



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

March 2018

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Director's Corner

Hello friends,

We're coming out of winter hibernation and gearing up for spring—although the forecast for the coming few days still looks like winter to me!

As part of our ongoing effort to stay current and “fresh”, we've made a few changes to the newsletter format this month. As always, we'd really appreciate your feedback—is it easier to read? What parts do you find informative? What information can we leave out? What would you like to see more of?? We're here to serve you—so let us know what you think!

See you at the Center—Kathy

Canby American Legion Auxiliary Hosting “March for Meals” Breakfast Sunday March 4



The Canby American Legion Auxiliary is hosting a breakfast to benefit Canby Adult Center's home delivered meal program. [See page 10 for all the details](#)

Monthly Brain Training Class Cancelled Until Further Notice

Unfortunately our monthly “brain training” class is cancelled until further notice. Our class facilitator is no longer available.

Celebrate Jewelry Day—March 14th

National Jewelry Day is celebrated on March 13th of each year but we are celebrating on the 14th. Wear your favorite “blingy” jewels... we'll have fun with this day— brooches, rings, necklaces, earrings, and bracelets—men and women—wear it all. We'll all be decked out on March 14th!

March Reminders at a Glance

February 28th— Birthday Lunch!
March 1st & 8th—Mental Health First Aid
March 4th—American Legion Auxiliary hosts breakfast to benefit CAC
March 7th— New Quilting Class
March 11th— Daylight Saving Time Begins
March 12th— Walking With Ease Resumes
March 14th— “Blingy” Jewelry Day
March 14th— Board Meeting
March 15th— Animal Therapy!
March 16th— St. Patrick's Day Lunch
March 20th— Share a Meal Fundraiser
March 22nd—Guest speaker MS Society
March 30th—Birthday Lunch

Mental Health First Aid: Take a course. Save a life. Strengthen your community

Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is **YOU**. A person you know could be experiencing a mental health or substance use problem. Learn an action plan to help. You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.

This class offered March 1st and March 8th 2018, from 1 to 5 pm. **You must attend both sessions to be certified.** Advance registration required by calling 502 266 2970 or sign up at the front desk.

Walk With Ease Class Resumes

This is an Arthritis Foundation program that is proven to reduce the pain of arthritis and improve your overall health. No matter if you need relief from arthritis pain or just want to be active, this class will teach you how to safely make physical activity part of your everyday life. Class offered at CAC and resumes March 12th. See page 9 for all the details!

Animal Therapy - visits CAC March 15th

Cuddle up with a bunny or guinea pig while helping a Canby HS FFA student complete her research. We will host an FFA student and her therapy animals for an hour or so – your job is to enjoy the pet, then answer a few questions about your interaction. Sounds fun? Yes, it does! Please sign up at the front desk to let us know that you're willing to help! Thursday March 15th, 1 pm.

On-Going Services and Programs

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

Daily Transport

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 busi-

Senior Companion Program

Volunteers visits 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 on March 5th, 19th and 26th

Patty Calcagno is taking a leave of absence and plans to return in May. Call **503-266-2970** to schedule an appointment for your foot care needs.

Free Blood Pressure Checks

Usually the 1st and 3rd Monday of each month, **Monday, March 5th & 19th**, from 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.

Dining Room Meal

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 musical entertainment occasionally; check the activity calendar for specific dates.

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. This month, **March 14th**. 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.

Brain Training Classes

Unfortunately these classes are cancelled until further notice. Our facilitator is no longer available.

HEALTH & WELLNESS CLASSES

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.

Classes resume March 12th, M/W/F, 11:30 am.

TOPS -Take Off Pounds Sensibly

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

“Let's Dance” Line Dancing Classes

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

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

Marilyn's Facials: Many thanks to Marilyn who has provided her facial service at the Center for years! Marilyn now has a salon right here in Canby, conveniently located in The Graham Building! You can still enjoy a relaxing facial with fresh raw botanicals from Costa Rica! Call 503.592.9300 and mention “Facials by Marilyn” and you'll get her special pricing \$20 for a relaxing 30 minute facial or an hour facial for \$40.

Tilly's Mobile Hair Salon Right Here at CAC Thursdays, March 8th & 22nd

In Linda's absence we are fortunate to offer services for haircuts and styles from licensed beautician Tilly. You can make your appointment for a haircut and/or style in person at the front desk, or call 503.266.2970. Tilly is honoring Linda's pricing for appointments here.

SUPPORT GROUPS

Willamette Valley Hospice Offers Drop-In Grief Groups

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.

NAMI [National Alliance on Mental Illness] Clackamas County Monthly Support Meetings

1st Monday of each month
Molalla Christian Church
3rd Street & Berkeley Ave,
Molalla 6:30 pm - 8 pm

2nd Tuesday of each month
Oregon City Evangelical Church
1024 Linn Ave, Oregon City.
6 pm dinner (\$3 suggested donation)
6:30 pm program & 7:30 pm support groups

3rd Saturday each month
Immanuel Lutheran Church
39901 Pleasant St Sandy, OR
9 am—10:30 am

Suicide Bereavement Support at NAMI Clackamas Office
10202 SE 32nd Ave, Suite 501
Milwaukie.

2nd & 4th Sunday - 2 pm to 4 pm.
Compassionate support for adults after a suicide death. Call NAMI Clackamas Office at 503 344 5050, or info@namicc.org.

For a complete calendar of events go to: namicc.org/calendar

MS Society Offers MS Navigators

To navigate your best life through the challenges of MS check out **MS Navigators** — highly skilled, compassionate professionals — they connect you to the information, resources and support needed to move your life forward. These supportive partners help navigate the challenges of MS unique to your situation, providing:

- Information and education to help people with MS and their support teams powerfully advocate for what you need, when and how you need it
- Emotional support resources for people with MS as well as family and care partners, including support groups and ways to connect with others living with MS
- Help through the complexities of finding a healthcare provider, benefits, insurance and access to coverage, and employment
- Resources to face financial challenges and plan for the future
- Wellness strategies that can make an impact on quality of life with MS including diet, exercise, emotional well-being and connection to local wellness resources
- Assessment for personalized case management through the Edward M. Dowd Personal Advocate Program
- Crisis intervention in times of need

To access the MS Navigator visit <https://www.nationalmssociety.org/Resources-Support>

MS Support Groups in Clackamas County:

West Linn Fire Station
1860 Willamette Falls Drive
West Linn, OR 97068
Last Thursday of each month
12:00 pm – recurring event
Contact info: Sylvia
snandsr@earthlink.net
503-686-8409

Beautiful Savior Lutheran Church
9800 SE 92nd Avenue Room B
Clackamas OR 97086
3rd Friday of every month
12:00 PM – Recurring Event
Contact info: Fran
mikefranm@q.com
503-256-1428

Canby Adult Center Tours available now with Wendy!

If you are new to the Canby area or just curious about what goes on 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!



A representative from the MS Society will be here to share information and resources on March 22nd.

Our guest will answer these questions and more:

What is Multiple Sclerosis? What are the signs & symptoms? Some coping strategies? Information on how can you access available resources for you or someone you care about.

If you've wondered about MS, or have a friend or family member with MS, you won't want to miss this presentation. These questions and more will be answered during the presentation.

****Sign-ups are encouraged****
Sign up at the front desk or by calling 503 266 2970



CLIENT SERVICES (Continued)

March 27th—Type 2 Diabetes Awareness Alert Day!

Did you know that 9 out of 10 Americans most at risk for type 2 diabetes don't know it? Take 60 seconds to find out if you're one of them.

Knowing you are at risk is the first step toward a healthier life. Held on March 27, 2018, American Diabetes Association Alert Day is a day to sound the alarm about the prevalence of type 2 diabetes by asking everyone to take the Type 2 Diabetes Risk Test.

This free, anonymous risk test only takes a minute to complete, and by answering questions on this page you can learn in 60 seconds if you're at risk for type 2 diabetes. The at-risk "test" is located below.

Learn what YOUR risk is!

Be sure to address concerns with your health professional.

Are you at risk for type 2 diabetes?



WRITE YOUR SCORE IN THE BOX.

- How old are you?**
Less than 40 years (0 points)
40–49 years (1 point)
50–59 years (2 points)
60 years or older (3 points)
- Are you a man or a woman?**
Man (1 point) Woman (0 points)
- If you are a woman, have you ever been diagnosed with gestational diabetes?**
Yes (1 point) No (0 points)
- Do you have a mother, father, sister or brother with diabetes?**
Yes (1 point) No (0 points)
- Have you ever been diagnosed with high blood pressure?**
Yes (1 point) No (0 points)
- Are you physically active?**
Yes (0 points) No (1 point)
- What is your weight category?**
See chart at right.

ADD UP YOUR SCORE.

Height	Weight (lbs.)		
4' 10"	119–142	143–190	191+
4' 11"	124–147	148–197	198+
5' 0"	128–152	153–203	204+
5' 1"	132–157	158–210	211+
5' 2"	136–163	164–217	218+
5' 3"	141–168	169–224	225+
5' 4"	145–173	174–231	232+
5' 5"	150–179	180–239	240+
5' 6"	155–185	186–246	247+
5' 7"	159–190	191–254	255+
5' 8"	164–196	197–261	262+
5' 9"	169–202	203–269	270+
5' 10"	174–208	209–277	278+
5' 11"	179–214	215–285	286+
6' 0"	184–220	221–293	294+
6' 1"	189–226	227–301	302+
6' 2"	194–232	233–310	311+
6' 3"	200–239	240–318	319+
6' 4"	205–245	246–327	328+

1 point	2 points	3 points
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If you weigh less than the amount in the left column: **0 points**

If you scored 5 or higher:
You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).



The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at diabetes.org/alertday or call 1-800-DIABETES (800-342-2383).



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!

FRIENDS OF CANBY ADULT CENTER, INC.

Board meeting Minutes Excerpts Wednesday, February 14, 2018

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

Staff Present: Kathy Robinson

Guests Present: George Raney and Susie Voss

The meeting was called to order by Chairman Dave May at 1:00pm. It was established that we had a full quorum.

The Chair asked for approval of the minutes from the January 10th 2018 board meeting. Bill Reif moved to approve the minutes, Mary Bosch seconded the motion. The Board unanimously approved the minutes.

Directors Report: Available upon request.

Kathy provided updates on services and programs, fundraising and administration. The annual appeal goal has been exceeded and donations are expected to continue to trickle in thru April.

The motion was made by Jim Davis to direct Kathy to enter into any cost saving relationships with food service providers that she determines advantageous. The motion was seconded by Debbie Jewell and the Board unanimously approved the motion.

Kathy reviewed the Strategic Plan. Bill Reif asked that we consider a food service option for those that observe Lent.

Financial Report: Available upon request.

Bill reported that Quest has managed our funds well during the recent stock market change. Our numbers remain solid.

Old Business: Brenda inquired about the feasibility of purchasing the property across the street.

New Business: None

A motion was made at 1:40 pm to move to a brief Executive session.

Regular session resumed at 1:50pm. There was no further discussion.

The meeting was adjourned at 1:55pm. The next meeting is March 14, 2018.

Submitted by Ruth Howard- Board Secretary

By The Numbers...

Every now and then, we like to share meals numbers with our members. I'm happy to report that, overall, all of our dining room numbers are on the increase – we are serving more meals to more people, we are seeing a slight uptick in our gender balance, and you are showing your appreciation with higher donation levels – an average of \$1.87/meal for the dining room in 2017, as compared to \$1.65/meal in 2016. In terms of MOW: number of meals served remains steady at around 2100 meals/month, but the average donation for those meals is down a little, from \$1.30/meal to \$1.25/meal for the last four months of 2016 and 2017 respectively. Currently, the increase in dining room donations more than makes up for the small decrease in MOW donations – so we thank you!

As always, our meals are FREE to all who need them, but your donations are greatly appreciated so that we can continue to serve freshly prepared meals and great desserts to our dining room and MOW clients alike!

Canby Adult Center Annual "Share a Meal" Fundraiser is March 20th!

Twice each year Canby Adult Center holds a "Share A Meal" fundraiser to benefit our home delivered meal program. This opportunity allows local businesses to order a meal, prepared fresh in our kitchen, and have them delivered to their door. This fundraiser enables our local community to sample a typical meal from the Center AND support our home delivered meal program! Our spring Share a Meal fundraiser is Tuesday, March 20th!



March Trips—sign up from Monday, February 26th

TRIPS GUIDANCE :

Please take note of the following procedures:

Trips sign-up 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!

Jewell Elk Reserve, Camp 18 and Seaside

March 6, 2018

We're going to view the elk, learn more about them from a friendly park Ranger, then go on to lunch to Camp 18! Jewell Meadows Wildlife Area is managed to provide winter habitat and supplemental feeding for Roosevelt elk. Other wildlife species also are abundant. The wildlife area's purpose is to protect and enhance habitat to benefit native wildlife species, to reduce wildlife damage to adjacent properties, and to provide the public with an opportunity to observe wildlife in a natural setting. Bring money for lunch at Camp 18.

Depart: 8:45 am

Return: 4 PM

Cost: Bring money for lunch

Bus Fee: \$10

Spirit Mountain Casino

March 13, 2018

It's time again to go to Spirit Mountain for fun and gaming. Be sure to enjoy their awesome lunch buffet and being out on the early days of spring.

Depart: 8:30am

Return: 6 pm

Cost: Pay at the slot machines—money for lunch

Bus Fee: \$10 (pay at sign up)

Woodburn Walmart and Goodwill Shopping

March 20, 2018

If you've got a hankering to shop in Woodburn, come with us. We'll start at Walmart in the morning, stop for lunch, and then enjoy Goodwill to finish our shopping extravaganza. Bring money for lunch and shopping.

Depart: 10 am

Return: 3 on

Cost: Bring money for lunch & shopping

Bus Fee: None

Chang's Mongolian Grill dinner

March 22, 2018

According to legend, Khan's armies in Mongolian camped at night, built bonfires and threw their round iron shields down on the hot embers for use as a cooking surface. Thus arose the tradition of the Mongolian Grill. Come enjoy an enjoyable evening of Mongolian dining.

Depart: 5pm

Return: 8:30 pm

Cost: Pay at restaurant

Bus Fee: \$5

Bauman's Spring Porch Flower Pot Planting Day

March 27, 2018

What a fun day we have ahead of us with picking out our favorite colors and planting them in our own pots! (Bring your favorite plant pot.) The staff will be there with tips for success of planting and keeping them alive for the summer months as well. We'll stop at **Garden Gallery Iron Works** to shop a bit on our way home that day. Bring money for lunch after in Woodburn.

Depart: 9 am

Return: 2:30 pm

Cost: Bring money for flowers & lunch afterward

Bus Fee: None

Also bring your own pot to plant the flowers in that you purchase.

Attention all READERS - APRIL TRIP information!

Lynne would like to invite you on an adventure of reading the fictional mystery novel **El Camino** by local author Ken Baysinger.

We'll then take a wonderful bus tour to the book's setting (Canemah) on April 18, 2018, at 10am with the author Ken Baysinger along to answer any questions and share information with us. We'll finish our tour with lunch with the author following the bus tour.

Ken invites you to read his other books in preparation for the trip as well if you like. His other fictional historic mystery novels include:

1. Deadly Gold; and
2. Missing and Exploited

Ken's books are available at the local library. You may have to put them on hold and wait in line: **Lynne has a copy of the book at her desk if you'd like to check it out.**

March Movies, Music & Events

March Movie Features:

Wednesday Afternoon at the Movies - 1:15 sharp



March 7th: **Arsenic and Old Lace**, starring Cary Grant. A drama critic learns on his wedding day that his beloved maiden aunts are homicidal maniacs, and that insanity runs in his family.

March 14th: **Just Like Heaven**, starring Reese Witherspoon and Mark Ruffalo. A lonely landscape architect falls for the spirit of the beautiful woman who used to live in his new apartment.

March 21st: **K-19**, starring Harrison Ford. When Russia's first nuclear submarine malfunctions on its maiden voyage, the crew must race to save the ship and prevent a nuclear disaster.

March 28th: **City Slickers**, starring Billy Crystal. On the verge of turning 40, an unhappy Manhattan yuppie is roped into joining his two friends on a cattle drive in the southwest. Fun comedy!

More on National Jewelry Day—We're Celebrating March 14th!

National Jewelry Day is celebrated on March 13th of each year. (We are celebrating it on March 14th!)

Jewelry is a form of personal adornment, such as brooches, rings, necklaces, earrings, and bracelets. With some exceptions, such as medical alert bracelets or military dog tags, jewelry normally differs from other items of personal adornment in that it has no other purpose than to look appealing.

Humans have been producing and wearing it for a long time – with 100,000-year-old beads made from Nassarius shells thought to be the oldest known jewelry. Jewelry may be made from a wide range of materials, but gemstones, precious metals, beads, and shells have been widely used. Depending on the culture and times jewelry may be appreciated as a status symbol, for its material properties, its patterns, or for meaningful symbols. Jewelry has been made to adorn nearly every body part, from hairpins to toe rings.

The word jewelry itself is derived from the word jewel, which was anglicized from the Old French "jouel", and beyond that, to the Latin word "jocale", meaning plaything. In British English, the spelling can be written as jewelery or jewellery, while the spelling is jewelry in American English.

Be seen— "wear your bling" on March 14th!

Animal Therapy Visits CAC March 15th

Cuddle up with a bunny or guinea pig while helping a Canby HS FFA student complete her research. We will host an FFA student and her therapy animals for an hour or so – your job is to enjoy the pet, then answer a few questions about your interaction.

Sounds fun? Yes, it does! Please sign up at the front desk to let us know that you're willing to help! Thursday March 15th, 1 pm.

Here are some of the Benefits of Therapy Animals!

According to Red Barn Pet Products there are many benefits associated with having therapy animals and comfort pets.

Mental health benefits of therapy and comfort pets include:

Lifting spirits and lessening depression;
Lowering feelings of isolation and alienation;
Encouraging communication;
Providing comfort;
Increasing socialization;
Lessening boredom;
Reducing anxiety;

Monthly Music Line-Up

March 12th from 11:30— Dennis Stafford—classic country and cowboy, comes to us for special music! Don't miss this.

March 15th Jim Wilkey— Gospel & Country

March 22nd - "Accordion to Go" with Leta. Timeless favorites!

Pie Raffle— March 29th Hurley's Cherry Pie

Made fresh and ready for you to take home on Thursday, March 29th Drawing is at noon. You must be present to win. Raffle tickets: 25-cents each or 5 for \$1.

Congratulations to January Pie Winners: Lewis B., Marcella B., Terri H. and Mal M.



Daylight Savings Time Begins March 11th - Remember to "Spring Forward"

Why do you get pinched for not wearing green on St Patrick Day?

Pinching people on St Patrick's day is thought to revolve around the leprechaun and the legend that wearing green makes one invisible to the mischievous fairies. As the dubious legend dictates, leprechauns would pinch anyone not wearing green – so people pinch those not wearing green to remind them.

Aiding children in overcoming speech and emotional disorders;
Creating motivation for faster recovery; and
Reducing loneliness

Physical benefits of therapy dogs and cats in particular include:

Lowering blood pressure;
Improving cardiovascular health;
Releasing calming endorphins (oxytocin);
Lowering overall physical pain; and
The act of petting produces an automatic relaxation response, which is believed to reduce the amount of medication needed by some people.

Some great health benefits!!



More March Events



Happy March Birthdays!

1	Gretchen McCallum	13	Jeannine Brumley	24	Diana Schaughency
1	Leona Hart	13	Karen Joy	24	Linda Tasker
2	Roger Neale	13	Delores Odoms	25	Bill Day
2	Gene Hedrick	14	Viola Park	26	Janine Miller
2	Julie Francis	15	Joe Kalinowski	26	Barb Thomas
3	Nancy Howard	15	Rita Schmeiser	26	Arlene Dana
3	Ann McBride	16	Betty McDaniel	27	Yu-Mei Hsiao
3	Fannie Troyer	17	James Pedersen	27	Evelyn Carlson
4	Dyanne VanZandt	17	Connie Franz	28	Phil Seale
4	Joseph Caricari	17	Patricia Smith	29	Gretchen McCallum
4	Joe McKinney	19	Jack Benson	29	Lynn McFadden
5	Nora Clark	19	Margaret Halverson	29	Maxine Elle
5	Karen Brahe-Pedersen	20	Dennis Olson	30	Marcella Bennett
5	Eileen Lettenmaier	20	Carl Hanson	31	Wayne Holzschuh
5	Maggie Unger	20	Gregg Ekenbarger	31	Dennis Britton
6	Jeanne Sowers	20	Kenneth Kendall	31	Carolyn Brown
7	Marilyn Thompson	20	Lynda Tucker	31	Truong Kha
9	Marianne Flagg	20	Judi Aus	31	Betty Clarizio
10	Sterling Roth	21	Robert Beauchamp	31	Sandy Peterson
11	Darrell VanDerzanden	21	Gail Freeman		
11	Margaret Purvis	21	Sharon Henry		
11	Kareen Bayless	22	Bobbi Beddow		
11	Carolyn Teske	22	Katherine Holt		
12	Richard Freeman	22	Susanne Bird		
12	Nguyen Thu	23	Burl Boren		
12	Jean Moore	23	Sandy Ricksger		
12	Darlene Jacobucci	24	Betty Maschke		

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



DID YOU KNOW, THERE REALLY IS A NATIONAL POTATO CHIP DAY? It is March 14th of each year!

America's #1 snack food is recognized each year on March 14th. On National Potato Chip Day, this snack will be enjoyed by millions of people across the country.

A little history about "the potato chip": On August 24, 1853, an unhappy restaurant customer, complaining that his potatoes were too thick and soggy, kept sending them back. Chef George Crum decided to slice the potatoes as thin as possible, frying them until crisp and added extra salt. To the chef's surprise, the customer loved them, and they soon became a regular item on the restaurant's menu under the name of "Saratoga Chips."

Alternative explanations of the beginning of potato chips date them to recipes in "Shilling Cookery for the People" by Alexis Soyer (1845) or Mary Randolph's "The Virginia House-Wife" (1824). There are many references between these dates to sliced potatoes being fried in grease but whether they were fried to a crisp is not clear.

What is clear is that by the late 1870s, the term "Saratoga Chips" was being widely used as a standard menu item on train cars, hotel restaurants and street carts. The name carried on into grocers when the chips were made in larger batches by bakeries. They shipped them by wagon to the restaurants and groceries by the barrel, and the groceries would then sell to private families by the pound. Folks were

instructed to bake the chips in a hot oven for a few minutes, and they would be as crisp as if fried that same day.

The Dayton, Ohio-based Mike-sell's Potato Chip Company, founded in 1910, calls itself the "oldest potato chip company in the United States." New England-based Tri-Sum Potato Chips, originally established in 1908 as the Leominster Potato Chip Company, in Leominster, Massachusetts claim to be America's first potato chip manufacturer.

In the 20th century, potato chips spread beyond chef-cooked restaurant fare and began to be mass-produced for home consumption, and flavored chips were introduced in the 1950's. Potato Chip revenues are over \$15 billion a year worldwide!

Nutrition Facts Lay's - Plain Potato Chips - Small Bag

Servings: 1 1 package: 28.3 gr

Calories	160	Sodium	170 mg
Total Fat	10 g	Potassium	350 mg
Saturated	2 g	Total Carbs	15 g
Polyunsaturated	0 g	Dietary Fiber	1 g
Monounsaturated	0 g	Sugars	1 g
Trans	0 g	Protein	2 g
Cholesterol	0 mg		
Vitamin A	0%	Calcium	0%
Vitamin C	10%	Iron	2%

On-going Classes and Activities

WEEKLY CARD GAMES



Bridge: Mondays 1 pm— 4 pm
Pinochle: Tuesday & Friday 1:00

New players are always welcome!

Bridge Players—see page 8 for details on the upcoming Bridge Tournament—save the date, April 8th!

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

Walk With Ease Walking Group Resumes at CAC

Walking with Ease is proven to: Reduce the pain and discomfort of arthritis; Increase balance, strength and walking pace; Build confidence in your ability to be physically active; and Improve overall health.

Class resumes at CAC on March 12th and runs through April 20th, M/W/F at 11:30 am. Register for this free class in person or call 503.266.2970

Quilting Class March 7th & 28th



Come one, come all! Quilting master Suzie Voss facilitates a monthly class for quilters – all levels welcome!

You need a portable sewing machine to get started – please sign up at the front desk. Leave your name and contact information and Suzie will speak with you individually about your experience and interests. Classes scheduled 9 am – 12:00 pm on March 7th, 28th and April 4th.

This class will continue beyond April depending on participation! Experienced quilters with individual projects also welcome.

MONDAY at 10 am—Woodworking Workshop

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!

TUESDAY

Handiwork Group Meets at 10 am

Bring your own projects to work on while socializing with friends. Everyone welcome!

“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

“Brain Training” Class Cancelled

We are sorry to announce that this class is cancelled as the class facilitator is no longer available. *Sorry this class is no longer available.*



WEDNESDAY

Caregiver Support Group—this course is now Complete. Thanks to all participants and class facilitators! Stay tuned for new offerings in the future!

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! Lots of friendly help available and its never too late to learn. Join us!

THURSDAY

Memoir Writing Group at 10 am

If you enjoy writing, this group is for you! Participants are given a topic every week to write about at home and share their work at the next meeting. Topics often involve recording memories—a great gift to your family!

Class meets first and third Thursday at 10 am. Drop-ins welcome; no fee.



Healthy Body—Healthy You!

“Take care of your body. It’s the only place you have to live” Jim Rohn

This month our focus is “NATIONAL NUTRITION MONTH” - as March is often known as “March for Meals” and the focus, at least for us, is nutrition for healthy seniors!

Healthy Body, Healthy You will look at special nutrient needs of older adults as well as “eating smarter”. We hope you’ll pick up a tip or two from this Information.

We did hear from several of you who indicated you liked the first article— thanks for your feedback. We want to know what you think about this column.

Timpra & Wendy

Special Nutritional Needs for Older Adults

Eating right and staying fit are important no matter what your age. As we get older our bodies have different needs, so certain nutrients become especially important for good health.

Calcium and Vitamin D

Older adults need more calcium and vitamin D to help maintain bone health. Have three servings of vitamin D-fortified low-fat or fat-free milk or yogurt each day. Other calcium-rich foods include fortified cereals and fruit juices, dark green leafy vegetables and canned fish with soft bones. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

Vitamin B12

Many people older than 50 do not get enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or a registered dietitian nutritionist if you need a vitamin B12 supplement.

Fiber

Eat more fiber-rich foods to stay regular. Fiber also can help lower your risk for heart disease, control your weight and prevent Type 2 diabetes. Eat whole-grain breads and cereals, and more beans and peas — along with fruits and vegetables which also provide fiber.

Potassium

Increasing potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium. Also, select and prepare foods with little or no added salt.

Know Your Fats

Foods that are low in saturated fats and trans fat help reduce your risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated

Benefits of Jicama for older Adults

Low in calories but high in a few vital nutrients, [jicama](#) is a bit of a contradiction when it comes to its starch content. It provides one-quarter of what’s needed daily in fiber per serving. But not just any fiber - jicama’s [fiber](#) is infused with oligofructose inulin, which has zero calories and doesn’t metabolize in the body. Inulin, a fructan, **promotes bone health** by enhancing absorption of calcium from other foods, **protecting against osteoporosis**. Inulin has a prebiotic role in the intestine – it promotes “good” bacteria growth that maintains both a **healthy colon and balanced immunity**. Because it has a very low glycemic index, **jicama is a great food for diabetics**, and low in calories for those interested in weight reduction.

Jicama is also an excellent source of fiber and vitamin C - 44% of the daily value per serving - and a powerful antioxidant that zaps free radicals to **protect against cancer, inflammation, viral cough, cold, and infections**.

Besides healthy amounts of potassium, this little powerhouse can help promote **heart health**, since high-potassium vegetables and fruit are linked to lower risks of heart disease. Jicama contains important vitamins like folates, riboflavin, pyridoxine, pantothenic acid, and thiamin, and the minerals magnesium, copper, iron, and manganese. Like potatoes, they should be used sparingly due to the high carbohydrates content.

Jicama is a white, fibrous root vegetable native to Mexico. When peeled and sliced, its subtly sweet flavor and refreshing crunchiness make it a perfect substitute for cabbage in coleslaw. After assembling, leave this dish in the refrigerator for at least 1 hour to let flavors come together

This was our salad at lunch on Friday, February 16th - did you enjoy it? Let us know if you did!

Source – www.eatright.org

Jicama Apple Slaw Recipe

Ingredients

2 cups jicama, peeled and julienned
1 medium Honeycrisp apple, grated
½ cup carrot, graded (about 1 small carrot)
1/8 cup green onion, finely sliced (green part only)
1 tablespoon fresh lemon juice
½ cup Greek yogurt with honey
1 teaspoon ginger, grated
1/8 teaspoon salt

Directions

In a large mixing bowl, combine jicama, apple, carrot and green onion. Add fresh lemon juice to add a hint of acidity and prevent browning of the jicama and apple.

In a separate bowl, mix together the yogurt, ginger and salt. Pour the yogurt mixture over the salad and mix well. Refrigerate for at least 1 hour before serving.

Source: www.eatright.org

Memoir Writing—Sharing

Greetings from your Canby Adult Center Memoir Writing Group!

At least for now, we are meeting only on the FIRST AND THIRD Thursday of each month instead of weekly. We'll see how this works for everyone who is so busy—we still extend to you an invitation to join our happy writing group the first and third Thursday at 10:00.

Shining Night in Time

I am a pumpkin, a cultivar of the squash plan most commonly of the Cucurbita Pepo. I am most often thought of as a common vegetable, although I am really a fruit. Most people think of me as being cut up and decorated as a Jack O'Lantern at Hallowe'en or smashed up and made into Pumpkin Pie. My seeds are delicious when dried in the oven and slightly salted—they make a yummy snack! So, yes, I'm mostly utilitarian, food for the common person and the rich alike—something to take for granted.

Once upon a time, though, that was not the case—we Pumpkins had their chance to shine!

One night, long ago and in a land across the sea, one of my ancestors was called upon to do a noble deed. One of the Maxima Cucurbita Pepo, he was sitting in a quiet, sheltered spot in a garden. He had been carefully tended, as he was being groomed to be in a contest to judge the largest pumpkin in the land. Suddenly, he sensed that something very unusual was happening nearby—a young girl had run into the garden crying and sobbing. She was lamenting about not being able to go to a ball—whatever that was. She was poorly dressed in a gown that he been ripped from her shoulders and her hair was tousled and unkempt. She was barefoot. Poor thing, although my ancestor was unused to emotions, even he could feel the despair she was feeling.

In a flash, a second person was there. This one was quite different, however. WOW, was she ever! She had a long, sparkling gown of silver lame', blond wavy hair that flowed down her back and jewels at her throat, wrists and ears. On her head was a gorgeous crown adorned with diamonds, rubies and sapphires and in her hand a wand that glowed. She called herself a Fairy Godmother and she

was promising to send the girl to the ball—she called her Cinderella.

As she was talking, she was waving that wand about and making things happen and before Ancestor knew what had happened, Cinderella stood there in a gorgeous gown of white satin, lace and netting with jewels attached in beautiful floral around her face and diamond earrings dripped from her ears—on her head was a gorgeous tiara of priceless gems. And on her feet were gorgeous glass slippers—what a change!!

The Godmother was talking: "Let's see, you look gorgeous, dear, but obviously you can't walk to the ball. Hmm," she looked around and spotted Ancestor, "I know, you'll have a carriage!" Quick as a wink, she waved her wand at Ancestor and before he knew what was happening she had turned him into a beautiful golden carriage! Ancestor couldn't believe it—through all the annals of Cucurbita Pepo history nothing like this had ever happened. Before, he was a Maxima Cucurbita and now he was a Super-Gorgeous-Maxima carriage all shiny and sparkling with gilded doors and a seat for a driver. Gilded wheels were ready to roll. Inside, instead of meat and seeds, were seats covered in the finest cream colored leather.

In quick order FGM had waved her wand again and some mice had turned into prancing steeds, a common lizard was a liveried footman and the garden dog was a handsome driver complete with top hat. "O.K., that's it," she said, "in you go, my darling. This gorgeous carriage will take you to the ball and bring you back. But, remember, you must be back on time, because at midnight everything turns back to its original self. Have a good time—ta ta!!"

And that's how it was—perhaps you've heard the story of how my ancestor wowed the populous that night by getting Cinderella to the ball and back. If the ending wasn't quite as happy as he wanted, it wasn't his fault they were all a little late. Of course he was back to his shady nook in the garden and went on to win the prize as the biggest pumpkin of his time—a record that held for many years. He never forgot, though, that one brief shining moment when he was the star of the show and got Cinderella to the ball!

Maureen W.

Like this story, "Shining Night in Time"? If so, consider attending the Canby High School Play "Cinderella". Special showing February 28th—which includes spaghetti dinner and "Cinderella" - **free if you are a senior!**

Snap, Crackle, Pop

The sounds of a camp fire are as enjoyable as the smell of a camp-fire.

When my parents discovered Camp Sherman on the Metolius River we spent many summers tent camping in that area and loved every minute. Those camping trips provided my first introduction to a camp fire.

The heat from the fire would warm us in the morning and provide relaxation at night.

Breakfast was done on the camp stove but dinner was done over the fire. Dad would fish for most of the day; at night we had fresh trout baked in a cast iron skillet.

We spent time during the day gathering wood and would start the fire around 4 pm. When it began to get dark my parents invited other campers to enjoy the camp-fire with us.

The flames would dance against the backdrop of the night inviting us to tell stories, roast marshmallows and sometimes sing songs. The sky was lit by the stars; the flames kept the night chill at bay.

Mom would fix hot chocolate and I would fix s'mores. There's something about a gooey marshmallow toasted beyond recognition placed on a graham cracker with chocolate that makes the end of the day that much better.

As the evening wore on the fire would die down; flames were replaced by orange and red embers.

The snaps were quieter, the pops disappeared and the crackle was softer. The campfire was a friend for a few hours but now was ready to sleep.

Tomorrow the campfire would return like a welcome friend. There would be more stories to share, food to prepare and shared warmth with friends and family.

Camp—explore—
dream—discover.

Abbie A.

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.

DVD Movies: We are grateful to receive donations of DVD movies. We make those movies available for people to borrow and sometimes are able to use them for our Weekly Wednesday movies series.

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!



Donations NOT Accepted

VHS Movies: We apologize but we no longer are able to accept movie donations in the VCR format. Unfortunately VCR movies are not compatible with our new television and we have very limited storage space for movies.

Puzzles: Unfortunately we are not currently able to take in puzzle donations. Our puzzle shelf is literally overflowing and we do not have room for anymore puzzles at this time.

Thank you for your understanding!

Website Update:

Our new website is beautiful! Take a look at our "new look" and enjoy getting acquainted with our user-friendly and up-to-date information. Be sure to check us out at:

www.canbyadultcenter.org



This & That

Local Senior Services

Senior Discounts: *A&W / KFC Burgerville Subway Taco Bell*

Denny's Restaurant: 55+ Senior Monday & Thursday 4 pm to 9 pm
AARP & Military discounts.

Cutsforth's Thriftway—Every Tuesday with your rewards card!

Canby Fred Meyer—First Tuesday each Month. And your shopping can benefit the Adult Center—sign up for Fred Meyer Community Rewards

Canby State Farm Agent Matt Olsen is helping to support the Canby Adult Center! Mention the Adult Center when you go in for an insurance quote between February 1st and April 30th, and Matt will donate \$10 to the Center!

In-Home Senior Service: "Miles of Styles"—Licensed hair-stylist willing to come to your home for cuts, styling and perms. Haircuts start at \$14. Tilly already has several clients at Hope Village. You are welcome to call Tilly if you have questions about in-home hair care. Tilly's Number is: 503-786-3443

Monthly Happenings—Treat Yourself!

Tilly's Mobile Hair Salon — During Linda's absence we are fortunate to offer hair cut services with licensed beautician Tilly. Tilly is here Thursday, March 8th and Thursday March 22nd and will cut and/or style your hair here \$7.50/cut or \$10 for cut & style. Thanks to Tilly who is offering her services while Linda is out!

Facials with Marilyn: This service has been discontinued at the Center, however, you can book an appointment for a "Facial with Marilyn" by calling the Divine Wellness Salon, located at The Graham Building here in Canby at 503.592.9300.

Do YOU want to volunteer? 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.

Drivers 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. **Call Wendy** at 503-266-2970 for more information about this volunteer opportunity!

Wall of Fame:

We'd like to add your picture to our "Wall of Fame"—members, friends, volunteers—everyone is invited to have their picture on our "famous" wall.

If you'd like to be included, please check with Lynne to see when she is available to take your picture!

Fred Meyer Community Rewards:

Choose Canby Adult Center as the recipient of your community rewards points, and help earn quarterly checks for the Center! We receive checks based on dollars spent on your Fred Meyer purchases.

The program is on-going and you can register your card at any time. See Kathy or Timpra if you need help registering your card. Thanks for supporting Canby Adult Center

March Guest Speakers

Mental Health First Aid—March 1st & 8th, 1 pm to 5 pm

Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is **YOU**. A person you know could be experiencing a mental health or substance use problem. Learn an action plan to help. You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.

Advance registration required in person at the Center or by calling 503 266 2970. **Please Note: You must attend both sessions to be certified. No fee.**



Multiple Sclerosis Society Presentation March 22nd 1:00 pm

A representative from the MS Society will be here to share information and resources on March 22nd.

Our guest will discuss and answer questions regarding MS. If you've wondered about MS, or have a friend or family member with MS, you won't want to miss this presentation.

****Sign-ups are encouraged****
Sign up at the front desk or call 503 266 2970

Eat Smart—Waste Less: Cooking with what you have March 29th 1:00—3:00 PM at Canby Adult Center Presented by OSU Extension Office

Do you find it challenging to use up all your food? Cooking with what you already have on hand saves your food, your money, and the environment!

This class is at the Center on March 29th. Be sure to register early for this class—it is at the Center but presented

by OSU extension. You will learn tips and tricks to get the most out of your food, making it last longer and go further.

Join us here for this free cooking class followed by a presentation. And don't forget—bring your Tupperware!

Space is limited; RSVP required.
Register by phone 503.742.4482
Or email Jacoba Epstein at
JEpstein@clackamas.us or



The date: April 8th—Register for our Annual Irene Collins Memorial Bridge Tournament!

Bring a partner and join us for our annual bridge tournament April 8th, from 10 am to 3:30 pm.

The \$10 fee pays for soup, bread, dessert, winnings and door prizes. (Bring a sack lunch if you need a heavier meal.)

This is a bridge party, not duplicate bridge, although you will have the same partner all day.

The last day to register is April 5th.
Advance registration is REQUIRED.

Applications are available at the front desk.
Call 503.266.2970 if you need more information or to request a registration form.

The History of Bridge: Bridge is derived from the 17th century card game whist, which was in vogue among the English nobility of the time. In whist, four players (who comprise two partnerships) are each dealt 13 cards from a 52-card deck, with a partnership's objective being to win as many tricks* as possible.

Bridge is played with four people sitting at a card table using a standard deck of 52 cards (no jokers). The players across from each other form partnerships as North-South and East-West.

Spring Begins—March 20th

Whether or not it looks or feels like spring, spring is in the air, and March 20th is the date that proves it. Here are some ideas that can help bring in the spring season so you can enjoy the first day of spring...

1. Start your spring cleaning. Before it gets too nice outside to be indoors, now is the perfect time to clean out your cupboards and your garage and finish up your spring cleaning. Consider donating any unused or unwanted items to charity.
2. Volunteer. If the cold weather was enough to keep you indoors all winter long, consider putting your time to use with volunteering at an organization of your choice (maybe the Canby Adult Center)!
3. Buy a new book, or check one out at the library so you have something to read outside on a sunny spring day
4. Plan a trip. Whether you're planning a full road trip or a daytrip to a state park, now is the time to start planning.
5. Start taking walks. It's good for your circulation, and also gives you a chance to step outside and enjoy the warmer days.
6. Plan a garden, or plant some flowers—it's rejuvenating to watch as they begin to grow as the weather becomes warmer.

Around Town

Library ↔ Link

*A monthly column offered in partnership
with Canby Public Library*

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

- ◆ March 10 at 2:30 pm. Music in the Stacks presents Celtic music with the group Castletown.
- ◆ March 7, 14, & 21 at 4 pm. Voices from the American Revolution. Presented by history buff Kay Huston.
- ◆ March 6 at 6:30 pm. Master Gardener Talk. Slug & snail control for your backyard.
- ◆ March 13 at 6:30 pm. History of the Canby Women's Civic Club. Presented by Peggy Sigler. This is a must if you are interested in Canby's history.

Canby Police Department 1175 NW 3rd Avenue

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).



Thelma's Place
352 NW 2nd Avenue
503-266-5100
thelmasplace.org

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.



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:

Special Breakfast on March 4th, hosted by Ladies Auxiliary, to benefit Canby Adult Center's Meals on Wheels Program! Suzie's Special Omelets, \$8 per person. Don't miss this delicious breakfast to benefit Canby Adult Center!

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

Friday Night Hamburger Feed — 5:30 to 7:30. Hamburger or Cheese burger & Fries \$5; Chicken Strips & Fries just \$6.

Sunday Breakfast: 8:30 - 11:30 am. Still \$6 for adults and \$3 for children 10 and under. Includes a breakfast beverage.

- ◆ **March 4th** — Ladies Auxiliary — Suzie's Special Omelets, \$8 per person. Proceeds benefit the Canby Adult Center Meals on Wheels!
- ◆ **March 11th** — Sons of American Legion
- ◆ **March 18th** — Legionaries
- ◆ **March 25th** — Ladies Auxiliary — Suzie's Special Omelets. This breakfast will benefit Canby Adult Center!

Meals Around Town

Zoar Lutheran Church: 190 SW 2nd Avenue
Offering a free, on-going dinner, every Tuesday, 5:00 to 6:30 pm. Call 503-266-4061 for more information.

Canby Historical Society's Flea Market

Saturday, March 24th, 9 am—3 pm. Clackamas County Fairgrounds, Main Pavilion, 694 NE 4th Ave.

Visit the Canby Historical Society's Flea Market and find a wide variety of collectibles, household items, clothes, and anything you can imagine for sale.

You are invited to Canby High School's Annual Spaghetti Dinner and Play February 28th

Canby High School Leadership Class is hosting a spaghetti dinner for you to enjoy at 4:00 pm on February 28th. Following the dinner (at approximately 5:30 pm) you will enjoy a dress rehearsal of their play, "Cinderella". This dinner and play is free if you are a senior.

Plan on a fun evening and view some of the local high school talent at this play. Our trip and bus are full for this event, but if you have your own transportation you are welcome to meet up with our group at the high school!



Friends of the Canby Adult Center

Thank you to our Donors and Supporters

Thank you to our Donors

Financial Donors: David & Laura Caldwell, Tracy Clunes, DirectLink, Patty Hatfield, Toni Hvidsten, Elizabeth Johnson, Carol Peck, Rackleff Place, Roger & Ellen Staff, Ron Tatone, Howard Thomas, Judy Toliver,
In-kind Donors: Debbi Bramlage, Direct Link, Marquis at Hope Village

Thank You Business & Organizational Supporters

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

Thank You New & Renewing Members:

Wanda Bell & Darlene Fuentez, Laura & David Caldwell, Joe & Gerry Casale, Dennis & Judy Elveym Eileen Hahn, Bob Herman, Will & Susan Clark Newman, Judy Nygardm Patsy Roemer, Pat Schauer, Donna & Richard Smith, Ramona Stevenson, Anne Stronko, Nancy & Jerry Sullivan, Allen & Janet Thiessen, Jan Westfall, Elizabeth Wheelock, Sharon Wright

Thank you to our Annual Appeal Donors

Bronze Donor: Marian Golonka, Betty Fish-Ferguson
Gold Donor: Marilyn & Jim Thompson
Sustaining Donor: Uptown Medical Billing

Thank you to our 2017-2018 Annual Appeal Donors

Gold Donors: Donations of \$101—\$250

Sustaining Donors: Donations of \$251+

Tom & Anna Adams
 Robert & Janet Adrian
 Kyle & Heather Anderson
 BPOE Elks 1189 Auxiliary
 Clackamas Federal
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 Emmett & Ellen Gray
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 Tom & Bobbie Hibbert
 Hickman Family
 Frank & Judy Hogland
 Ed & Lynn Holbrook
 Brian & Jo Holgate
 Hope Village
 Curt and Nola Hovland
 Keith Jensen
 Debbie & Stan Jewell
 Lynn & Diane Kadwell
 Ron & Dorothy Kallis
 Robert & Darlene Kauffman
 Betty Keys
 Michael & Penny Kissner
 Chuck & MaryAnn Kocher

Carole Laity &
 Sheldon Marcuvitz
 Kathy Levy
 Ron Lindland
 Todd May
 Anne McKinney
 Bernie and Mary McWilliams
 Ray & Margie Means
 Alice Merrill
 Gerald & Brenda Mootz
 Donna Peterson-Nagl
 William & Sharyn Park
 Irene & Ron Pellatz
 Joyce Peters
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 Terry & Carolyn Taggart
 Arnold & Shirley Thomas
 Marilyn & Jim Thompson
 Judith Torgeson
 Rosemary Vanderzanden
 James & Greta Wiersma
 Patricia Williams
 Dale & Susan Williamson
 Witt Family
 Irene Wolf
 Jay & Kathy Wolfe
 Ronald & Boneita York

Mary & Paul Ashton
 Julia Barklow
 Ted & Linda Baumgardner
 Dean & Helen Basinger
 Janey Belozar
 Phil & Peggy Boyle
 Bridge to Life Fellowship
 Canby Ford
 Custom Plumbing &
 Construction
 El Chilito Restaurant/
 Francisco Cardenas
 Stanley Cullington
 Bob Cornelius
 Jane & Steve Dahl
 Henry & Georgia Deetz
 Hardy & Kim Dimick
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 Jeff Feller
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 Leona Hart
 Patty Hatfield
 Jim & Paulette Hefflinger
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 Kathryn Henderson
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Friends of Canby Adult Center Inc
 PO Box 10
 Canby OR 97013-0010

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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: \$ _____

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MEMORIAL: In Memory of: _____ Memorial Enclosed \$ _____

Acknowledgement Address: _____



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

March 2018—Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 Memoir Writing 10:30 Sit & Be Fit 1:00 Line Dancing 1:00 Mental Health First Aid Training	2 9:00 Tai Chi 9:00 Tax Clinic 10:30 Senior Fitness 1:00 Pinochle	3
4 American Legion Auxiliary Hosts breakfast for MOW	5 9:30 Senior Fitness 10:00 Woodworking Workshop 10:00 Footclinic-Laverne 10:00 Blood Pressure Clinic 10:30 Sit & Be Fit 1:00 Line Dance 1:00 Bridge	6 8:45 Trip: Elk Reserve 10:00 TOPS 10:00 Handiwork 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	7 9:00 Tai Chi 9:00 Quilting with Suzie 10:30 Senior Fitness 1:15 Movie: "Arsenic & Old Lace" 2:00 Mahjong	8 9:00 Hair with Tilly 10:30 Sit & Be Fit 1:00 Line Dancing 1:00 Mental Health First Aid Training	9 9:00 Tai Chi 9:00 Tax Clinic 10:30 Senior Fitness 1:00 Pinochle "	10
11 Daylight Savings Time Begins "Spring Forward"	12 9:30 Senior Fitness 10:00 Woodworking Workshop 10:00 Blood Pressure Clinic 10:30 Sit & Be Fit 11:30 Music with Dennis 11:30 Walking with Ease 1:00 Line Dance 1:00 Bridge	13 8:30 Trip: Spirit Mtn 10:00 TOPS 10:00 Handiwork 10:30 Trip: Lunch at Gigi's Cafe 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	14 "Blingy" Jewelry Day 9:00 Tai Chi 9:30 Foot clinic-Patty 10:30 Senior Fitness 11:30 Walking with Ease 1:00 Board Meeting 1:00 Legal Assistance 1:00 Movie- "Just Like Heaven" 2:00 Mahjong	15 10:00 Memoir Writing 10:30 Sit & Be Fit 11:15 Music with Jim 1:00 Line Dancing 1:00 Animal Therapy Visit	16 9:00 Tai Chi 9:00 Tax Clinic 10:30 Senior Fitness 11:30 Walking with Ease 1:00 Pinochle	17 St. Patrick's Day
18	19 9:30 Senior Fitness 10:00 Woodworking Workshop 10:00 Footclinic-Laverne 10:00 Blood Pressure Clinic 10:30 Sit & Be Fit 11:30 Walking with Ease 1:00 Line Dance 1:00 Bridge	20 Spring Begins Share-a-Meal 9:00 Trip: Powell Books & Lunch 10:00 Trip: Walmart 10:00 TOPS 10:00 Handiwork 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	21 9:00 Tai Chi 10:00 Newsletter Folders 10:30 Senior Fitness 11:30 Walking with Ease 1:15 Movie: "K-19" 2:00 Mahjong	22 9:00 Hair with Tilly 10:30 Sit & Be Fit 11:15 Music with Leta 1:00 Line Dancing 1:00 MS Society Guest Speaker 5:00 Trip: Chang's Mongolian Grill	23 9:00 Tai Chi 9:00 Tax Clinic 10:30 Senior Fitness 11:30 Walking with Ease 1:00 Pinochle	24
25	26 9:30 Senior Fitness 10:00 Woodworking Workshop 10:00 Blood Pressure Clinic 10:00 Footclinic-Laverne 10:30 Sit & Be Fit 11:30 Walking with Ease 1:00 Line Dance	27 Diabetes Aware- ness Alert Day 9:00 Trip: Bauman's Farms-flowers 10:00 TOPS 10:00 Handiwork 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	28 9:00 Tai Chi 9:00 Quilting with Suzie 10:30 Senior Fitness 11:30 Walking with Ease 1:15 Movie: "City Slickers" 2:00 Mahjong	29 Pie Raffle 10:30 Sit & Be Fit 1:00 Line Dancing 1:00 Class: Eat Smart & Waste Less Presentation & Cooking Demo	30 9:00 Tai Chi 9:00 Tax Clinic 10:30 Senior Fitness 11:30 Walking with Ease 12:00 Birthday Lunch 1:00 Pinochle	31