



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

June 2018

CENTER STAFF

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KITCHEN ASSISTANTS
June Nice
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Scott Goetchius
Wade Porter

CUSTODIAN
Howard Brooks
Carol Clark

BUILDING MONITORS
June Nice
Carol Clark

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Director's Corner

Hello friends,

The month of June will mark the end of an era: Our long-serving, wonderful bingo manager, Linda Brooks, is leaving us for other pursuits. We are so very sorry to see her go and can't quite imagine bingo without her. Lucky for us, her steady sidekick Shawn is ready to step into her shoes. Many thanks to Linda for so many years of volunteer service—you will be missed.

On a brighter note, we're happy to welcome a new face on our kitchen team. Charmin Gibson joined us in late April, as the new kitchen assistant. You'll find her busy scrubbing pots and pans and helping with food service. Please make sure to stop by to say hello to Charmin—we're so pleased to have her with us, and I know you'll join me in making her feel welcome!

As always, there is lots going on at the Center. As temperatures rise, please consider us your "home away from home" - its always cool here!

See you at the Center—Kathy

Canby Fire Department offers FREE Smoke Alarms

Do you live in the Canby School District? If so, Canby Fire Department offers you a smoke alarm installed by them, free of charge! The new smoke alarm comes with a 10 year battery and the Fire Department is encouraging you to let them check your alarms and install a new one if needed/

Don't put off checking your alarm—just call 503-266-5851 to schedule a time, and they will send someone to install it for you. Make the call today!

Father's Day Lunch—Celebrate with us Friday, June 15th

Join us for our annual Father's Day lunch celebration on Friday, June 15th. Hurley and his kitchen staff are preparing a delicious lunch and we'll top it off with rootbeer floats. Come join us!

Note to all newsletter subscribers!

As more of our members access computers, we'd like to hear your preferences for newsletter delivery. You'll find an addressed and stamped, bright green postcard inside your newsletter asking you to indicate whether you wish to receive your newsletter by mail, by e-mail, or both. No pressure to change things up, just let us know what you prefer and we'll update your delivery information accordingly.
Thank you!!

Dairy Day at the Center—June 6th

Join us on Wednesday, June 6th at the Center as we celebrate Dairy Day! This year we'll have a visitor from a local Canby dairy—**TMK Farm & Creamery!** They will bring a calf from their herd of dairy cows and dairyman, Marc, will be available to answer questions. TMK Farms & Creamery is a family owned dairy and creamery right here in Canby! Don't miss this opportunity to celebrate Dairy Month and hear from your local dairyman!

By the way—TMK Farm & Creamery is featured as one of our trips—June 21st.

Celebrating our "Goldens"!!

We're thrilled to celebrate our longest-married couples with our annual Golden Anniversary lunch, held this year on Wednesday, June 27th. If you've been married for 50 years or more, please sign up EARLY to reserve a place at our head table.

We will partner once again with Marquis Assisted Living at Hope Village—they will work their decorating and culinary magic to help us make the event extra special!

Please note: Due to space constraints, we must cap the head table at 18 couples—so please sign up early to reserve your spot.

Thank you!

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 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 **June 4, 18 & 25.** **Patty Calcagno** takes appointments on **June 6th & 20th.** 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, June 4 & 18,** 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, **June 13th.** 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. This month the sessions take place every Tue/Thurs at 10:30 am and continue through **June 28th.** 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, June 14 & 28.

The new prices are effective this month. Haircut & blow dry for women is \$15. Haircut for men is \$13 and add \$2 for styling services. You can make your appointment in person at the front desk, or call 503.266.2970.

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

You are getting a new Medicare card!
Oregon cards will be mailed by 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.

What is the Oregon Farm Direct Nutrition Program?

Families in the Women, Infants and Children Special Supplemental Nutrition Program (WIC) and limited-income seniors receive checks to spend directly with local farmers who grow fruits and vegetables. The Farm Direct Nutrition Program ("Farm Direct") provides families and seniors an additional source of nutritious food and education on selecting and preparing fresh produce. Farm Direct also supports local farmers markets and farmers.

How do Seniors receive their checks? Eligible seniors will receive a **yellow letter** from the State in late April that will announce their eligibility to receive the checks. **Interested seniors must sign and return the "Response Card" portion of their letter to the State by the indicated date.** There is not enough funding to serve every senior who wants Farm Direct checks this year. Seniors who return their Response Card will be randomly selected to receive green Farm Direct checks worth \$24.

Seniors must be at least 62 years old and receiving Medicaid or SNAP (food stamps) on April 1, 2018, to be eligible for the Farm Direct Nutrition Program. Additionally, seniors cannot be living in a facility where meals are provided. To qualify, seniors must have a monthly income below \$1,396 for a single person and \$1,893 for a couple.

Where can Farm Direct checks be used? At participating farm stands and farmers markets displaying a program sign. Please visit myoregonfarm.org/fdnp_wic_shopperguide for a list of farmers markets and farm stands near you.

What foods can be purchased with Farm Direct checks? The checks can ONLY be used for fresh locally grown fruits, vegetables and herbs. Items that can NOT be purchased include hot foods, dried foods, jams, nuts, honey, eggs, cider, meat, cheese, seafood, baked goods, plants, cut flowers, or fruits/ vegetables not grown in Oregon (such as bananas, oranges, lemons, pineapples).

Senior participation: Call **Senior Farm Direct** toll-free at 1-866-299-3562

Source - <http://www.oregon.gov/DHS/SENIORS-DISABILITIES/SUA/Documents/2018-fdnp-fact-sheet.pdf>

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, May 9, 2018

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

Directors not in attendance: Jim Davis was excused and Mary Bosch was absent. City Liaison Sarah Spoon was absent.

Staff Present: Kathy Robinson **Guests Present:** No guests were present.

Financial Report: Full report available upon request. Bill pointed out that the "down" amount in Cash and Bonds reflected the 55K draw that occurs roughly every two months. It was also noted that the number of trades were down by half (12). Overall, Bill reports that considering the volatility of the current market Quest has done well for us.

Directors Report: Full report available upon request. Kathy provided updates on services and programs, fundraising and administration. Kathy shared that each month there will be a page in the newsletter dedicated to a specific health related issue. In addition to the printed information, we will attempt to organize a speaker.

Kathy is looking for ways to expand essential transportation services without duplicating those being offered by CAT. We have learned the van shouldn't be used for client services visits. It should be used primarily for transporting seniors. Kathy is looking into options for an additional vehicle. Dave and Johni suggested looking into the possibility of leasing a vehicle.

The Finance committee, composed of Mark, Bill and Jim, will meet later this month to review the first draft of the budget.

Old Business: The nominating committee met to update application materials. We are accepting applications but not actively recruiting, as all three current members up for re-election have expressed their interest in serving a second term.

New Business: Kathy's evaluation will be discussed at the June meeting.

The next board meeting is scheduled for August 8th. Members and guests are invited to attend.

Thank you to our volunteers...

Greg Snow for power-washing our sidewalk and entry areas...

Wade and Sunya for keeping our entry garden so beautifully manicured...

Musicians for all the wonderful music we enjoy before our noon meals...

Connie B. for the beautiful and creative ways you decorate our lobby display...

Thanks to ALL our volunteers!!

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

You can also find us on Facebook!



Volunteer Drivers 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 much appreciated volunteer opportunity!



June Trips—sign up from Tuesday, May 29th

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!

Rose Festival Float Making Trip **June 7, 2018**
Sci 3.2 is the company that builds the big beautiful floats for our annual Rose Festival Parade and we have been invited to a tour showing their work in progress. The company specializes in premier custom parade floats, theatrical lighting & set design, exhibits, and more! Get up close and personal with the floats you'll see on TV for the Rose Parade. Come along and see creativity in process.
Depart: 2 pm Return 5 pm
Cost: Tour Cost \$3.00 (pay on bus that day) Bus Fee: Donations Accepted

Hopkins Demonstration Forest Hiking Trip **June 19, 2018**
The Hopkins Demonstration Forest is a 140-acre privately-owned forest open to the public for self-guided exploration. Five miles of trails connect you with a variety of habitats and forestry demonstrations. Enjoy a peaceful walk on our Watershed Interpretive Trail to see how we manage the riparian area to protect water quality in Little Buckner Creek. This is an uneven moderate hike. Bring money for lunch at Legends restaurant at Arrow Head Golf course after the hike.
Depart: 9:30 am Return: 2 pm
Cost: Free hike (bring money for lunch) Bus Fee: Donations Accepted

Portland Gun & Knife Show **June 16, 2018**
It's all about knives, guns, and accessories. WES KNODEL GUN SHOWS INC. is committed to bringing you a "HIGH QUALITY", enjoyable, and family friendly experience. They will be displaying products like shotguns, rifles, handguns, scopes, knives, shooting supplies, ammunition, reloading equipment, gun cases, pistol & rifle magazines, military surplus, and much more. Bring money for lunch after the event.
Depart: 9 am Return 2:30 pm
Cost: \$10 admission (pay at event) Bus Fee: Donations Accepted

TMK Creamery Tour **June 21, 2018**
Come with us to visit a new local family Creamery just a few miles away! Caring for dairy cattle is a full time job! These folks love their cow-lebrities, and are up at sunrise to feed and milk and are even ready to help a cow give birth at midnight, when needed. They provide "round the clock" care for their cows. Their love for dairy cows has been historically rooted in their family since the time our ancestors came to the United States and established several dairy farms here in the Northwest. They now specialize in cheese making and will have their cheeses for sale that day for us. We'll go back to the Center for lunch.
Depart: 10am Return 12:00 (lunch at the Center)
Cost: Free Bus Fee: Donations Accepted

Thyme Garden luncheon in Alsea **June 26, 2018**
The Thyme Garden is a family owned farm and party venue hidden in the magical coast range mountains of Oregon. In 1989 we embarked on a new adventure when we sold our restaurant and purchased our 80 acre farm to expand our seed business and start a nursery. Visitors enjoy strolling through our beautiful display gardens which provide the opportunity to experience one of the largest collections of herbs in the Northwest. Guests start the day out with a guided tour of the separate gardens and a walk through the forest along one of our mountain streams and discussion of our salmon recovery projects, then sit down to a four course luncheon where everything includes herbs from salad to dessert...and it's YUMMY!
Depart:9:15am Return 4pm
Cost: \$30.00 (pay at sign up) Bus Fee: Donations Accepted

WE ARE HEADED TO WASHINGTON DC!
If you've ever wanted to go see the marvelous and historic sights in Washington DC, this is your chance. This trip with Premier Travel SEPTEMBER 20 -26, 2018, will be picking us up right here at the Center and deposit us here at the center when we're done. Our own Canby Adult Center Transportation Coordinator Lynne Bonnell is even going along this trip!
This trip includes roundtrip air fare from PDX, 9 meals (6 breakfasts and 3 dinners), a professional tour director, sightseeing per itinerary, motor coach transportation, hotel transfers, baggage handling and more! Some highlights of the trip will be a Washington DC city tour, Arlington National Cemetery, DC Twilight illumination tour, World War II Memorial, Smithsonian institute, Whitehouse photo stop, and much more!
If you are interested in signing up for the trip, you still have time and there are a few rooms left. Don't wait too long, it's filling up fast. Final payment is due July 6th. Flyers with more detail are available at the front desk at the Center or by getting in touch with Lynne. See you in DC!!

Music, Movies & More

Monthly Music Line-Up

Our Fiddling Friends play for us each Monday (except the second Monday of the month). Join us for great music!

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

June 21st Jim Wilkey—Gospel & Country

June 28th - "Accordion to Go" with Leta. Timeless favorites!

Pie Raffle— June 28th Hurley's Strawberry Rhubarb Pie

Made fresh and ready for you to take home on **Thursday, June 28th**
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: Howard T. and Roberta B.

Happy June Birthdays!

1 Hank Baker
1 Vern Palmblad
1 Elsa Cervantes
1 Betty Nolz
1 Toby Scheps
1 Sue Sheveland
1 Lynn Tibbils
3 Marjorie Stathes
3 Dorothy Bebb
4 Ethel Hendereson
4 Jan Westfall
6 Burt Aus
7 Joe Clarizio
8 Junior Hodget
10 Todd Aune
11 William Miley
11 Donna Sorrels
13 Dee Chalupnik
13 Helen Kruse
14 Linda Sirianni
15 Marty Moretty
15 Peggy Shaffer
15 Judy Torgeson
15 Carmen Yoder



16 Al Zieg
17 Laura Caldwell
17 Dan Sunde
17 Scotty Lance
20 Vivian Carpenter
21 Keven Hodges
21 Johanne Guess
21 Betty Meyer
22 Bonnie Schaefer
23 P. Kuppenbender
25 SallyAnn LaMain
26 Toni Lamb
27 Dale Ball
27 Patricia Fillis
27 Gina Henderson
27 Barbara Isom
28 Fritse Hakkinen
28 Brenda Mootz
29 Marsha Bell

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

June Movies

Wednesday Afternoon at the Movies - 1:15 sharp

June 6th: **The Circle**, starring Tom Hanks and Emma Watson. A woman lands a dream job at a powerful tech company called the Circle, only to uncover an agenda that will affect the lives of all of humanity.

June 13th: **Daddy's Home**, starring Will Ferrell and Mark Wahlberg. Brad Whitaker is a radio host trying to get his stepchildren to love him and call him Dad. But his plans turn upside down when their biological father, Dusty Mayron, returns.

June 20th: **Kelly's Heroes**, starring Clint Eastwood, Telly Savalas and Don Rickles. A group of U.S. soldiers sneaks across enemy lines to get their hands on a secret stash of Nazi treasure.

June 27th: **My Big Fat Greek Wedding**, starring John Corbett and Nia Vardalos. A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.

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 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.

Reminders:

May 28th—Center Closed/Memorial Day
May 29th—Trip sign-up begins
May 31st— May Birthday Lunch
June 6th— Dairy Day
June 15th—Father's Day Lunch
June 15th—Regence Medicare Meeting
June 27th—Golden Anniversary Lunch
June 29th—June Birthday Celebration

PLEASE NOTE: The Canby Center collection barrel in our lobby 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!

June & Events

Father’s Day Lunch—June 15th!

Our kitchen always prepares great meals, but don’t miss lunch on June 15th when we have our annual “Father’s Day Dinner” at noon.

We’ll have a Root Beer Float for everyone at lunch this day—don’t miss it!



Health-Care Presentations:

June 15th at 10:00 am
Regence Blue Cross

Meetings open to everyone
and are free!

Friendly, smiling Help Needed at Canby’s July 4th celebration!

We are looking for volun-
teers to “man our booth” at
the big Wait Park celebra-
tion on Wednesday, July
4th!

Two people work in shifts
at our booth at Wait Park.
Duties include greeting
people, providing a hand-
out, and letting people
know about the Center.
This is great fun!

See Kathy if you are
Interested in volunteering
to help at this event!

Thank you!



Annual Golden Wedding Anniversary Celebration—Wednesday, June 27th



We are once again happy to partner with Marquis at Hope Village to bring you our annual Golden Anniversary Celebration!

Marquis has been a huge supporter of this event the past several years, complete with decorations, and wedding cakes for the “golden” couples. A pretty popular event with a record-breaking number of “golden” couples participating!

Everyone is welcome and encouraged to join us for lunch—but those “Golden Couples” need to sign up at the front desk in order to be recognized for their Golden Anniversary.

Be sure to join us for a great day of fun and festivities and help us wish those “Golden Couples” a happy anniversary on Wednesday, June 27th.

Please note: Due to space constraints, we must cap the head table at 18 couples—so please sign up early to reserve your spot.

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

Facials with Marilyn Book an appointment for a “Facial with Marilyn” by calling Divine
Wellness Salon, located om The Graham Building here in Canby at 503.592.9300.
Mention Canby Adult Center and get a 30 minute facial for \$20 OR 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 li-
censed beautician Tilly. Tilly is here Thursday, **June 7th and June 21st**, 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

Calling Seniors for the Clackamas County Fair!

Are you interested in volunteer-
ing? Do you have a hobby
you’d like to display? The
Clackamas County Fair is look-
ing 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 volun-
teering in the Hobby Hall in the
Main Pavilion keep in mind it is
upstairs.

Check our bulletin board or the
Clackamas County Event Cen-
ter website for more information
OR Lisa in person in our dining
room—she is available to an-
swer your questions on Thurs-
days, and is happy to talk with
you!

Healthy Body—Healthy You!

Looking forward to the summer months and those nice bright,
sunny days? This is a good time to refresh our memory with
some tips for healthy skin and safe practices to help avoid skin
cancer! Please read on to find out important information for
skin health for summer. *Timpra & Wendy*

Do What You Can to Protect Your Skin!

The Skin Cancer Foundation has always recommended using
a sunscreen with an SPF 15 or higher as one important part of
a complete sun protection regimen. Sunscreen alone is not
enough— here are some additional skin cancer prevention
tips:

Do not burn

Avoid tanning and UV tanning beds

Seek the shade, especially between 10 AM and 4 PM.

Cover up with clothing, including a broad-brimmed hat and
UV-blocking sunglasses.

Use a broad spectrum (UVA/UVB) sunscreen with an SPF
of 15 or higher every day. For extended outdoor activity, use a
water-resistant, broad spectrum (UVA/UVB) sunscreen with an
SPF of 30 or higher.

Apply 1 ounce (2 tablespoons) of sunscreen to your entire
body 30 minutes before going outside. Reapply every two
hours or immediately after swimming or excessive sweating.

Examine your skin head-to-toe every month.

See your physician every year for a professional skin exam.

Source <https://www.skincancer.org/prevention/sun-protection/prevention-guidelines>

Possible signs and symptoms of melanoma

The most important warning sign of melanoma is a new spot
on the skin or a spot that’s changing in size, shape, or color;
another important sign is a spot that looks different from all of
the other spots on your skin.

The **ABCDE rule** is another guide to the usual signs of mela-
noma. Be on the lookout and tell your doctor about spots that
have any of the following features:

A is for Asymmetry: One half of a mole or birthmark does not
match the other.

B is for Border: Edges are irregular, ragged, notched, or
blurred.

C is for Color: The color is not the same all over and may in-
clude shades of brown or black, or sometimes with patches of
pink, red, white, or blue.

D is for Diameter: The spot is larger than 6 millimeters across
(about ¼ inch – the size of a pencil eraser), although melano-
mas can sometimes be smaller than this.

E is for Evolving: The mole is changing in size, shape,
or color.

Other warning signs can include: A sore that does not heal;
Spread of pigment from the border of a spot into surrounding
skin; Redness or a new swelling beyond the border of the
mole; Change in sensation, such as itchiness, tenderness, or
pain; Change in the surface of a mole – scaliness, oozing,
bleeding, or the appearance of a lump or bump. If you have
any of these warning signs, have your skin checked by a doc-
tor.

Take the Quiz:

The Skin Cancer Quiz

Don’t be fooled by rumors and
misinformation about your
skin. Get the facts! Test your
knowledge of these 5 common
beliefs about skin cancer.

1. Skin cancer can almost
always be cured if it’s found
early. **True or False**

The Correct Answer is True.
The most common types of
skin cancer, basal cell can-
cers, squamous cell cancers,
and melanoma, can almost
always be cured in the early
stages – when they’re small
and have not spread..

2. Skin cancer is by far the
most common type of cancer
in the US?

True or False

The Correct Answer is True.
According to one estimate,
about 5.4 million cases of skin
cancer are diagnosed among
3.3 million people each year.

3. Skin cancer is not some-
thing young people have to
worry about.

True or False

The Correct Answer is False.
The risk of skin cancer does
go up with age, but these can-
cers are seen in younger peo-
ple, too. Melanoma is one of
the most common cancers in
young adults – especially
young women.

4. People with dark skin don’t
need to worry about skin can-
cer.

True or False

The Correct Answer is False.
Everyone’s skin and eyes can

be affected by the sun and
other forms of UV rays. Peo-
ple with light skin are much
more likely to have sun dam-
age, but darker-skinned peo-
ple, of any ethnicity, can be
affected, too. Having dark skin
lowers the risk of melanoma at
the more common sites.

5. Skin cancer is easy to see
– it always starts as a new
dark-colored bump that’s ten-
der.

True or False

The Correct Answer is False.
Skin cancers can show up in
many colors, shapes, and siz-
es. Basal cell cancers and
squamous cell cancers are
most often found in areas that
get a lot of sun, like the head,
neck, and arms, but they can
occur anywhere on the
body. Look for new growths,
spots, bumps, patches, or
sores that don’t heal after sev-
eral weeks.

The most important warning
sign for melanoma is a new
spot on the skin or a spot
that’s changing in size, shape,
or color. Another important
sign is a spot that looks differ-
ent from all of the other spots
on your skin. Be sure to show
a health care provider any
areas on your skin that con-
cern you and ask the provider
to look at areas that may be
hard for you to see. It’s some-
times hard to tell the differ-
ence between skin cancer and
an ordinary mole, even for
health care providers, so it’s
important to show a provider
any skin change that you are
unsure of.

Source: <https://www.cancer.org/cancer/skin-cancer/skin-cancer-quiz.html>

Resources and support:

Skin Cancer Foundation Toll-free number: 1-800-754-6490
(1-800-SKIN-490) Website: www.skincancer.org

American Academy of Dermatology (AAD)
Toll-free number: 1-888-462-3376 (1-888-462-DERM)
Spot Skin Cancer website: www.aad.org/spot-skin-cancer

Melanoma Research Foundation
Toll-free number: 1-877-673-6460
Website: www.melanoma.org



Menu -June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Spaghetti with Meat Sauce Tossed Greens Garlic Bread Baker's Choice Service Group: CAC Team	2
3	4 Pork Loin Potato & Gravy Tossed Greens Fiesta Vegetables Baker's Choice Service Group: St. Patrick's Church	5	6 Dairy Day Chicken Alfredo Fettuccini Caprice Salad Fresh Broccoli Ice Cream Service Group: Canby Police Dept.	7 Taco salad Tossed Greens Beans/Rice Butter Milk Custard Service Group: CAC Team	8 Breakfast for Lunch Assorted Quiche Fresh Fruit Muffin Service Group: Zion Mennonite	9
10	11 Baked Meat Loaf Bread Stuffing Three Bean Salad Tapioca Pudding Service Group: LDS 2nt Ward	12	13 Chicken & Dumplings Potatoes & Gravy Carrot Coin Salad Molasses Cookies Service Group: Canby Smiles	14 Cobb Salad Vegetable Soup Brownies Service Group: LDS Missionary	15 Father's Day BBQ Pork Ribs Bacon Green Beans Red Potato/Green Salad/Strawberry Short cake Service Group: CAC	16
17	18 Chicken Marsala over Linguine Pasta Mixed Vegetables Tossed Green Salad Ice Cream Service Group: LDS 1st Ward	19	20 Chef's Salad Vegetable Soup Sugar Cookies Service Group: Ratcliff Place	21 Hamburger Feed Baked Beans Potato Salad Broccoli Salad Chilled Fruit Service Group: Smyrna Church	22 Baked Fish Rice Pilaf Cole Slaw Wheat Roll Apple Cobbler Service Group: CAC Team	23
24	25 Pulled Pork Sand Cole Slaw Chilled Fruit Peach Crisp Service Group: Methodist Church	26	27 Golden Anniversary Chicken Cordon bleu Twice Baked Potatoes Roasted Asparagus Cheese Cake Service Group: CAC Team	28 Greek Chicken Salad Vegetable Soup Fresh Fruit Service Group: LDS Missionary	29 Birthday Day Roast Beef Red Potatoes Fresh Vegetables Carrot & Raisin B- day Cake Service Group: CAC	30



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

June 2018—Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Remember to mail your green post-card survey about your preference for receiving the newsletter!		Need a new smoke detector? Call Canby Fire at 503-266-5851 to get a new smoke detector installed at no charge!		1 9:00 Tai Chi 10:30 Senior Fitness 1:00 Pinochle	2
3	4 9:30 Senior Fitness 10:00 Blood Pressure 10:00 Woodworking Workshop 10:00 Footcare/Laverne 10:30 Sit & Be Fit 11:15 Fiddlers 1:00 Line Dance 1:00 Bridge	5 10:00 TOPS 10:00 Handiwork 10:30 Walk with Ease 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	6 Dairy Day Celebration 9:00 Tai Chi 9:00 Foot care with Patty 10:00 TMK Farm Visit 10:30 Senior Fitness 1:00 Movie: The Circle 2:00 Mahjong	7 10:00 Memoir Writing 10:30 Sit & Be Fit 10:30 Walk with Ease 1:00 Line Dancing 2:00 Trip: Rose Festival Float Making	8 9:00 Tai Chi 10:30 Senior Fitness 1:00 Pinochle	9
10	11 9:30 Senior Fitness 10:00 Woodworking Workshop 10:30 Sit & Be Fit 11:30 Music with Dennis 1:00 Line Dance 1:00 Bridge	12 10:00 TOPS 10:00 Handiwork 10:30 Walk with Ease 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	13 9:00 Tai Chi 10:30 Senior Fitness 1:00 Board Meeting 1:00 Legal Assistance 1:00 Movie- "Daddy's Home" 2:00 Mahjong	14 9:00 Hair with Tilly 10:30 Sit & Be Fit 10:30 Walk with Ease 11:15 Music with Jim 1:00 Line Dancing	15 Father's Day Lunch 9:00 Tai Chi 10:00 Regence Healthcare Mtg 10:30 Senior Fitness 1:00 Pinochle	16 Trip: 9 am Gun & Knife Show
17	18 9:30 Senior Fitness 10:00 Woodworking Workshop 10:00 Foot clinic-Laverne 10:00 Blood Pressure 10:30 Sit & Be Fit 11:15 Fiddlers 1:00 Line Dance 1:00 Bridge	19 9:30 Trip: Hopkins Demonstration Forest 10:00 TOPS 10:00 Handiwork 10:30 Walk with Ease 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	20 9:00 Tai Chi 9:00 Quilting with Suzie 9:00 Footcare/Patty 10:00 Newsletter Folders 10:30 Senior Fitness 1:00 Movie: "Kelly's Heroes" 2:00 Mahjong	21 10:00 Trip TMK Creamery 10:00 Memoir Writing 10:30 Sit & Be Fit 10:30 Walk with Ease 11:15 Music with Leta 1:00 Line Dancing	22 9:00 Tai Chi 10:30 Senior Fitness 1:00 Pinochle	23
24	25 9:30 Senior Fitness 10:00 Woodworking Workshop 10:00 Foot clinic-Laverne 10:00 Blood Pressure 10:30 Sit & Be Fit 11:15 Fiddlers 1:00 Line Dance 1:00 Bridge	26 9:15 Trip: Thyme Garden Luncheon 10:00 TOPS 10:00 Handiwork 10:30 Walk with Ease 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	27 9:00 Tai Chi 10:30 Senior Fitness 12:00 Golden Anniversary celebration 1:15 Movie: "My Big Fat Greek Wedding" 2:00 Mahjong	28 9:00 Hair with Tilly 10:30 Sit & Be Fit 10:30 Walk with Ease 12:00 Pie Raffle 1:00 Line Dancing	29 Birthday Lunch 9:00 Tai Chi 10:30 Senior Fitness 1:00 Pinochle	30

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). **Fact: 12 million, or 1 in 4 adults age 65 or older, have diabetes** – Source: *American Diabetes Association Fact Sheet*

Skin Care Highlights for Diabetics

Diabetes can affect every part of the body, including the skin. Sometimes skin problems can be the first sign that a person has diabetes. Luckily, most skin conditions can be prevented or easily treated if caught early. Some of these problems are skin conditions anyone can have, but people with diabetes get more easily and might include bacterial infections, fungal infections, and itching.

Some **bacterial infections** might include Styes (infections of the glands of the eyelid); boils; folliculitis (infections of the hair follicles); carbuncles (deep infections of the skin and the tissue underneath); and Infections around the nails

Inflamed tissues are usually hot, swollen, red, and painful. Several different organisms can cause infections, the most common being Staphylococcus bacteria, also called staph. Once, bacterial infections were life threatening, especially for people with diabetes but today it is rare, thanks to antibiotics and better methods of blood sugar control.

Even today, however, people with diabetes have more bacterial infections than other people do. Doctors believe people with diabetes can reduce their chances of these infections by practicing good skin care. *If you think you have a bacterial infection, see your doctor.*

The culprit in **fungal infections** of people with diabetes is often Candida albicans, a yeast-like fungus that can create itchy rashes, and sometimes tiny blisters and scales. These infections often occur in warm, moist folds of the skin. Problem areas are under the breasts, around the nails, between fingers and toes, in the corners of the mouth, under the foreskin (in uncircumcised men), and in the armpits and groin. Common fungal infections include jock itch, athlete's foot, ringworm (a ring-shaped itchy patch), and vaginal infection that causes itching. *If you think you have a yeast or fungal infection, call your doctor.*

Localized itching is often caused by diabetes. It can be caused by a yeast infection, dry skin, or poor circulation. When poor circulation the flow of blood through the body's blood vessels and heart is the cause of itching, the itchiest areas may be the lower parts of the legs. You may be able to treat itching yourself. Limit how often you bathe, particularly when the humidity is low. Use mild soap with moisturizer and apply skin cream after bathing.

As many as one-third of people with diabetes will have a skin disorder caused or affected by diabetes at some time in their lives. Most skin conditions can be prevented or easily treated if caught early. *Talk to your doctor if you have questions or concerns about skin changes or infection.*

There are several things you can do to prevent skin problems including: **Keep your diabetes well managed; Keeping skin clean and dry; Avoid very hot baths and showers.** (If your

Each month Wendy provides highlights, tips and other helpful information about diabetes and ways to help manage it effectively! This month's focus is skin care for diabetics which can sometimes be challenging! Read on to find out some facts and helpful skin care suggestions.

skin is dry, don't use bubble baths. Moisturizing soaps may help. Afterward, use a standard skin lotion—no lotions between toes , extra moisture there encourages fungus to grow.) **Prevent dry skin.** Scratching dry or itchy skin can open it up and allow infection to set in. Moisturize your skin to prevent chapping, especially in cold or windy weather. **Treat cuts right away.** Wash minor cuts with soap and water. Only use an antibiotic cream or ointment if your doctor says it's okay. Cover minor cuts with sterile gauze. See a doctor right away if you get a major cut, burn, or infection. During cold, dry months, keep your home more humid. Bathe less during this weather, if possible. **Use mild shampoos; Don't use** feminine hygiene sprays. **See a dermatologist** (skin doctor) about skin problems if you are not able to solve them yourself.; and **Take good care of your feet.** Check them every day for sores and cuts. Wear broad, flat shoes that fit well. Check your shoes for foreign objects before putting them on.

Talk to your doctor or dermatologist (skin doctor) if you are not able to solve a skin problem yourself.

Foil-Wrapped Vegetables and Chicken (or Fish)

Enhance an easy, healthy entrée with a delicious Greek yogurt marinade.
Serving Size 1 chicken or fish filet-vegetable packet
Prep time 20 minutes Cook time 15 minutes Servings 4

Ingredients
Boneless, skinless chicken breast halves or fish fillets (4—4-oz chicken breasts) 16 oz total
Fresh vegetables (such as broccoli and cauliflower florets, sliced carrots) 4 Cups
1 Lemon sliced 4 Sprigs fresh thyme
1 TBS Soy sauce ¼ tsp Red pepper flakes
Juice and zest from 1 lemon
2 TBS Fresh parsley (chopped)
5 oz Light & Fit peach mango or vanilla Greek nonfat yogurt with zero artificial sweeteners

Preheat oven to 400 degrees. For each packet/portion : Lay a 16x12-inch piece of foil out on a clean work surface. Top with 1 cup mixed vegetables, 1 chicken breast or fish filet, 2 slices of lemon, a sprig of fresh thyme.

In a small bowl, combine yogurt, lemon juice and zest, parsley, soy sauce and red pepper flakes. Spoon 3 TBS yogurt mixture over fish or chicken and fold foil over to enclose the mixture. Seal the edges and place packet on a sheet pan. Repeat process with remaining 3 packets. Bake packets in oven for 15 minutes. Remove from oven, open packets and serve while hot. Choices/Exchanges:1/2 Carbohydrate, 1 Non-starchy vegetable, 3 lean protein Calories 200

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 Winners:

5/7/2018	1st	Dale Williamson	2810
	2nd	Dixie Loper	2760

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 June 6th and June 27th

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 Experienced quilters with individual projects also welcome!

June 25th we are donating our quilts to Doernbecher Children's hospital!

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. This 9 week session continues every Tue/Thurs through **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!

Prompt: “Write a Column for Dear Abby”

Dear Abby,

All my young life I have wanted to become a nurse and devote myself to caring for the sick in spirit and body. I have garnered 2 scholarships to provide financially for part of my college training. But, lo and behold I met a wonderful guy who could easily become my life partner. He wants to marry and start a family. I am torn between making a decision about this? Any thoughts on this to help my situation?

Signed, “BEWILDERED IN BALTIMORE”

Dear Baltimore,

Clear all your thoughts of marriage and go for your nurses training. Grab the education that you earned and use it to better yourself and the world! You know people come and go in our lives, but SOLID DREAMS stay with us forever! You will always regret not going ahead with your desire to become a nurse and fulfill your dream. Perhaps this is not the right time to marry and give up so much that can never be recaptured. Good luck to you!

Gloria R.

The Crossover Generation

Mary B.

It struck me this morning why I am resisting putting my memories in the computer and printing them out. My generation learned to write on paper or typewriter and copy recipes and anything else we wanted and yes, we could do two copies at a time but carbon paper was messy and the second copy smudged. Along came the Ditto Machine and was messy and the paper copies faded with time. Now we have copy machines, less time consuming and neater but you have to learn to use a computer as typewriters are now obsolete and hard to find. The computers are easier to use and the eraser, when you make a mistake, is just a back-space.

For me it seems to be a resistance to change or the unknown. I am overcoming it and have more classes next month to learn and feel more comfortable using it. With all the updating the computers are making, I just can't keep up and believe I really don't want to. I believe most people in my generation use it only for games and e-mail or have smaller versions they carry with them to use like, Tablets or Smart Phones, which seem to get larger and larger.

We also have machines that have books in them and this is in the computer field— but for me, I like the feel of holding a book in my hands. Maybe it's all the updating? I have worked with my hands most of my life and change is difficult but I am trying, as it is part of living.

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!

“My Favorite Work of Art” by Maureen W.

I love all kinds of art. It is so pleasurable to wander about an art gallery or museum, whether it be a London gallery or the funky Hot Lake Hotel in Easter Oregon. I can lose myself in the beauty or profane.

Music of all kinds draws me in. A special pleasure is attending a performance of the Portland Baroque Orchestra and enjoying the expert playing of ancient instruments performing the music of the 1700's—Mozart, Hayden, Vivaldi or Brahms. I'm still re-living the Neil Diamond concert I attended years ago when I stood, clapping, for the entire performance. And remember jitterbugging?

Whether a drama, suspense, musical or comedy, I love a movie or play. Immersing myself into a story takes me away to another place and allows me to forget my problems—lifts me up!

But one outstanding thing that, above all others, I can call a favorite? Well, yes, as a matter of fact, there is one.

Years ago I was on a business trip to Washington D.C. In a free afternoon, I was collected by a friend. We did some sight-seeing together, had lunch and then he took me to the Phillip's Collection. We wandered around a little and then I turned into a big room—and there it was!! The Luncheon of the Boating Party by Pierre-Auguste Renoir. The most beautiful and intriguing painting I have ever seen.

It is huge and takes up a whole wall. I couldn't move for the longest time. Finally, I went into another room, got a chair and carried it in front of the painting. I sat there for the longest time, just drinking it in and feeling I was there. I thought I was the girl in the yellow hat, just leaning on the bannister and enjoying watching my friends have a lovely afternoon.

I have never forgotten that day! Of course, I bought a bag and a mug. The mug, sadly, got broken, but I carry the bag back and forth to the pool three times weekly.

In 2008, I read a book by Susan Vreeland called The luncheon of the Boating Party, which took me to nineteenth century France. She eloquently describes the trials of Renoir as he struggled to create his masterpiece. Everything from the agony of being a part of an evolving art genre to trying to scrape together the francs for a desired color of paint is lovingly described. As I took in her words I was again transported into that gallery where I sat, immersed in that scene, the girl in the yellow hat, leaning on a bannister and enjoying a lovely afternoon—The Luncheon of the Boating Party.

Around Town

Library Link

220 NW 2nd Ave., 503.266.3394

- ♦ Chess Club – every Thursday 11 am – 1pm; every Saturday 1 – 3 pm.
- ♦ Knitting and Crocheting – every Thursday at 4 pm.
- ♦ Intercambio – every Saturday at 11 am. Practice English or Spanish and help other learners in a friendly atmosphere.

Thelma's Starting New Support Group

Thelma's Place will offer a free support group the fourth Wednesday of each month from 6 to 7:30 pm at 352 NW Second St in Canby. The goal of the support group is to impart practical tools and coping strategies to families living with or caring for someone with Alzheimer's or other dementias. For more information, call Ellen or Tracie at 503.266.5100.

27th Annual Canby Wine, Food & Brew - JUNE 1–3

Clackamas County Fairgrounds, 694 NE 4th Ave, Main Pavilion, 4-H Exhibit Hall & Main Lawn

Come enjoy the sights, sounds, tastes and scents of wonderful Oregon wineries, artisans, nurseries & specialty foods at our 27th Annual Canby Wine, Food & Brew! Tastings have a minimum cost of \$1.

Admission is \$5 per person, free parking, children 15 and under admitted free! If you have questions, call 503-266-1136.

Summer Kick Off at Frontier Golf - Friday, June 8th — 2965 N Holly Street

Join us for a Swinging Good Time at Frontier Golf Course. Lunch and check in is 12:30pm, 4-person scramble, shotgun starts at 2:00pm. Cost is \$100 per team of four. Registration includes green fees, box lunch and tons of fun! The Hole in One Contest is on hole #6. Win \$10,000 in cash! Proceeds will benefit the Canby Area Chamber of Commerce. If you have questions, call Terri Gesik, 503-318-5482.

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: Discontinued until September 9th.

- ♦ **June 15th**—Father's Day BBQ, chicken or ribs, comes with homemade Potato Salad, Baked Beans, Cole Slaw and a bun, 5:30 pm-7:30 pm. \$12 for adults, \$6 for children 10 and under. Purchase tickets at the Legion or by calling Susie Voss at 503.266.7727 before June 12th.
- ♦ **Tuesday**—June 26th Veteran's Lunch at Legion at noon! Veteran's and their spouse (or care taker)

Oregon Renaissance Faire - June 9-10, 16-17 Clackamas County Fairgrounds, 694 NE 4th Ave

Gates open 10am-6pm. Registration fees are \$10-\$68. Children 5 and under are free!

An imaginative and interactive adventure modeled after elements from the Renaissance era, led by the beloved Queen of Scots, Mary Stewart. Patrons can experience village folk celebrating a visit from their Queen and her royal court with the sights, sounds, smells, era-appropriate music, demonstrations, a variety of entertainers, and the arts, crafts, wares, and lifestyles of the Renaissance era in Scotland. For more information, visit <http://www.oregonfaire.com/>

Relay for Life of South Clackamas County June 23, 2018 — 11:00am - 11:00pm at Wait Park

Relay for Life is a community based fundraiser for the American Cancer Society. It is also a day to celebrate those who have beaten cancer, remember those who we've lost, and lead the fight for a world without cancer. This year's theme is "Great American Block Party". For more information, visit <http://relayforlife.org/canbyor>.

The Class of 2018 Canby High School Graduation - Friday, June 8th, 7 pm – 9 pm. Congratulations and best wishes!



2017-2018 Donors: Donations of \$251+

In-kind Donors: Susan Doney, Janet Jeffries, MaryAnne Redding, Greg Snow

Gold Donors: Donations of \$101—\$250

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Marty Moretty
Russ Newcomer
Richard & Kathy Oathes
Mariah Olson
John Pursley
Bill & JoEllen Reif
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Shelly Taranoff
Johni Thayer
Howard Thomas
D'Anne Tofte
Earl & Suzie Voss
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Paul Davidhizer
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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

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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: _____