!

October Trips—sign up from Monday, September 25th

Mt Angel Abby Tour **October 3, 2107**
Come with us and get a wonderful look around the Mt. Angel Abby Chapel, newly reopened museum, the marvelous library, the beautiful fall colors, and more! Bring money for lunch in Mt Angel at the Glockenspiel before our tour.
Depart: 10:30 am Return: 3 pm
Cost: Bring money for lunch Bus Fee: Donations Accepted

Portland Greek Festival **October 6, 2017**
Greek culture is like the grandmother who discovers you haven't eaten yet today, so she cooks up an army's worth of dishes to compensate. This Greek festival is loaded with authentically delicious Greek food, cooking demonstrations, upbeat folk dancing and imported goods including jewelry and clothing from Greece. Be prepared for an authentic and delicious Greek lunch at this event or eat your way through the fabulous Greek pastries for sale that day.
Depart: 10 am Return: 2:30
Cost: $11.00 (for the full meal) Bus Fee: $5 Due at sign-up

New to You Shopping and Crescent Café **October 10 2017**
Fall is coming and now is the time to shop for a couple of "New to You" clothing items to complete your fall and winter attire! This resale clothing store is a "must see" and a great place to find a good deal. And don't forget we'll stop at one or more Goodwill stores along our route :). We'll eat lunch downtown at The Crescent Café in McMinnville. There are other restaurants to choose from if you would prefer something different.
Depart: 9 am Return: 4 pm
Cost: Bring money for lunch and shopping Bus Fee: $5 Due at sign-up

Apple Tasting at Portland Nursery **October 18, 2017**
In the relative quiet between the two weekends of their annual Apple Tasting festival, the front greenhouse at Stark (at Portland Nursery) is transformed into a welcoming and interactive space for elder gardeners to enjoy the afternoon! The "Earthtones" will provide music for this event. We will be welcomed to take part in the activity tables where time can be spent visiting while working on gardening & craft projects. There is also time for a mini-apple tasting, with an assortment of familiar and unusual apple varieties to sample. This is an after lunch event :)
Depart: 12:40pm Return: 3:30pm
Cost: This is a free event Bus Fee: Donations Accepted

Aging Toward Resilience Wellness Conference **October 21, 2017**
Are you interested in active and healthy aging? Are you engaged in building a strong community? Do you want to learn more about how we can respond to, withstand, and bounce back from adversity, both individually and as a community? Join us for an interactive, fun and engaging day of learning together. Check out the classes offered located on Lynne's door at the Center. This conference is held at University of Portland Buckley Center. Bring money for lunch.

Depart: 10:15am Return: 3:30pm
Cost: Free Bus Fee: Donations Accepted

Trip Suggestions?

Lynne and her team do their best to offer a wide variety of day trip adventures for your enjoyment!

If you have a suggestion for a trip, be sure to ask Lynne, Wade or Scott for a trip suggestion form. Complete that form and turn it in to Lynne so she can see where you are interested in going! Happy Travels!

TRIPS GUIDANCE :
Please take note of the following procedures:

Trip sign-ups begin the last Monday of the month prior, ***except as noted.***

Phone Bookings accepted **only** for trips **without prepayment**.

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

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

Trips involving advance ticket booking by the Center, or a required bus fee **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.

Travellers are allowed to sign up for a maximum of **two** trips the first day of sign-ups; come back on subsequent days (Tuesday and beyond) 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

Thank you for your cooperation!

October Happenings

Monthly Happenings: Treat Yourself!

Hair Cut & Style with Linda,
***Every 2nd & 4th Wednesday*: This month October 11th and 25th—**Linda Hagstrom is a licensed beautician who comes to the Center the second and fourth Wednesday each month, 9:30 am to noon. She will cut and or style your hair! $7.50 for a haircut and $10.00 for a cut and style. Come with freshly washed hair and bring any special products that you use.

When there are 5 Wednesdays in the month, Linda will be here on the 5th Wednesday for hair-cut appointments.

Facials with Marilyn: October 13th 10 am to 2:30 pm.
Sign up at the front desk or call to make an appointment for a relaxing and refreshing facial. Invigorating botanicals from Costa Rica leave your skin feeling revitalized and fresh. 30 minute facial, $20. 1 hour mini pedicure $25

For an appointment for these services, call us at 503-266-2970 or sign up at the front desk. **Note:** If you cannot keep your appointment, please give us a courtesy call.

Pie Raffle— Friday October 27th

Hurley's Fresh Baked Pecan Pie!
Made fresh and ready for you to take home on Friday, October 27th. Drawing is at noon.
You must be present to win.
Raffle tickets: 25-cents each or 5 for $1.

Congratulations to our recent Pie Raffle Winners:

Adam M. and Yollie B.

Gretchen R.—Floral Arrangement

Walking With Ease Class Continues for one more Six-Week Session

A new session of the Walking with Ease Class continues during October. This class meets every Monday, Wednesday and Friday from 11:30 am to 12:30.

Developed by the Arthritis Foundation, **Walk With Ease** is a physical activity program proven to help people manage their arthritis pain.

Please check with Jeanne If you'd like to participate in this class, or if you have questions!

Happy October Birthdays!

1	Larry Krettler
2	Joanne Bauer
3	Maureen Whitman
4	Connie Kalinowski
5	Sharon Rueda
8	Carl Horton
8	John Saul
8	Evelyn Schoonover
9	Peter Cho
10	Allen Holt
10	Arline Herr
11	Fred Egger
11	Sandy Corder
11	Arlene Peterson
13	Darlaine Hopper
15	Jerry Franz
15	Tina Sharai
17	Johnnie Dever
17	Cheryl Yates
18	Richard Dopp
18	Susan Clark
20	Fred Hakkinen
20	Bernice Siebenthal
21	Eva Foley
23	Shirley Morris
26	Roberta Knapp
27	Frank Permenter
29	Jim Lettenmaier
30	Joan Ranaudo
31	Etta Gaillard
31	Suzanne Nichols

Thanks to Chris Boon
for providing our Birthday Cake each month!

Bags of Blessings—
Meeting Tuesday mornings
PLEASE HOLD OFF ON
BRINGING IN PLASTIC BAGS

We have enough bags for now for the Bags of Blessings project. Please do not bring any more in until further notice.

We are looking for people to prepare the bags for the women to crochet them into the bed mats. Before they can crochet the bags into bed mats, the plastic bags need to be flattened, cut into strips and then rolled into a ball (like a ball of yarn).

This group meets every Tuesday at 10:00.
Stop in and see what it is all about!

October Movies, Music & Events

October Movie Features:

Wednesday Afternoon at the Movies - 1:15 sharp

October 4th: **Chariots of Fire**, starring Ben Cross. Two British track athletes, one a determined Jew, and the other a devout Christian, compete in the 1924 Olympics. Inspiring movie!

October 11th: **A Good Year**, starring Russell Crowe. A British investment broker inherits his uncle's chateau and vineyard in Provence, where he spent much of his childhood. He discovers a new laid-back lifestyle as he tries to renovate the estate to be sold.

October 18th: **I.Q**, starring Tim Robbins, Meg Ryan and Walter Matthau. A mechanic romances the mathematician niece of physicist Albert Einstein, with help from Einstein and his friends.

October 25th: **Contact,** starring Jodie Foster. Dr. Ellie Arroway, after years of searching, finds conclusive radio proof of extraterrestrial intelligence, sending plans for a mysterious machine.

Monthly Music Line-Up

"Fiddling Friends"
Now playing every Monday except the 2nd Monday.
This month October
2nd, 16th, 23rd and 30th

October 9th from 11:30—
Dennis Stafford—classic country and cowboy, comes to us for special music! Don't miss this.

October 19th Jim Wilkey—
Gospel & Country

October 26th - "Accordian to Go" with Leta. Timeless favorites!

4th Annual Octoberfest Celebration at CAC

Join us for our 4th annual Octoberfest on Thursday, October 26th!

A perfect Octoberfest menu and live accordion music with Leta Bunnell beginning at 11:15 am in the Dining Room.

Oktoberfest Fact:

Oktoberfest is a 16-day festival and held annually in Munich, Bavaria, and Germany.

The celebration runs from late September to the first weekend in October.

The small town of Mt. Angel has celebrated Oktoberfest since 1966!

October Craft - Yarn Pumpkins
October 19th at 1:00

Tuesday, October 19th at 1:00 pm we will be making a yarn pumpkin using yarn, glue and an inflated balloon. This is a very easy, fun and decorative craft. Come craft with us!

Sign-ups *required* to insure that we have enough supplies for everyone.

*Call 503 266 2970 or sign up at the front desk – Class size limited to 12.

Ghostly festivities calendar!!

October 19th— Pumpkin craft—make a yarn pumpkin to enjoy during October!

October 27th—Pumpkin carving 10:00 am. We'll provide the gutted pumpkins and tools and will clean up the mess—all you need is your creative ideas for a great carved pumpkin! You can take your creation home on Monday the 30th.

October 30th—costume parade and contest. Show off your costume ideas and compete for bragging rights and prizes! Lunchtime.

Friday afternoons with Alfred Hitchcock:

Prepare to be chilled and thrilled by Hitchcock's special brand of suspense and humor, in honor of this "special" season. Movies start at 1:15 every Friday in October!!!

We are showing Alfred Hitchcock's movie, "**The Birds**" on October 20th. Did you know… In 1968 on The Dick Cavett Show, Hitchcock revealed that 3,200 birds were trained for the movie. He said the ravens were the cleverest, and the seagulls were the most vicious!

Memoir Writing—Sharing

Greetings from your Canby Adult Center Memoir Writing Group!

All the advice in the world will not actually get your book or memoir written. All you can do is carve out time in your week to write.

Having a commitment or deadline prompts each of us to reach our goal. Our weekly Memoir Writing class here at the Center provides such an opportunity. Plus, we have a good time along with meeting many new friends.

One of our participants shared with us her daily routine of writing four to five lines each day in her journal as a start of her day. Some of us are going to give this idea a try. Nothing to write? Okay, draw or doodle in the space. It might just bring a smile to your face.

Once again an invitation is extended to you to join our happy writing group each Thursday from 10 to 12. hope you take me up on the idea.

Barbara Nuxall Isom

Discovering A Friend

It begins as a seed planted in fertile ground
being nurtured; left by itself
To break through the crust of newness,
fear and distance,
to just mature.

At times, the seed germinates
Rapidly as a glance, or just a presence.
There is something there that attracts these friends to be
Family
Children
Humor
Work— or unknown plan.

As the seed grows and becomes a plant,
Each leaf and flower is an event:
A giving, an understanding takes place
That kindles a trust never lost.

Terry Sue M.

Bodies in the Locker Room

Bodies in the locker room.
Some firm, tone, young;
Primed for life.
Others soft — some sagging, well used.
Products of a life well lived

The young ones are slipped into tiny suits
With nothing hanging over
They strut, they preen,
They are confident.
The know—they know!!
It will always be thus.
Their beautiful, firm, well toned bodies
Will always be as they are today.

The old ones are packed into suits -
Some straining at the seams.
These bodies have been through life's
Inevitable throes:
Chidbirth, mothering, surgery, hard work.
Scars depict their experiences—a breast missing;
A sad reminder of reality.

"Good luck,"
They say to the young bodies -
"Take care of your precious assets" —
"Enjoy the now, as it shall pass."

Maureen W.

Fred's Halloween Story

Back in the early 1930's our family of four lived in a one-room rock house in South Central Colorado. That was during the dust-bowl days and the depression was still on. We had a few work horses and one riding pony. Also a few cows.

There had been some snow that winter and my dad thought there would be enough moisture in the ground so he would plow up some of the fields and plant corn.

He would harness up a team in the fenced barnyard near the house and walk the team up a rough rock road to some level fields that had been farmed before.

My sister and I would help feed the chickens we raised and help our mom do the washing. We had to haul water in a barrel from a windmill about 1/3rd of a mile down the hill. We did plant a garden down by the windmill and did irrigate from it.

One day happened to be Halloween, and my sister and I knew our dad was up on the upper field and would be coming back for lunch and would bring the team of horses down for water. We walked a ways up the hill and hid behind a juniper tree. When we heard the team coming by we jumped out and hollered "BOO" real loud. The team began to run but our dad was able to rein them into another tree and stop them.

Dad was not very happy over that incident, we lived almost 50 miles from the nearest doctor which was in Trinidad in case one of us would have gotten injured.

My sister is 91 years old and lives in a Pioneer Home in Alaska. She is blind now. We talk on the phone about once a week and she's always in a good mood and we enjoy keeping in touch. We still laugh about some of the crazy things that we did as kids.

Our family moved to Oregon in the late 1930's and my sis and I both graduated from Canby High in the early 1940's.

Fred E.

On-going Classes and Activities

MONDAY: BRIDGE 1pm to 4 pm
New players are always welcome!

Bridge Winners 8-14-21

1st Place	*Diane Leonetti*	*2450*
2nd Place	*Dixie Loper*	*2230*

Bridge Winners 8-21-17

1st Place	*Dixie Loper*	*3100*
2nd Place	*Dale Williamson*	*3050*

Bridge Winners 8-28-17

1st Place	*Dale Williamson*	*2500*
2nd Place	*Dixie loper*	*2290*

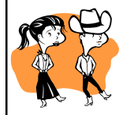
Exercise Classes Open to Everyone!!!

Sit & Be Fit: Class meets Monday and Thursdays at 10:30. A great exercise choice focusing on exercises you can do from a sitting position! This class also offered year-around with instructor Kay Walter.
No fee—donations appreciated.

Senior Fitness— Class meets Monday at 9:30, Wednesday and Friday at 10:30. Get a great work-out, rain or shine, using weights, balls and bands. Join this class with our experienced instructor, Hurshell Walls.
No fee—donations appreciated.

Senior Tai Chi— Walk-ins welcome!
We are pleased to offer Tai Chi classes twice each week. Class meets every Wednesday and Friday from 9 am to 10 am. Check out this class—a great way to increase mobility and balance! Instructor, Nick Hancock
No fee—$2 donation suggested

"Let's Dance" Line Dancing Classes: Monday, Tuesday & Thursday at 1:00



No partner needed for these popular and fun line dancing classes! Mondays are geared toward beginners, and start with basics; Tuesday and Thursday classes are for those with more experience. New dancers welcome!

No fee—Donations accepted

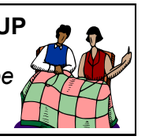
NEW **Woodworking Workshop**
Every Monday at 10 am

Come join our woodworking workshop. Now every Monday at 10 am. The facilitator, Mel, will let you know what you will need to bring to the next workshop the following Monday. If you have questions, please see Wendy!
Join Us!

WEEKLY CARD GAMES

Bridge: **Monday at 1:00 pm**
Pinochle: **Tuesday & Friday 1:00**

TUESDAY at 10 am HANDIWORK GROUP
Bring your own projects.
A great time to work on your projects and be with friends. Everyone welcome!



TUESDAY - "BINGO"

Doors open at 12:00, games start 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.

TUESDAY "Brain Training" is BACK October 3rd

Exercising our brains is important – join us for a fun and interactive time of "Brain Games!" Offered the first Tuesday of each month, (except September) from 11:30 – 12:30 pm. Stephanie, with Clackamas County Behavioral Health will lead us through some of the tools we have in our little "Brain Box": memory games, brain activities and fun conversation. Bring a sack lunch if you wish!

Tuesday - Clogging Class open to new dancers during the month of September: Every Tuesdays in September from noon to 12:50 pm, the clogging class is open to new people who wish to join the class — No sign-up required! No special shoes are needed for the introductory classes. *Instructor: Ann Skoe*

WEDNESDAY—MAHJONG at 2 pm: Every Wednesday, at 2:00 pm. We supply the space, the game tiles, and you just come and have fun! This game group is open to everyone—new players welcome! If you've never played, no worries! We have a volunteer who is happy to teach new players, and will have both a beginners and intermediate game going if we get enough players—its never too late to learn. Join us!

THURSDAYS at 10:00 am—Memoir Writing Group:

If you enjoy writing, this group is for you! Participants are given a topic every week to write about at home, then share their work at the next week's meeting. Topics often involve recording memories—a great gift to your family!
Class meets every Thursday at 10:00 am;
drop-ins welcome; no fee.

Around Town

Library Link

A monthly column offered in partnership with Canby Public Library

220 Northeast 2nd Avenue, Canby, OR 97013
Phone: 503-266-3394

October 2nd, 10th & 17th at 6:30 pm
Pushing the Limits: Climate and weather discussions.

October 14th at 2:30 pm
Music in the Stacks—

Finnish folk pop with gorgeous vocals and memorable melodic hooks presented by the Finnish duo Vellamo.

October 24th at 6:00 pm—Holiday Card Making!
Registration required: call 503-266-3394 to register.

Every Thursday—4 pm to 6 pm
Knitting & Crocheting!

Canby Police Department
1175 NW 3rd Avenue—Canby
Home Safe Program: This program identifies where displaced or memory impaired persons may belong if they have wandered away from their residence.

Identification is made by use of a specially designed bracelet which is provided **at no cost to the individual**. See Wendy or Canby Police Department for more information.

24-hour Prescription Drug Drop Off: Canby Police Department accepts the following: Prescription & non-prescription medications; Vitamins; Pet Medications; ointments and liquid medications (in leak-proof container).

MEALS AROUND TOWN:
Zoar Lutheran Church
190 SW 2nd Avenue

Offering a free, on-going dinner, every Tuesday, evening, 5:00 to 7:00 pm. Call 503-266-4061 for more information.

Canby First Friday Downtown Canby!
October 6th: 5 PM - 8 PM
Vendor booths, shopping, family entertainment and food! Downtown businesses are open late for shopping.

Canby Historical Society Flea Market October 7th
Collectibles, household items, clothes, and anything you can imagine for sale at this flea market. Clackamas County Fairgrounds Main Pavillion, 9 am to 3

Hope Village Health & Wellness Fair: October 12th—10 am to 1 pm

Be sure to visit the Hope Village Health & Wellness Fair on October 23th. It's a great way to find out about services especially for seniors at this fun annual event at Hope Village!

American Legion Update—

Canby American Legion Post #122
424 NW 1st Street

Canby American Legion invites you to the following events which are open to the public:

Taco Tuesday— 5:30—6:30 or until they're gone!
And Karaoke from 7 pm to 10 pm!

Thursday Evenings—Bingo—16 games played
Doors open at 5:30 pm, games begin at 6:30 pm

Friday Night BBQ Hamburgers
Hamburgers & Fries $5; Chicken Strips & Fries $6
Served from 5:30 to 7:30

Sunday Breakfast is open to the public -
Sunday October 1st, 8th, 15th, 22nd & 29th
8:30 am to 11:30 am
Adults—$6 and children 10 and under $3

October 1st—Ladies Auxiliary—benefit Mt. Wave Search & Rescue—also Suzie's Apple Pie Raffle

October 8th—Sons of the American Legion

Occtober 15th—Legionaries

October 22nd—Ladies Auxiliary

29th—Unity Breakfast

Thelma's Place
A Community of Caring...One Mind at a Time

Thelma's Place
352 NW 2nd Avenue
503-266-5100
Website: thelmasplace.org
ellen@countrysideliving.com

Thelma's Place is a non-profit resource day center offering quality care for adults experiencing memory loss.

We provide respite care for up to 6 hours a day (Monday thru Friday), so that caregivers can rest and recharge. We serve the community by teaching the value of staying well in mind and body. Our goal is to help people enjoy their lives in their homes for as long as possible by offering respite, and stimulating activities to keep the mind sharp. Our center is safe, fun, and socially engaging for the participant while the family member, often times the caregiver, can enjoy a much needed break.

Friends of the Canby Adult Center

Thank you to our Donors and Supporters

Sustaining Donors: Donations of $251+

Julia & John Barklow
Dean & Helen Basinger
Janey Belozer
Gwen Carriera
Bob Cornelius
Ernest & Marilyn Cowan
Stanley Cullington
Jane & Steve Dahl
Henry & Georgia Deetz
Johnnie Dever
Gregg Ekenbarger
Scott & Sysan Enyart
Betty & Larry Faist
Jan & Keith Galitz
Lowell Hall & Betty Myers
Leona Hart
Patty Hatfield
Jim & Paulette Hefflinger
Delbert Hemphill
Kathryn Henderson
Larry & Yvonne Hepler
Bob & Wanda Herman
Anne Himmelsbach
Kathleen Hostetler
Ken Howell
Hank Jarboe
Robert & Charlotte Johnson
Verlyn & Darline Kraxberger
Charlie Lam
Dave May & Christine Parno
Larry & Ann McBride
Gretchen McCallum
Elizabeth Meyer
Marty Moretty
Mariah Olson
Dan Pitts
John & Marge Pursley
Bill & JoEllen Reif
Diana Schaughency
Johni Thayer
Howard Thomas
D'Anne Tofte
Suzie Voss
Al & Nori Zieg

Gold Donors: Donations of $101—$250

Robert & Janet Adrian
Healther & Kyle Anderson
Mary & Paul Ashton
Ted & Linda Baumgardner
Ken & Millie Blodgett
Harriet Bretz
Marjorie Brood
Jan Cox
Bob & Cee Cullison
Driver Family
Norman Elie
Leo & Louis Garre
Bob & Jude Gobet
Irva Graham
Ellen & Emmett Gray
Carmen Hamilton
Pat & Laurie Harmon
Judy Harvey
Madeleine Henderson
Yvonne & Larry Hepler
Bob & Wanda Herman
Tom & Bobbie Hibbert
Jennifer Hickman
Butch & Judy Hogland
Curt & Nola Hovland
Keith Jensen
Stan & Debbie Jewell
Lynn & Diane Kadwell
Ronald & Dorothy Kallis
Bob & Darlene Kauffman
Betty Keys
Chuck & Mary Ann Kocher
Oliver Korsness
Verlyn & Darline Kraxberger
Eleanor Liberty
Patti & Arnie Lucht
Sheldon Marcuvitz & Carole Laity
Todd May
Bernie & Mary McWilliams
Ray and Margaret Means
Linda Michaelsen
Gerald & Brenda Mootz
Betty Nolz
Wanda & Robert Nystrom
Kathy Oathes
Leighton & Patricia Perkins
Joyce Peters
Donna Peterson-Nagl
Randy Pitchford
Geni Pittelkau
Leighton & Patricia Perkins
Sunya & Wade Porter
Yvonne Recker
Lisa & Jose Rivera
Steve & Janet Skinner
John Saul
Terry & Carolyn Taggart
Arnold & Shirley Thomas
Ken & Phyllis Thompson
Judy Torgeson
Duane & Janice Weeks
James & Greta Wiersma
Patricia Williams
Dale & Susan Williamson
Witt Family
Jay & Kathrine Wolfe

Thank you to our Donors

Financial Donors: Marcella Bennett, Patty Hatfield, Marilyn Howard, Toni Hvidsten, John & Marsha Meyerhofer, Rackleff Place, Steve & Janet Skinner, Howard Thomas

In-Kind Donors: Marcella Bennett, Donna Sorrels

Thank You New & Renewing Members:

Mark Adams, Carole Allison, Dorothy Barich, Ruthella Baurer, Ron & Evie Berg, Jan Brown, Richard Carroll, Wally & Betty Case, Wayne & Judy Clawson, Rosie Cranston, Patty Crussell, Irene Cunningham, Irene Dietz, Benny Dodge, Louise Doney, Ron & Cheryl Fullerton, Marjorie Habiby, Fritse & Fred Hakkinen, Janet Haskins, Bobbie Hatfield, Madeleine Henderson, Brian & Jo Holgate, Gene & Yu-Mei Hsiao, Fred & Mardeen Hultgren, Thomas & Karen Johnson, Jan Kluth, Dwight & Roberta Knapp, Pat Kuppenbender, Sally Ann LaMain, Carol Luce, Betty McCall, Betty McDaniel, Suzanne Marshall, John & Marsha Meyerhofer, William Miley, Michael Monahan, Shirley Morris, Leroy Myers, Kay Parish,

Thank You Business & Organizational Supporters

American Legion Auxiliary
Bridge to Life Fellowship
Canby Fred Meyer
Canby Kiwanis Foundation & Thrift Store
Cascade Engineering
Chair Outlet/Shelly Herman
Clackamas County MOW
Custom Plumbing & Construction
Cutsforth's Thriftway
Direct Link
Hope Village
Hulbert's Flowers
Kahut Waste Services
Andrew Kauffman—Attorney at Law
Kroger Stores
Oregon Food Bank
Rackleff Place
Starbucks
Sons of American Legion
Uptown Medical Billing

New & Renewing Members Continued

Joan Perinchief, John & Sylvia Pigott, Gloria Randolph, Gretchen Raney, Caroline Ritter-Swartz, Gwen Schweitzer, Shirley Simi, Linda Sirianni, Jeanne Sweet, William & Lynn Tibbils, Darla Walker, Gary & Lynn Weiss, Kay VanHoomissen, Mary Vander Wielen, James & Greta Wiersma, Susan Vorderstrasse, Gary & Lynn Weiss, Sylvia Wiegand

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

NONPROFIT
US POSTAGE PAID
CANBY OR
PERMIT NO 81

Return Service Requested

CANBY ADULT CENTER MEMBERSHIP APPLICATION

New Member ☐ Renewal ☐ Single Membership: $15/year Couple: $25/year

Name_____ Birth Month_____ Birth Day: _____
Under 65___ 65-70___ 70-75___ 75-80___ Over 80 ___

Name_____ Birth Month_____ Birth Day: _____
Under 65___ 65-70___ 70-75___ 75-80___ Over 80 ___

Address:_____

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: _____

Menu—October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chicken Parmesan Mushroom Risotto Cucumber Salad Green Beans Chilled Fruit Service Group : St Patrick's Church	3	4 Baked Fish Rice Pilaf Carrot &Raisin Salad Satin Chocolate Cake Service Group: Canby Police Department	5 Taco Salad Tossed Greens Vegetable Soup Tres Leche Cake Service Group: Canby Adult Center Team Volunteers	6 Pork Chop Roasted Potatoes Apple Sauce Baker's Choice Serving Group: Canby Adult Center	7
8	9 Roast Turkey Sandwich Potatoes & Gravy Pumpkin Cake Service Group: LDS Church 2nd Ward Volunteers	10	11 Shrimp Louie Salad Tossed Greens Vegetable Soup Chocolate Pudding Service Group: Canby Adult Center Team Volunteers	12 Chicken Curry Steamed Rice Cole Slaw Fruit -Jell-O Service Group: Canby Adult Center Team Volunteers	13 Baked Penna with Italian Sausage and Beef Broccoli Garden Salad Baker's Choice Service Group: Zion Mennonite Church Members	14
15	16 Roasted Pork Loin Steamed Herd Rice Pineapple Cole Slaw Cookies Serving Group: LDS Church 1st Ward Volunteers	17	18 Chicken & Dumplings Mashed Potatoes Tossed Greens Ice Cream Jell-O Serving Group: Canby Adult Center Volunteer Team	19 Crispy Chicken Salad Tossed Greens Vegetable Soup Lemon Cake Serving Group: Smyrna United Church Members	20 Hot Beef Sandwich Potatoes & Gravy Baker's Choice Serving Group: LDS Church Missionaries	21
22	23 Beef Stroganoff Pasta Broccoli Salad Tapioca Pudding Serving Group: United Methodist Church Volunteers	24	25 Meat Loaf Potatoes & Gravey Tossed Greens Peach Crisp Serving Group: Canby Adult Center Volunteer Team Team	26 October Fest Kielbasa & Sauerkraut Marinated Cole Slaw Sugar Cookies Serving Group: Canby Telcom Employees	27 Pecan Pie Raffle Chicken Marsala Baked Potato's Jell-O Salad Baker's Choice Serving Group: Canby Tuesday TOPS Members	28
29	30Birthday Luncheon Spooky Meatballs Tomato Pasta Ghoulish Greens Birthday Cake Serving Group: Canby Adult Center Volunteer Team	31 HALLOWEEN				

October 2017—Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	**2** 9:30 Senior Fitness 10:00 Woodworking Workshop 10:00 Blood Pressure Clinic 10:30 Sit & Be Fit 11:15 Fiddling Friends 1:00 Line Dance 1:00 Bridge	**3** 9:00 Walk with Ease 10:00 TOPS 10:00 Handiwork 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	4 9:00 Tai Chi 9:30 Foot Clinic/Patty 10:30 Senior Fitness 1:15 Movie: "Chariots of Fire"" 2:00 Mahjong	5 10:00 Memoir Writing 10:30 Sit & Be Fit 1:00 Line Dancing 1:00 Living well with Diabetes	6 9:00 Tai Chi 10:30 Senior Fitness 11:30 Walk with Ease 1:00 Pinochle	**7**
8	9 9:30 Senior Fitness 10:00 Woodworking Workshop 10:30 Sit & Be Fit 11:30 Music with Dennis Stafford 11:30 Walk with Ease 1:00 Line Dance 1:00 Bridge	**10** 10:00 TOPS 10:00 Handiwork 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	11 9:00 Tai Chi 10:00 Haircuts with Linda 10:30 Senior Fitness 1:00 Legal Assistance 1:15 Movie: "A Good Year" 2:00 Mahjong	12 10:00 Hope Village Wellness Fair 10:00 Memoir Writing 10:30 Sit & Be Fit 1:00 Line Dancing 1:00 Living Well with Diabetes	13 9:00 Tai Chi 10:00 Regence Blue Cross 10:00 Marilyn's Facials 10:30 Senior Fitness 1:00 Pinochle 1:30 United Healthcare	14
15	16 9:30 Senior Fitness 10:00 Woodworking Workshop 10:00 Blood Pressure Clinic 10:30 Sit & Be Fit 11:15 Fiddling Friends 11:30 Walk with Ease 1:00 Line Dance 1:00 Bridge	17 10:00 TOPS 10:00 Handiwork 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	18 9:00 Board Retreat (Off-site) 9:00 Tai Chi 9:30 Foot Clinic/Patty 10:30 Senior Fitness 1:00 Providence Health 1:00 Caregiver Support 1:00 Movie: "I.Q." 2:00 Mahjong	19 10:00 Memoir Writing 10:30 Sit & Be Fit 11:15 Music with Jim 1:00 Line Dancing 1:00 Pumpkin Craft 2:30 Healthcare-Senior Choices	20 9:00 Tai Chi 10:30 Senior Fitness 1:00 Pinochle 1:00 Healthcare-Humana	21
22	23 9:30 Senior Fitness 10:00 Woodworking Workshop 10:00 Foot Clinic/ Laverne 10:30 Sit & Be Fit 11:15—Fiddling Friends 11:30 Walk with Ease 1:00 Line Dance 1:00 Bridge	24 10:00 TOPS 10:00 Handiwork 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	25 9:00 Tai Chi 10:00 Newsletter Folder 10:30 Senior Fitness 1:15 Movie: "Contact" 1:00 Healthcare: Medicare Supplement Broker 2:00 Mahjong	**26 Ocktoberfest Celebration** 10:00 Memoir Writing 10:30 Sit & Be Fit 11:15 Music with Leta 1:00 Line Dancing 1:00 Medicare 101 With SHIBA	27 9:00 Tai Chi 10:00 Pumpkin carving 10:00 Regence Blue Cross 10:30 Senior Fitness 1:00 Pinochle 1:30 United Healthcare	28
29	30 9:30 Senior Fitness 10:00 Foot Clinic/ Laverne 10:00 Woodworking Workshop 10:30 Sit & Be Fit 11:15—Fiddling Friends 11:30 Walk with Ease 12:00 Costume Contest 1:00 Line Dance 1:00 Bridge	31 **Halloween** 10:00 TOPS 10:00 Handiwork 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo				