



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

## May 2018

### 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**  
bev@canby.com

**Jeanne Vodka**  
cacmow@canby.com

TRAVEL COODINATOR  
**Lynne Bonnell**  
lynneb@canby.com

ASST FOOD SVCS  
**Audrey Barnett**  
cackit2@canby.com

KITCHEN UTILITY  
**Lori Walker**

KITCHEN ASSISTANTS  
**June Nice**  
**Carol Clark**

TRANSPORTATION  
**Scott Goetchius**  
**Wade Porter**

CUSTODIAN  
**Howard Brooks**  
**Carol Clark**

BUILDING MONITORS  
**June Nice**  
**Carol Clark**

www.canbyadultcenter.org  
503-266-2970  
PO Box 10 1250 S Ivy  
Canby, OR 97013

## Director's Corner

Hello friends,

Our Center benefits every single day from the service of our volunteers, who put in over 12,000 hours every year to help our community. One of those volunteers, Kay Walters, has taught our Sit and be Fit class faithfully for YEARS—I can't even find a record of when Kay started!). After countless hours of service, Kay is stepping away from the class as an instructor, although she has assured me that she will drop in from time to time as a participant. We will continue to offer the class using DVDs until we identify another volunteer instructor or a similar class.

To Kay and ALL of our volunteers: We greatly appreciate you and the work you do even if we don't always remember to say it—thank you for your service! To Kay: Wishing you everything good in your second retirement!

See you at the Center—Kathy

### Senior [Citizens] Prom is Back May 16th, 6 pm—9 pm

The Canby high school leadership class is once again hosting a "Senior (Citizens) Prom". This is an event Canby High School has hosted for several years and is fun—just ask one of the attendees from last year! Dressy attire, light refreshments and wonderful music for dancing! Want to hear your favorite song? Please leave your song requests in the suggestion box at our front desk and the HS students will see what they can do!

This is one of our featured trips during May so you can sign up beginning April 30th to ride our bus, OR, you can go on your own without signing up! The event will be held in the high school cafeteria.

### Welcome Back Fiddlers!

Our Fiddlers have returned! Welcome back to our Monday fiddling group—they'll join us and provide live entertainment every Monday *except the second Monday* of each month.

**Reminder:**  
**We are closed on**  
**Monday, May 28th, 2018**  
**Observing**  
**Memorial Day**

### CAC "Grand Prix" May 24th!

The 102nd Running of the great race, the Indy 500 is May 27, 2018—so plan to **JOIN US on May 24th** for our first ever CAC "Grand Prix" from 10 am to noon! We'll have remote control car races—you can bring your own car(s) OR use one that we'll have available. All indoors and guaranteed fun!

After lunch join us for the movie "Grand Prix" starring James Garner and Eva Marie Saint! Another fun day at CAC!

### "The Name Game"

Our monthly newsletter needs a name! If you feel creative why not make a suggestion or two to help us name our monthly newsletter? From now thru May 18th we'll have a "name box" at the front desk for your entries.

We'll run a vote in June with a plan to launch our new name beginning in July—so put on your thinking caps!

### Premier World Discovery visits May 16th at 10:30 am to introduce a travel opportunity!

See page 7 for all the details on this wonderful opportunity to visit Washington D.C. in a group setting in September!

# On-Going Services and Programs

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

### Daily Transport

Call between 8:30—9:00 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. We cannot accommodate ride requests received after 9:00 am

### 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 on **May 7th & 21st**. **Patty Calcagno** takes appointments on **May 2nd & 16th**. 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, **Mondays, May 7th & 21st**, 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.

### 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.

Come check us out!

### 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, **May 9th**. Call 503-266-2970 to schedule your appointment.

### 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.

### 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. We will begin a new 9 week session every Tue/Thurs starting on **May 1st – June 28th** at 10:30 am. Please sign up at the front desk!

### 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.

### Tilly's Mobile Hair Salon Right Here at CAC on Thursdays, May 10th & 24th.

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 at in person at the front desk, or call 503.266.2970. Tilly is honoring Linda's pricing for appointments through May. Prices will increase beginning in June—see page

SUPPORT GROUPS



We can all help prevent suicide. The National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call **1-800-273-8255**. **This number accepts text as well as phone calls.**

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

**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](http://namicc.org/calendar)



**Sundance Program**

The Sundance program serves individuals 18 and above with Alzheimer's Disease/Dementia, as well as functionally and/or cognitively-impaired adults. It is intentionally designed to capture the time of day when individuals with progressive cognitive impairments and/or dementia may experience an increase in challenging behaviors known as "sun downing". These behaviors can include wandering, resistance to care, confusion, and agitation; many of these behaviors have been shown to stem from unmet needs, including boredom and frustration from inactivity.

Sundance focus on two primary evidence-based interventions for this population; music therapy and a multi-sensory environment. Interactive music and horticultural therapy sessions, which have been shown effective to decrease agitated behavior, is provided at each session.

A ratio of 1 care-giver to each 4 participants supports facilitative care between trained staff members and participants with many opportunities for one-on-one interaction. In addition, there are many activity stations set up throughout the facility to promote sensory engagement and support individual exploration both indoors and outdoors in the secure garden area. Dinner is served, focusing on easy to eat finger foods; diets are modified to meet textural dietary needs.

The Sundance Program is a fee for service program; individuals must apply and complete an intake process in order to qualify.

If you would like more information about this program please contact Volunteers of American Oregon at 503 760 2075. Ask for more information on **Sundance or The Lambert House**. The Lambert House is located at 2600 SE 170<sup>th</sup> Avenue Portland OR 97236

**You are getting a new Medicare card!**  
**Oregon cards will be mailed between**  
**April 1,2018 – June 30,2018**



The Social Security Administration will be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity. **You will get a new Medicare Number** that is unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed. Here's how you can get ready:

**Make sure your mailing address is up to date.** If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772—1213. TTY users can call 1-800-325-0778.

**Beware of anyone who contacts you about your new Medicare card.** Social Security Administration and Medicare will NEVER ask you to give personal or private information to get your new Medicare Number and card.

**Understand that mailing everyone a new card will take some time.** Your card might arrive at a different time than your friends or neighbors.

**Only your Medicare card and number are changing.** Your Social Security Number stays the same

**Any enrollments in Medicare Advantage, Part D prescription plans, and Medigap (Supplemental) plans don't change-keep those plan cards.**

**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@bhqpartners.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, April 11, 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:** Suzie Voss and Dan Sunde. Greg Sherwood and Jill Bartell from Quest Investment.

**Quest Presentation:** Greg and Jill reviewed the performance of the CAC accounts. Accounts are doing better than planned overall and are still on target. Detailed report available on request.

**Directors Report:** Available upon request. Kathy provided updates on services and programs, fundraising and administration. There has been increased participation in the client services offered. Kathy continues to look for ways to offer evidenced based programs that benefit older adults. These programs offer reimbursements for implementation. We're also working on a falls prevention program that will be a joint effort between the Canby FD and tai chi instructor Nick Hancock.

The Share -A -Meal fundraiser was extremely successful, raising over \$4500 for senior meals. Donations for dining room meals continue to rise; MOW donations remain static. CAC has been named as a beneficiary in a former MOW client's will - 8% of the estate. There have also been many donations made in memory of Duane Weeks.

**Financial Report:** Available upon request. The report was covered by Quest representatives.

**New Business:** The timeline for the nominating committee was discussed. The deadline is August and it was agreed that criteria need to be developed before anyone is approached. We will work to identify skill sets that are needed before we seek out applicants. The current BOD job description will be reviewed and revised.

The meeting was adjourned with the next meeting set for May 9<sup>th</sup>,2018 at 1pm.

**Special Thanks** to everyone who assisted in making our spring plant sale a great success—from volunteer plant pick-up drivers, cashiers, to Local Nurseries who donated plants Thanks one and all.

**Al's Garden Center**  
**Amethyst Hill Nursery**  
**Beaverlake Nursery**  
**Country Side Nursery**  
**Edelweiss Perennials**  
**Evans Farms**  
**Garden World**  
**Highland Heather**  
**Little Prince of Oregon**

**Lone Elder Nursery**  
**Margie's Farm and Garden**  
**Miles Nursery**  
**Moana Nurseries**  
**Serres Greenhouses**  
**Simnitt Nursery**  
**Swan Island Dahlias**  
**Hillsview Gardens (orchids)**  
**Wilco**

**Receptionists & Registrars—Meet with us May 17th at 1 pm for a review of our new Reception and Registrar Training Handbook!**

We are grateful for all of our wonderful volunteers, and to help assist you when volunteering at the front desk, we invite you to come review a draft of our new and improved handbook. We hope you can join us May 17th at 1 pm to go over this new handbook, and hear your comments on the draft before we finalize it. If you are a current receptionist, registrar, substitute, or if you've indicated a willingness to volunteer in that capacity, please join us on Thursday the 17th at 1 pm. We will have copies available prior to the 17th for you to review.



# May Trips—sign up from Monday, April 30th

**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 pre-paid tickets **ONLY** if we have another traveler ready to take your place.

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

Travelers are allowed to sign up for a maximum of **two** trips the first day of sign-ups; come back on subsequent days (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!

## Canemah trip with Author Ken Basinger

We have **four** openings for this trip with local author Ken Basinger. His books, El Camino and Missing and Exploited are set in the Canemah area and we'll take a wonderful bus tour with him as our guide. We'll finish our tour with lunch with the author following the bus tour.

Depart: 9:30 am

Cost: None (bring money for lunch)

May 1, 2018

Return: 2:00 pm

Bus Fee: donations accepted

## Brownsville "Carriage Me Back" Festival

A historic and enjoyable community drama of life during the rich past of historic Brownsville. Local actors take on the personalities of colorful historical characters. Visitors ride in an open, horse-drawn carriage from the Linn County Historical Museum to the beautifully preserved Moyer House. The reenactments along the way portray the history, attitudes and customs of 1918.

Depart: 8:45 am

Cost: \$14

May 5, 2018

Return: 4 pm

Bus Fee: donations Accepted

## Cemetery Club at New Century Theatre

Our own Wendy May says this is a must see! A touching and humorous story of three Jewish widows who meet once a month for tea before going to visit their husbands' graves and then Sam the butcher enters the scene and starts a budding romance! Bring money for dinner at Busters before the play (and Lynne will make sure we have plenty of time for dinner before hand)

Depart: 4:45 pm

Cost: \$15 (pay at sign up)

May 11, 2018

Return 10 pm

Bus Fee: donations Accepted

## Columbia Helicopter Tour and Langdon Farms Lunch

Over 60 years of experience—their helicopters and crews take on jobs such as logging and construction, to disaster relief and defense, forestry to firefighting. This is an up close and personal walking tour of their facilities. Bring comfortable walking shoes and money for lunch afterward.

Depart: 9:45am

Cost: Bring money for Lunch

May 15, 2018

Return: 2 pm

Bus Fee: donations Accepted

## Senior "Senior" Prom Canby High School Dance

Want to dance? Canby High School leadership class invites ALL area seniors (citizens that is) to a night full of great music, dancing, and refreshments with friends. Feature music includes Jazz, big bands, and swing. A song request list is at the front desk—jot down your favorites and maybe they can play it! Come dressed in your jeans or in your fanciest for the prom...all are welcome. Wear your dancing shoes. Refreshments will be served at the event.

Depart: 6 pm

Cost: Free

May 16, 2018

Return: 8:30 pm

Bus Fee: Donations Accepted

## Flaming Idiots Production with Wilsonville STAGE

Join us at Cutsforth's Thriftway Town Hall for a comedic production by Wilsonville STAGE. Two hilariously under-qualified post office employees decide to take a crack at making it big in the restaurant business with a senile hitman, a chef that can't cook, a dead body and a mounted patrol cop who can't control his horse. Dinner at *Los Dos Amigos* across from Thriftway before the show. Bus can pick up people for this trip at Hope Village and see Lynne if you need a ride.

Depart: 5:30

Cost: \$12 (If we have 6 or more people tickets are \$10/each)

May 17, 2018

Return 10pm

Bus Fee: Donations Accepted

## Schreiner's Iris Gardens Walking Trip

Schreiner Iris Gardens cultivate 200 acres of top-quality, beautiful Iris. Their "iris adventure" began in 1925 in Minnesota by they grandfather and they are the largest grower of Iris not only in Oregon, but in the United States! Walk through the gardens and bring money for lunch out afterward

Depart: 9:45am

Cost: none

May 22, 2018

Return 2:30pm

Bus Fee: Donations Accepted

## Culinary Institute

The Culinary Institute cuisine is a favorite! Culinary Institute's students have the opportunity to work in their own, student-operated fine-dining restaurant under the direction of their [chef instructors](#); come try some of their scrumptious and amazing culinary delights.

Depart: 11:15 am

Cost: \$15.00 (pay driver when getting on bus)

May 29, 2018

Return 2pm

Bus Fee: donations Accepted

# Music, Movies & More

## Monthly Music Line-Up

### Welcome back to our Fiddling Friends!

They've returned from warmer climates and will play for us each Monday except the second Monday of the month!

May 14th from 11:30—

Dennis Stafford—classic country and cowboy, comes to us for special music! Don't miss this.

May 17th Jim Wilkey—Gospel & Country

May 24th - "Accordian to Go" with Leta. Timeless favorites!



## May Movie Features:

**Wednesday Afternoon at the Movies - 1:15 sharp**

May 2<sup>nd</sup> – **The Guardian**, starring Kevin Costner and Ashton Kutcher. A high school swim champion with a troubled past enrolls in the U.S. Coast Guard's "A" School, where legendary rescue swimmer Ben Randall teaches him some hard lessons about loss, love, and self-sacrifice.

May 9<sup>th</sup> – **Mother's Day**, starring Jennifer Aniston, Kate Hudson and Julia Roberts. Three generations come together in the week leading up to Mother's Day.

May 16<sup>th</sup> – **Flyboys**, starring James Franco and Jean Reno. The adventures of the Lafayette Escadrille, young Americans who volunteered for the French military before the U.S. entered World War I, and became the country's first fighter pilots. Based on true events – one of Kathy's favorites!

May 23<sup>rd</sup> – **Divine Secrets of the Ya-Ya Sisterhood**, starring Sandra Bullock, Ellen Burstyn and James Garner. After years of mother-daughter tension, Sidalee receives a scrapbook detailing the wild adventures of the "Ya-Yas", her mother's girlhood friends.

May 30<sup>th</sup> – **The Magnificent Seven**, starring Denzel Washington and Chris Pratt. Seven gunmen in the old west gradually come together to help a poor village against savage thieves. Good remake of the classic!

## Two additional movie afternoons:

Friday—May 4th: **National Velvet** starring Mickey Rooney and Elizabeth Taylor

Thursday, May 24th: **Grand Prix**—starring James Garner and Eva Marie Saint. In preparation for "The Indy 500" we're showing "Grand Prix" on Friday the 24th—be sure to stay after lunch for this movie!

## Pie Raffle— May 25th Hurley's Chocolate Oreo Cheesecake

Made fresh and ready for you to take home on **Friday, May 25th**  
Drawing is at noon!

You must be present to win.

**Pie Raffle Tickets:  
25-cents each or 5 for \$1.**

**Congratulations** to last month's pie winners: Mal M. and Burl B.

## New movie service Available!

Got a movie request?? Let us know! We're trying out an Amazon Prime subscription for a year, which gives us access to a whole new world of movies and TV shows! If you'd like to see a particular movie or a movie/TV series, please drop a note in our movie suggestion box, or let

Kathy or Timpra know directly and we'll see if we can show it for you! G, PG and PG-13 movies only, please. If there's a rental cost to showing a movie, we will schedule it for a regular Wednesday movie time. If its free on Amazon prime, we're happy to log in for a viewing any afternoon.

## Happy May Birthdays!

- |                    |                      |                     |                       |
|--------------------|----------------------|---------------------|-----------------------|
| 1 Juda Hesse       | 10 Terry Taggart     | 20 Noreen Caldwell  | 27 Sylvester Pavlicek |
| 1 June Ball        | 10 Joann Hanson      | 20 Kathy Hanson     | 27 Dorothy Dehackbeil |
| 1 Dale Ball        | 11 Yvonne Hepler     | 20 Linda Michaelsen | 28 Dennis Hardy       |
| 1 Carol McKenney   | 12 Marsha Meyerhofer | 21 Janeen Kemp      | 28 Marie Riley        |
| 2 Dixie Isom       | 13 Ron Berg          | 21 Mary Isaksen     | 29 Shirley Simi       |
| 2 Ruthella Baurer  | 13 Dwight Knapp      | 21 Joyce Peters     | 29 Georgia Deetz      |
| 2 Eveyln McKee     | 13 Jone Drury        | 22 Kathy Mulligan   | 30 William Tibbils    |
| 3 Helen Bushway    | 13 Darla Walker      | 22 Janet Hill       | 31 Robert Warren      |
| 6 Kay Parish       | 15 Kathryn Henderson | 24 Marian Larson    | 31 IdaMarie Davis     |
| 7 June Smith       | 15 Sue Horton        | 24 Nikki Cassidy    |                       |
| 8 Don Benson       | 16 Helen Dobak       | 24 Clp;ara Kpjmspm  |                       |
| 8 Roy Harvey       | 17 Laura Sattler     | 25 Ron Lindland     |                       |
| 8 Chris Parno      | 18 Keith Jensen      | 25 John Meyerhofer  |                       |
| 9 J Orlando        | 18 Greta Wiersma     | 25 Janeen Kemp      |                       |
| 9 Mernie Martin    | 18 Hazel McGuire     | 25 Dennis Hardy     |                       |
| 9 Nancy Worthen    | 19 Darrell Johnson   | 26 Paul Troyer      |                       |
| 9 Kay VanHoomissen | 20 Phyllis Thompson  | 26 MaryAnn Kocher   |                       |

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



## May Speakers & Events

### May 16th at 10:30 am Premier World Discovery visits CAC to introduce a travel opportunity!

On May 16, at 10:30 am, Ryan, with Premier Travel, will present details on a fall travel opportunity to Washington DC and Williamsburg.

Sign up for this free presentation to learn what travel opportunity Premier World Discovery has to offer our senior community this fall.

They want to help you view and experience the many wonders and sights of our country's capital in a stress-free and safe environment. Come meet Ryan and find out more about this trip opportunity! Sign-up suggested in order to have materials for all attendees.



### May 16th at 1 pm Arthritis Presentation

Jennifer Fifer with **Home Instead Senior Care** will be here to review symptoms and various forms of arthritis. She will also share information on treatments and ways to manage arthritis.

\*Sign-ups strongly encouraged. Call 503 266 2970 or sign up in person at the front desk.

### May 17th at 1 pm - Receptionists & Registrars Training Handbook Review

If you are a current receptionist, registrar, substitute, or if you've indicated a willingness to volunteer in that capacity, we hope you can join us on Thursday, May 17th at 1:00 pm to review the latest draft of our Receptionist and Registrar handbook. We'd love to have your input and comments before we finalize the handbook. We will have copies available in advance to give you an opportunity to read thru the material. Please join us on Thursday the 17th at 1 pm.

### May 18th at 10:00 am Red Cross Disaster Preparedness

It's time to set the foundation for disaster awareness and emergency preparedness. Join the Red Cross for a "Prepare!" Presentation on May 18<sup>th</sup> starting at 10:00 am.

A local Red Cross volunteer will give a 60-minute presentation on preparing your home and family for disasters like home fires, floods, wildfires and the anticipated 9.0 Cascadia earthquake. Following the presentation, there will be a Q&A. The event is open to everyone but seating is limited so please sign up at front desk by May 15.

### May 23<sup>rd</sup> at 1:00 pm – Falls Prevention with Fire Marshall Todd Gary and Tai Chi instructor Nick Hancock

Join us for some tips from the experts on ways to help prevent and avoid falls. Our Fire Marshall, Todd Gary, along with Nick Hancock, our Tai Chi instructor, will share some information regarding falls and ways to avoid them!

This presentation is free  
Sign up encouraged— please call 503-266-2970 or in person at our front desk.

### May 24<sup>th</sup> – at 10 am Remote-controlled cars races!

**JOIN US on May 24th** for our first ever CAC "Grand Prix" from 10 am to noon— remote control car races! You can bring your own car(s) OR use one that we'll have available. All indoors and guaranteed fun!

After lunch join us for the movie "Grand Prix" starring James Garner and Eva Marie Saint!

### May 25<sup>th</sup> at 10 am Medicare Presentation With Regence Blue Cross

### May 31<sup>st</sup> at 1:00 pm Parkinson's Resources of Oregon Presentation

A representative of the Parkinson's Resources of Oregon will be here to share information about Parkinson's Disease and how the Parkinson's Resources of Oregon can provide support to those affected by Parkinson's. Be sure to join us for this informative presentation.

This presentation is free  
Registration is strongly Encouraged.  
Contact 503 266 2970 to register by phone.



## Healthy Body—Healthy You!

May is national "Arthritis Awareness Month". More than 40 million Americans have been diagnosed with arthritis. There are more than 100 forms of this crippling disease, which can cause stiffness, swelling and severe joint pain and can lead to a loss of motion and mobility! Fortunately, however, CAC offers several classes that can be beneficial to those who suffer from arthritis! We offer tai chi which helps with motion

and mobility. We also offer a "Walking with Ease" class which meets several times each week and is proven to reduce the pain and discomfort of arthritis. It also increases balance and strength. If you are bothered by arthritis, and even if you are not, why not try one of our classes and see if it can make a positive difference in how you feel. *Timpra & Wendy*

**What Is Arthritis?** Arthritis is very common but is not well understood. "Arthritis" is not a single disease, but is an informal way of referring to joint pain or joint disease. People of all ages, sexes and races can and do have arthritis, and it is the leading cause of disability in America.

Common arthritis joint symptoms include swelling, pain, stiffness and decreased range of motion. Symptoms may come and go and can be mild, moderate or severe. They may stay about the same for years, but may progress or get worse over time. Severe arthritis can result in chronic pain, inability to do daily activities and make it difficult to walk or climb stairs. Arthritis can cause permanent joint changes and changes may be visible, such as knobby finger joints, but often the damage can only be seen on X-ray. Some types of arthritis also affect the heart, eyes, lungs, kidneys and skin as well as the joints.

**There are many forms of arthritis**— more than 100 forms of arthritis which can include degenerative arthritis, inflammatory arthritis, infectious arthritis, metabolic arthritis to name just a few.

**Osteoarthritis** is the most common type of arthritis. When the cartilage – the slick, cushioning surface on the ends of bones – wears away, bone rubs against bone, causing pain, swelling and stiffness. Over time, joints can lose strength and pain may become chronic. Risk factors include excess weight, family history, age and previous injury (an anterior cruciate ligament, or ACL, tear, for example). When the joint symptoms of osteoarthritis are mild or moderate, they can be managed by:

balancing activity with rest; using hot and cold therapies;  
regular physical activity; maintaining a healthy weight;  
using assistive devices;  
avoiding excessive repetitive movements  
strengthening the muscles around the joint for added support;  
taking over-the-counter (OTC) pain relievers or anti-inflammatory medicines;

If joint symptoms are severe and debilitating, sometimes joint replacement may be necessary. **Osteoarthritis can prevented by staying active, maintaining a healthy weight, and avoiding injury and repetitive movements.**

**Diagnosing Arthritis**—Arthritis diagnosis often begins with a primary care physician, who performs a physical exam and may do blood tests and imaging scans to help determine the type of arthritis. Rheumatologists typically manage ongoing treatment for inflammatory arthritis, gout and other complicated cases. Orthopedic surgeons do joint surgery, including joint replacements. When the arthritis affects other body systems or parts, other specialists, such as ophthalmologists, dermatologists or dentists, may also be included in the health care team.

**What Can Be Done About Arthritis?** There are many things that can be done to preserve joint function, mobility and quality of life. Learning about the disease and treatment options, making time for physical activity and maintaining a healthy weight are essential. Arthritis is a commonly misunderstood disease. **The Arthritis Foundation** is the only nonprofit organization dedicated to serving all people with arthritis. Its website, [arthritis.org](http://arthritis.org), has many resources for learning about arthritis, practical tips for daily living and more.

### Arthritis Foundation Help Line Now Available!

If you have arthritis related questions you can call The Arthritis Foundation helpline at 1-844-571-HELP (4357). They offer personalized, one-on-one support, to answer many questions for people with arthritis including finding a physician, joining support groups and medication assistance.

Whether you have arthritis or are a family member or caregiver, you can reach out for answers for any routine or complex questions you may have regarding arthritis or related diseases. The Helpline has licensed clinical social workers on staff that can talk to you about a variety of topics, including:

Access to care (physicians, insurance, medications), Financial assistance, In-home care or services, Insurance Questions, Non-arthritis health issues, Support groups, Transportation, Suicide/self-harm, Social security, disability and related legal questions and Veteran benefits

The Helpline is open 24 hours a day for your convenience. Do you have questions related to your arthritis? Call the toll-free Helpline today and get the answers you need! 1-844-571-HELP

<https://www.arthritis.org/oregon/>

### Walk to Cure Arthritis May 19, 2018

**Location:** Esther Short Park  
400 W. Sixth Street  
Vancouver, Washington 98660

**Contact:** Jeannine Walker at (503) 751-2732 or by email at: [jwalker@arthritis.org](mailto:jwalker@arthritis.org) for more details.

Source: <https://www.arthritis.org/oregon/events-in-your-area/>



See page 7 for details on our Arthritis Guest Speaker, May 16th at 1 pm.

## Diabetes Support— “Defeat Diabetes!”

According to the American Diabetes Association 1.5 million Americans are diagnosed with diabetes each year. The percentage of Americans age 65 and older remains high, at 25.2%, or 12 million seniors (diagnosed and undiagnosed).

Look for a new article from Wendy each month, as she provides us with highlights, tips and other helpful information about diabetes and ways to help manage it effectively!

# NATIONAL GET FIT DON'T SIT DAY™ MAY 2, 2018

 American Diabetes Association.

Held the **first Wednesday of May** each year, **National Get Fit Don't Sit Day™** is an opportunity for the American Diabetes Association (ADA) to increase awareness of the dangers of excessive sitting and the importance of getting up and moving throughout the day—especially at work.

Research shows that sitting for long periods of time increases the risk of health complications. The ADA recommends breaking up sitting time with three or more minutes of light physical activity—such as walking, leg extensions, or overhead arm stretches—every 30 minutes.

Here are 5 easy ways to move more throughout the day:

- Plan a weekly walk with a friend
- Stand up and stretch during television commercials
- Take the parking spot that is further away from the door of the building
- Start a new hobby that takes you away from the couch
- Walk around while talking on the phone

### Harvest HEALTHY Chicken Bowl

**Serving Size:** 1 cup chicken salad plus 1 cup greens (serves 4)  
Calories 210 Carbohydrate 15g Protein 27g Fat 5.0 g  
Saturated Fat 1.0g Sugars 8g Dietary Fiber 5g  
Cholesterol 60mg Sodium 110mg Potassium 630mg

#### Ingredients

- 1x 5.3 oz. container Light & Fit Vanilla Greek Nonfat Yogurt with Zero Artificial Sweeteners
- 2 Tbsp. chopped fresh parsley
- 1 Tbsp. apple cider vinegar
- Kosher salt and ground black pepper, to taste
- 2 cups cooked, boneless chicken breast, shredded
- 1 Honeycrisp apple, julienne sliced
- 1 bulb fennel, trimmed and slivered
- 2 Tbsp. chopped, toasted walnuts
- 4 cups mixed greens

#### Instructions

1. In bowl, combine yogurt, parsley, vinegar, and salt and pepper to taste. Stir in chicken, apple and fennel mix to coat.
2. For each serving, place 1 cup mixed green in a bowl and top with 1 cup chicken salad.  
Garnish the top of each serving with 2 tsp. walnuts.

Source: <http://www.diabetes.org/mfa-recipes/recipes/sponsor/harvest-chicken-bowl.html>

### Word Scramble Challenge

Unscramble the diabetes words below:

meert \_\_\_\_\_

Clue: device used to check your blood glucose

spanarec \_\_\_\_\_

Clue: the organ responsible for making insulin

beadiets \_\_\_\_\_

Clue: a condition where the body needs insulin from a syringe or pump

ceseerix \_\_\_\_\_

Clue: important to keep your body healthy, example: running

linusin \_\_\_\_\_

Clue: how to treat a high blood sugar

#### ANSWERS



Insulin  
Exercise  
Diabetes  
Pancreas  
Meter

## On-going Classes and Activities



### WEEKLY CARD GAMES

**Bridge:** Mondays 1 pm— 4 pm  
**Pinochle:** Tuesday & Friday 1:00  
New players are always welcome!

Another successful bridge tournament was held April 7<sup>th</sup> – many thanks to all who participated, and congratulations to the winners:

- 1<sup>st</sup> place – Dale Williamson and Will Newman, score 7440
- 2<sup>nd</sup> place – Dori Tenner and Kay Chervin, score 7330
- 3<sup>rd</sup> place – Art Heidt and Ken White, score 5620

### 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



### “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*

### Quilting Class May 2nd and May 16th

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 9 am – 12:00 pm May 2nd and 16th. 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

#### TOPS: Take Off Pounds Sensibly

Meet every Tuesday: Weigh-in 8:45 am - 10  
Membership \$32 per year Meetings 10 am to 11

**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!

### 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! 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.



### Walk With Ease Walking Group Continues with new T/TH sessions Beginning 5/1/18.

Walk With Ease is a physical activity program proven to help people manage their arthritis pain. Build confidence in your ability to be physically active and improve overall health. We will begin a new 9 week session every Tue/Thurs starting on **May 1st – June 28th** at 10:30 am. Please sign up at the front desk!

# Memoir Writing—Sharing

Greetings from your  
Canby Adult Center  
Memoir Writing Group!

We meet the FIRST AND THIRD Thursday of each month at 10 am. Join us for a fun time of recording memories and Discussions. A new prompt is given each week to help you get started in your writings! Class facilitator Barbara will be out for a month or so—fortunately Maureen W. is willing to facilitate the class in Barbara's absence! A fun welcoming group awaits—join us!

## Abilities & Adventures!

Making hats, scarves and general hand-work has been a new adventure for me in the last three-four years. Each new item is a new adventure and I really like each new thing I learn. Some stretch my abilities and trying over and over until I get it to what I really want it to be or look like, stretches my patience so I put it away for a while and try again later. The trouble being, I have a few projects that have waited for several months or years. I guess I am too easily distracted on something new and exciting to do or try. I have a love of crafts and making things, and changing them to suit what I am doing it for. I now have an idea in my head about a hat with braids for cancer (chemo) patients. I guess my love of making special hats is from a special teacher who always had an up-attitude and had an array of hats she wore to school. She was a gym teacher and was beloved by all. Sadly we lost her but she left a legacy of fighting for your life not with sadness, but with gladness for each day. I try to do the same thing but we all seem to have bad days but from her example, I keep trying without complaining too much. As it has been said many times before; keep on keeping on.

Mary B

## A Memory Related to a Campfire

...Where do I start? I have so many. From family camping to Boy Scouting, to hunting and on and on, Katie bar the door.

I think I will focus on a series of memories all related. For almost 20 years we have been going to La Pine state Park the second week in August. I started staying there on fishing trips long before that. Anyway, we had been without an RV for about 15 years. We sold ours when the kids grew up and were no longer interested in camping trips. In 1996 we acquired a nice used RV and made a couple of trips to La Pine. We decide to get a newer, larger RV. Then around the year 2000 we took our daughter's children to La Pine, the second week in August. It was an instant hit.

So to the campfire memories. La Pine has been off and on about campfire, it always depended on the fire danger. The first couple of years no fires. Then they upgraded the fire pits and decided it was okay as long as it was in the fire pit. So naturally we introduced the kids to s'mores.

My daughter has three girls: Katie and the twins. The twins (Gracie and Emily) are 3 years younger than Katie. The year we introduced them to s'mores and we came home, my

daughter asked the girls how the trip was. Gracie just answered "s'mores!" She was about six at the time.

Over the years, our other grandkids started coming along on the trip and the s'more making evolved. My daughter and son-in-law now come over for the weekend. One of the kids, probably Gracie, stopped using graham crackers. Now they all copy, they take the Hershey square, insert it in the marshmallow then toast. My daughter may have had a hand in that as well.

The twins will be 21 this year and Katie is 24. They will be there at least for a few days if not the whole 8 days we always reserve. Also some of our other grandkids will be there as well along with great grandkids. I hope we can have a fire this year, last year was too dangerous. We did the family version of s'mores one day on the grill, however, the kids enthusiasm wasn't there and it fizzled. There is just something about a campfire.

Mark O.



## A Pathway to the Future

A Vision has immersed from the nothingness.  
It is one of mystery and magic  
brought to me through the animals in nature.

The animals conveyed to me that in a creative,  
Loving, nurturing environment,  
the intuitive reaches of the mind are opened to  
magical treasures

Waiting for discovery. Learning becomes a way of life  
with each day looked on as unfolding  
according to a much larger scheme of things.  
So one must have the faith to trust and let  
go of judgments along the way.  
It is difficult at first, but as ideas begin to emerge,  
You cannot get enough. You say, "More, more, don't stop!"

The tears flow because everything you have  
Thought or believed has been life's pathway all along.  
Now it is clear, I must have faith to follow that path  
Noticing the guideposts along the way.

Learning to discover and understand one's own passion  
And enjoy it is to live a life of truth.  
Terry Sue M.

# Bits & Pieces



**Thanks to Canby High School Baseball Team** "Servers" who helped out in the dining room with our opening baseball season celebration on April 6th! Thanks to:

Wyatt – 2<sup>nd</sup> base      Josh – 3<sup>rd</sup> base  
Brian- pitcher      Luke – Outfield  
Alec- short stop

## Thank You New & Renewing Members:

Gayle Acker	Scotty Lance
Lars M & Elaine Aamodt	Marlene Learfield
Gloria Altenhofen	Jean Lessard
Vi Anderson	Eleanor Liberty
Bert & Judi Aus	Dixie Loper
Ken & Millie Blodgett	Marilyn Micallef
Elizabeth Brown	Bev Mitchell
Marilyn Burkhardt	Suzy & Brian Mulbey
Violet Burley	Nancy Nicklas
Leta Bunnell	Don & Bev Purvis
Evelyn Carlson	Virginia Reed
Bud Dee Chalupnik	Millie Reser
Joe & Betty Clarizio	Leslie Rhodes
Joyce Craig	Marie Riley
Yolanda Diperi	Diana Schaugency
Fred Egger	Dieter & Sally Schmolinski
Robert & Jesse Elders	James & Peggy Shaffer
Joan & Gary Gorbett	Ruth Stinson
Bobbie Harrison	Ken & Phyllis Thompson
Karen Holzschuh	Kathleen Walter
Janet Jeffries	Vern Wigant
Helen Kennedy	Bud Wright

## Reminders:

April 30th—May trip sign-up begins  
April 30th—April Birthday lunch  
May 2nd— Get Fit "Don't Sit" Day  
May 11th—Mother's Day Lunch  
May 13th—Mother's Day  
May 16th—Sr. Citizen's Prom 6:00 pm  
May 18th—Newsletter "Name" Suggestions Due  
May 16th— Premier Travel Presentation 10:30 am  
May 16th—Arthritis Presentation 1:00 pm  
May 17th—Receptionists & Registrars Meeting 1:00 pm  
May 18th—Red Cross Disaster Preparedness Presentation 10:00 am  
May 23rd—Falls Prevention Presentation 1:00 pm  
May 23rd—Lucky Penny Day Noon  
May 24th—CAC Car Races 10:00 am  
May 25th—Medicare Presentation with Regence 10 am  
May 25th—Chocolate Oreo Cheesecake Raffle Noon  
May 31st—Parkinson's Resources Presentation 1:00 pm



**Center Closed on Monday, May 29th  
Observing Memorial Day**

**PLEASE NOTE:** The collection barrel in our lobby for Canby Center is for non-perishable food items **ONLY**.

**Please do not put clothing or other household items in that barrel**—donations of that sort can be taken directly to their Center

Thanks for your understanding!

## Calling Seniors for the Clackamas County Fair!

Are you interested in volunteering? Do you have a hobby you'd like to display? The Clackamas County Fair is looking for Seniors to participate in the fair in August! Specifically they are looking for Judges, hobby demonstrators and Hobby Exhibitors in the Senior category!

If you are interested in volunteering in the Hobby Hall in the Main Pavilion keep in mind it is upstairs.

Check our bulletin board or the Clackamas County Event Center website for more information OR Lisa in person in our dining room—she is available to answer your questions on Thursdays, and is happy to talk with you!

## Featured recipe:

### Fresh Asparagus Salad

*Not sure you'll like this? Join us for lunch on May 18th to try this delicious salad!*

1 bunch asparagus, trimmed  
1 medium carrot coarsely grated  
1 pint cherry or grape tomatoes cut in half

Trim the ends of the asparagus and blanch for 3 minutes in boiling water and place immediately into ice bath. Strain and chop into 2 inch pieces. Combine asparagus, carrots and tomatoes.

1/2 cup olive oil  
1/4 cup lemon juice  
1 T white balsamic vinegar  
Pinch of salt & pepper  
2 T honey  
1 clove fresh garlic pressed

Whisk together vinaigrette and toss together with veggies. Enjoy!

## This & That

### Donations Accepted

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

**DVD Movies:** We are able to receive donations of DVD movies and will gladly add them to our "movie library".

**Yarn:** We always accept and appreciate yarn donations—our 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

We are no longer able to accept donations of: **VHS Movies or puzzles.**

Please **DO NOT bring plastic bags to the Center** for recycling—Fred Meyer has a plastic bag return but we do not.

Thanks for your understanding!

**Website Update:** Take a look at our "new look" and enjoy getting acquainted with our user-friendly website! Be sure to check us out at:

[www.canbyadultcenter.org](http://www.canbyadultcenter.org)

You can also find us on Facebook!



**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!

### 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 by **April 30<sup>th</sup>**, and Matt will donate \$10 to the Center!

**Facials with Marilyn** 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. Mention Canby Adult Center and Marilyn will provide a 30 minute facial for \$20 OR a one-hour facial for \$40!

**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: 971-261-8855 [License no: COS-CI-10146469 & COS-HA-985111]

### Monthly Happenings—Treat Yourself!

**Tilly's Mobile Hair Salon** — We are please to continue to offer hair cut services with licensed beautician Tilly. Tilly is here Thursday, **May 10th and May 24th**, will cut and/or style your hair here \$7.50/cut or \$10 for cut & style. **Please note: beginning in June, Tilly's prices will increase to: \$13 for men, \$15 for women including a blow dry after the cut if she needs to wet your hair. Roller sets are available here at the Center.** Call Tilly at 971-261-8855 for more information

### Thanks for Your Support through 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. Enrolling does not take away your personal points, it just adds points for the Center. 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!

### 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!

## Around Town

### Library Link

220 NW 2nd Ave., 503.266.3394

- ♦ **May 8 at 6:30 pm.** Disaster Preparedness. Learn how to prepare yourself for natural and man-made disasters that can occur in our geographic area. Find out about emergency communication strategies, how to establish a family disaster plan, and how to build an emergency supply kit.
- ♦ **May 12 at 2:30 pm.** Music in the Stacks. Lonesome Dewey & The Coyotes. Sing-along-songs from Lone Prairie, Cowboy Campfire, Rock & Roll, Hee Haw and more.
- ♦ **May 22 at 6:30 pm.** The Granatelli Legend: From a Chicago service station to the Indy 500. This talk will highlight significant developments in Andy Granatelli's decades of racing, from a rocket car in the late 40s to land-speed records in Bonneville.
- ♦ **Every Thursday 11 am – 1 pm; every Saturday 1 – 3 pm:** Library Chess Club

### Spring Garden Fair, May 5-6, 9am-4 pm, Clackamas County Fairgrounds

**\$5.00 admission/under 16 free • FREE Parking • ATM on site • No Pets and No Smoking Please**

**Pots for Sale – the Potting Station:** If you buy a new plant at the Fair, choose and purchase a pot and Master Gardeners will provide free potting soil for your new container and plant. Several nurseries will also have displays of what they sell and possible planting combinations for inspiration. *Look for the big blue tent in front of row L.*

**Ask a Master Gardener:** There will be two locations for your questions, outside in a tent in the vendor area and another inside the 4-H Hall. Bring your home and garden plant or pest question to us and we will give you researched based answers and advice.

**10-Minute University™:** Classes are included with your admission to the fair – so take a break from your shopping and stop by Clackamas Hall for one of our information packed sessions. Each class is around 30 minutes long, and comes with a handout.

There will also be the signature birds, wind spinners, garden stakes, trellises, arbors, and brand new designs.

### Community Garden Plots Available

The Canby United Methodist Church, 1520 N Holly Street, has various size plots still available. For more information, visit [canbyumc.com](http://canbyumc.com) or phone 503.263.6419.

### 26<sup>th</sup> Annual letter Carriers' Food Drive, Saturday, May 12<sup>th</sup>.

Put your non-perishable donation in a bag by your mailbox. They will deliver it to a local food bank.

### American Legion Update

Canby American Legion Post #122, 424 NW 1st St, invites you to the following events which are open to the public:

**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.

- ♦ **May 6th** - Ladies Auxiliary benefits Poppy Program
- ♦ **May 13th** - Sons of American Legion benefits Scholarship & Mother's Day Brunch, 9:00 or 10:30, call Earl at 503.266.7727 for reservations.
- ♦ **May 20th** - Legionaries

### World Vision - Canby 6K Walk for Water – May 19<sup>th</sup>

The World Vision - Canby 6K Walk for Water Registration is now open! (Link below)

We can make a difference from right here where we are in Canby Oregon! Each registration brings lasting clean water to one child like the child who will be pictured on YOUR race bib as you walk/run/stroll at 9am on May 19, 2018.

<https://www.teamworldvision.org/index.cfm?fuseaction=donorDrive.team&teamID=9120>

### Internet Security 101 Class, Thursday, May 17th

DirectLink's free and informative Community Classes are designed to help our members better understand and use technology.

Learn best practices for surfing the web, downloading safe content, and navigating through the online melee with our local expert.

Location: 150 SE 2nd Avenue, Canby, OR

Times to choose: 10 am - 11:30 am; 3 pm - 4:30 pm; or 6:30 pm - 8 pm

RSVP: 503.266.8111 or 503.845.2291 or Here-ForYou@DirectLink.coop.

Cost: FREE for residents in both Canby & Mt Angel.



# Thanks for your Support!

## March Donors

**Financial Donors:** Jeff & Pam Barrow, Marcella Bennett, Canby Swim Center, Dwight & Kathleen French, Evelyn Harper, Patty Hatfield, Yvonne Hepler, Kathy Hostetler, Toni Hvidsten, Darline & Verlyn Kraxberger, Karen Learfield, McLaren's Carpet One, Robert & Barbara Magee, Barbara & Carl Menkel, Beverly Mitchell, Dale Nordlund, Matt Olson/State Farm Insurance, OBC Northwest, Ron & Cheryl Pacholl, Bill & JoEllen Reif, Rackleff Place, Steve & Janet Skinner, Sharon Schneider, Ron Tatone, Howard Thomas

**In-kind Donors:** Mel Farrington, John Love/DirectLink, Kathy Rykken, Linda Sandsness and Custom Plumbing & Construction, Donna Sorrels, Ilene Sanders

**Gifts in Memoriam** Linaya Leaf in memory of Duane Weeks  
Andrea Webber in Memory of Duane Weeks  
Mary Wenzel in Memory of Duane Weeks  
Vicki Adamson in Memory of Duane Weeks

## Gold Donors: Donations of \$101—\$250

Tom & Anna Adams	Kathy Levy
Robert & Janet Adrian	Ron Lindland
Kyle & Heather Anderson	Todd May
BPOE Elks 1189 Auxiliary	Anne McKinney
Clackamas Federal Credit Union	Bernie and Mary McWilliams
Club Fit	Ray & Margie Means
Jan Cox	Alice Merrill
Jim & Linda Dippman	Gerald & Brenda Mootz
Gregg Ekenbarger	Donna Peterson-Nagl
Mel Farrington	OBC Northwest
Keith & Jan Galitz	William & Sharyn Park
Judy Gardner	Irene & Ron Pellatz
April & Jared Gensman	Joyce Peters
Bob & Judi Gobet	Geni Pittelkau
Emmett & Ellen Gray	Wade & Sunya Porter
Carmen Hamilton	Lisa & Jose Rivera
Larry & Yvonne Hepler	Todd & Kris Rocha
Tom & Bobbie Hibbert	Kathy & James Rykken
Hickman Family	Roofmasters
Frank & Judy Hogland	Bernice Siebenthal
Ed & Lynn Holbrook	Jennifer & Scott Speer
Brian & Jo Holgate	Terry & Carolyn Taggart
Hope Village	Arnold & Shirley Thomas
Curt and Nola Hovland	Marilyn & Jim Thompson
Keith Jensen	Judith Torgeson
Debbie & Stan Jewell	Rosemary Vanderzanden
Lynn & Diane Kadwell	James & Greta Wiersma
Ron & Dorothy Kallis	Wilcox Arredondo
Robert & Darlene Kauffman	Patricia Williams
Betty Keys	Dale & Susan Williamson
Michael & Penny Kissner	Witt Family
Chuck & MaryAnn Kocher	Irene Wolf
Carole Laity & Sheldon Marcuvitz	Jay & Kathy Wolfe
	Ronald & Boneita York

## 2017-2018 Donors: Donations of \$251+ Individuals Businesses

Mary & Paul Ashton  
 Julia Barklow  
 Ted & Linda Baumgardner  
 Dean & Helen Basinger  
 Janey Belozzer  
 Phil & Peggy Boyle  
 Stanley Cullington  
 Bob Cornelius  
 Jane & Steve Dahl  
 Henry & Georgia Deetz  
 Hardy & Kim Dimick  
 Scott & Susan Enyart  
 Jeff Feller  
 Leo & Louis Garre  
 Lowell Hall & Betty Myers  
 Patrick & Laurie Harmon  
 Leona Hart  
 Patty Hatfield  
 Jim & Paulette Hefflinger  
 Delbert & Rosa Hemphill  
 Kathryn Henderson  
 Robert & Charlotte Johnston  
 Karen Joy  
 Charlie Lam  
 Arnie & Patti Lucht  
 Dave May & Christine Parno  
 Larry & Ann McBride  
 Michael & Gretchen McCallum  
 John & Tammie Merina  
 Elizabeth Meyer  
 Marty Moretty  
 Russ Newcomer  
 Richard & Kathy Oathes  
 Mariah Olson  
 John Pursley  
 Bill & JoEllen Reif  
 Steve & Janet Skinner  
 Shelly Taranoff  
 Johni Thayer  
 Howard Thomas  
 D'Anne Tofte  
 Earl & Suzie Voss  
 Al & Nori Zieg

Bridge to Life Fellowship  
 Canby American Legion Auxiliary  
 Canby Ford  
 Canby Fred Meyer/  
 Kroger Stores  
 Canby Kiwanis Foundation & Thrift Store  
 Clackamas County MOW  
 Custom Plumbing & Construction  
 Direct Link  
 El Chilito Restaurant/  
 Francisco Cardenas  
 Hope Village  
 Hulbert's Flowers  
 Kahut Waste Services  
 Andrew Kauffman—Attorney at Law  
 Martin's Town & Country Furniture  
 Oregon Food Bank  
 Rackleff Place  
 Riverside RV Park  
 Shimadzu Manufacturing  
 Sons of the American Legion  
 Uptown Medical Billing

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: \_\_\_\_\_



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

# May 2018—Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Welcome back Fiddler's—join us for their music every Monday (except the 2nd Monday—Dennis Stafford is here that day!)</p> <p><b>WELCOME BACK!</b></p>	<p>1 9:30 Trip—Canemah 10:00 TOPS 10:00 Handiwork 10:30 Walk with Ease 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo</p>	<p>2 <b>NATIONAL GET FIT DON'T SIT DAY!</b> 9:00 Tai Chi 9:00 Quilting with Suzie 9:00 Foot care with Patty 10:30 Senior Fitness 1:15 Movie: "The Guardian" 2:00 Mahjong</p>	<p>3 10:00 Memoir Writing 10:30 Sit &amp; Be Fit 10:30 Walk with Ease 1:00 Line Dancing</p>	<p>4 9:00 Tai Chi 10:30 Senior Fitness 1:00 Pinochle 1:00 Movie: National Velvet</p>	<p>5 <b>Trip: 845 Brownsville</b></p>
6	<p>7 9:30 Senior Fitness 10:00 Foot clinic-Laverne 10:00 Blood Pressure 10:00 Woodworking Workshop 10:30 Sit &amp; Be Fit 11:15 Fiddlers 1:00 Line Dance 1:00 Bridge</p>	<p>8 10:00 TOPS 10:00 Handiwork 10:30 Walk with Ease 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo</p>	<p>9 9:00 Tai Chi 10:30 Senior Fitness 1:00 Legal Assistance 1:00 Board Meeting 1:15 Movie: "Mother's Day" 2:00 Mahjong</p>	<p>10 9:00 Hair with Tilly 10:30 Sit &amp; Be Fit 10:30 Walk with Ease 1:00 Line Dancing</p>	<p>11 9:00 Tai Chi 10:30 Senior Fitness 1:00 Pinochle 4:45 Trip: New Century Theatre</p>	12
13	<p>14 9:30 Senior Fitness 10:00 Woodworking Workshop 10:30 Sit &amp; Be Fit 11:30 Music with Dennis 1:00 Line Dance 1:00 Bridge</p> <p><b>MOTHER'S DAY</b></p>	<p>15 9:45 Trip: Columbia Helicopter Tour 10:00 TOPS 10:00 Handiwork 10:30 Walk with Ease 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo</p>	<p>16 9:00 Tai Chi 9:00 Foot care with Patty 10:30 Senior Fitness 10:30 Presentation—World Discovery Tours 1:00 Movie- "Flyboys" 1:00 Arthritis Presentation 2:00 Mahjong 6:00 Trip: Senior Citizen's Prom</p>	<p>17 10:00 Memoir Writing 10:30 Sit &amp; Be Fit 10:30 Walk with Ease 11:15 Music with Jim 1:00 Line Dancing 1:00 Reception &amp; Registrar Meeting 5:30 Trip: Dinner &amp; Theatre</p>	<p>18 9:00 Tai Chi 10:00 Red Cross Disaster Prep 10:30 Senior Fitness 1:00 Pinochle "Name Game" entries Due today</p>	19
20	<p>21 9:30 Senior Fitness 10:00 Woodworking Workshop 10:00 Foot clinic-Laverne 10:00 Blood Pressure 10:30 Sit &amp; Be Fit 11:15 Fiddlers 1:00 Line Dance 1:00 Bridge</p>	<p>22 9:45 Trip: Iris Garden &amp; lunch 10:00 TOPS 10:00 Handiwork 10:30 Walk with Ease 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo</p>	<p>23 <b>Lucky Penny Day</b> 9:00 Tai Chi 9:00 Quilting with Suzie 10:00 Newsletter Folders 10:30 Senior Fitness 1:00 Fall Prevention Presentation 1:15 Movie: "Divine Secrets of the Ya-Ya Sisterhood" 2:00 Mahjong</p>	<p>24 9:00 Hair with Tilly 10:00 Remote Control Car Races 10:30 Sit &amp; Be Fit 10:30 Walk with Ease 11:15 Music with Leta 12:00 Pie Raffle 1:00 Line Dancing 1:00 Movie: Grand Prix</p>	<p>25 9:00 Tai Chi 10:00 Medicare - Regence 10:30 Senior Fitness 12:00 Pie Raffle 1:00 Pinochle</p>	26
27	<p>28 <b>MEMORIAL DAY CENTER CLOSED</b></p> 	<p>29 10:00 TOPS 10:00 Handiwork 10:30 Walk with Ease 11:15 Trip: Culinary Lunch 12:00 Clogging 1:00 Line Dance 1:00 Pinochle</p>	<p>30 9:00 Tai Chi 9:00 Quilting with Suzie 10:00 Newsletter Folders 10:30 Senior Fitness 1:15 Movie: "The Magnificent Seven" 2:00 Mahjong</p>	<p>31 9:00 Hair with Tilly 10:30 Sit &amp; Be Fit 10:30 Walk with Ease 12:00 Pie Raffle 1:00 Line Dancing 1:00 Speaker - Parkinson's Resources</p>		