



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

**January 2019**

**CENTER STAFF**

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**CUSTODIAN**

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**Carol Clark**

**BUILDING MONITORS**

**June Nice**

**Carol Clark**

www.canbyadultcenter.org

503-266-2970

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## Director's Corner

Hello friends,

We're preparing this as we finalize our work and personal holiday plans, so I'll keep it brief: Hoping you all celebrate the holiday in style, surrounded by good food, music and loved ones. Check in at the Center after the first of the year to tackle those healthy New Year's resolutions:). We're here for good food, exercise and lots of wellness information and activities.

Ho, ho, ho!!! Kathy

### A Few Reminders:

**Shared Parking:** The New Year is a good time to remind Center users that we share our parking lot with the Swim Center. Please be aware that only the first row of parking that faces our building is ours to use—the rest of the parking spaces near the Swim Center are for the swim center users. You are welcome to park behind our building in either of the two lots. Thank you for your understanding.

### Center Closes at 3 pm December

**31st**— Just a reminder the Center will close *early*, 3 pm on Monday, December 31st—New Year's Eve. Wishing you a very happy New Year. Be safe!

### Center Closed January 10th and 21st

The Center is closed Thursday, January 10, for a mandatory staff training. No lunch will be served that day and no services for clients will be available. The center will open as usual Friday, January 11th. We are also closed on Monday, January 21st for Martin Luther King Jr. Day.

### AARP TAX APPOINTMENTS AVAILABLE SOON!

We are pleased that the AARP Tax Aide program will be here again this year. We will begin scheduling appointments January 14th, and tax clinic begins Friday, February 8th thru April 12th. Please note:

There has been a lot of confusion with passage of tax reform earlier this year. Remember that the reform applies only to your federal return, it does not affect your Oregon State tax return. Some people will probably be able to file with a standard deduction on the federal return but will need to itemize expenditures on their Oregon return, this is especially true for the senior tax payers.

You need to bring all your documentation, such as 1099's; W-2's, interest statements, medical expenses, list of donations separated by cash and property donated. Missing documentation will mean we need to send you home and you will need to try to come in on a different date/ time to complete your return. Please also bring your driver's license and last year's taxes with you even if your taxes were prepared at the Center last year. See you soon!

### Bingo Players—Important Announcement!

With Christmas Day and New Years Day both falling on Tuesdays—our next session of bingo is Tuesday, January 8th.

**Please note that beginning January 8th, bingo will start at 12:30 pm** (NOT at 1:00 pm). We are making this change for the winter months in the hope that it will help you in getting home before dark in this cold and often rainy weather. It might be especially helpful for those of you who use CAT transportation.

**You can begin purchasing bingo packets at 11:45 am**, and the games will begin promptly at 12:30 pm.

We hope this helps you get home safely while daylight is so short during the winter months.

# Services and Programs

## Daily Transport

Call between 8:30—9:00 a.m. Mon/Wed/Thurs/Friday if you need a ride to the Center and we will pick you up. We've added one more late morning pick-up time for those who just want to join us for lunch. Call between 8:30 and 10 am if you are coming for lunch only. We now offer a second run to take you home in the afternoons at 3 pm on Wednesday/Thursday/Friday.

## Transportation Reaching People - TRP

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

## Senior Companion Program

Volunteers visit seniors weekly, providing companionship, transportation and independence. If you are interested in volunteering, or if you need a companion, contact Client Services!

## Foot Clinic Choices

To schedule an appointment for your foot care needs, Call **503.266.2970**.

**LaVerne Lind** takes appointments this month on **January 7, 21, & 28th**.

**Patty Calcagno** takes appointments on **January 3rd** and no soaking tub is needed.

## Free Blood Pressure Checks

Usually the 1st and 3rd Monday of each month, but this month, it will be on Monday, **January 7th** from 10 am to noon! No appointment needed.

## Library

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

## Canby Adult Center Tours Available Now With Wendy!

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.

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

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

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

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

Beginning February 1st, there will be a price increase for Tilly's services:

\$18 Haircut & blow dry for women

\$15 Haircut for men . Buzz cut is \$13

\$5-\$14 for facial hair

You can schedule your appointment in person at the front desk or call 503.266.2970.

## Hearing Tests & Hearing Aid Cleaning — January 3rd

Audiologist Barbara Cahill will be here to give FREE hearing evaluations and clean hearing aids. This service is offered the first Thursday of each month, 10 am to noon. Sign up preferred but not required.

## Cranium Crunches — January 8th

Join us on the 2nd Tuesday of each month at 11:30 am for Cranium Crunches! Using trivia, riddles and other "brain-benders", this research based program will exercise important areas of the brain to keep it functioning appropriately for as long as possible.

# Classes and Activities

## WEEKLY CARD GAMES

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

## 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 two challenging DVD videos.  
*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, Hurshall Walls.  
*No fee—donations appreciated.*

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



## **“Let’s Dance” Line Dancing Classes: Monday, Tuesday & Thursday at 1:00**

No partner needed for these popular and fun line dancing classes! Mondays are geared toward beginners, and start with basics;

Tuesday and Thursday classes are for those with more experience. New dancers welcome!

*No fee—Donations accepted*

## **Quilting Class—January 2nd & 9th, 9am – 12:00pm**

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.

January 2—Bring fabric to make socks to share with Doernbecker Childrens Hospital. Experienced quilters with individual projects also welcome!

## **TOPS - Take Off Pounds Sensibly**

Every Tuesday: Weigh-in 8:30 am-9:45. Meetings from 10:00 am to 11:00 am. Membership is \$32 per year.

## **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. See Wendy if you have questions.

## **TUESDAY**

### **TOPS: Take Off Pounds Sensibly**

Meet every Tuesday: Weigh-in 8:30 to 9:45 am  
Membership \$32 per year Meetings 10 am to 11 am

**Handiwork Group Meets at 10 am:** Bring your own projects to work on while socializing with friends. Everyone welcome!

### **BINGO” Doors open at 11:45—NEW—WINTER HOURS games start at 12:30 pm**

**Regular games:** 1 packet \$5,  
2 packets \$8,  
3 packets \$10



**Special games:** \$2 for four games, 3 cards to a game, and payouts vary by number of games purchased.

**Minimum Payout:** \$5 per game for 7 – 11 players, \$7 per game for 12-18 players & it keeps going up!

**Black-out Bingo:** 1 number added every week!  
Maximum pot \$200, weekly \$20 consolation prize

## **WEDNESDAY**

### **Mahjong is back, every Wednesday at 2:00 pm!**

Join our group for a fun afternoon of mahjong—we supply the tiles, you have the fun! Beginners always welcome!  
*No fee*

## **THURSDAY**

**Memoir Writing Group at 10 am:** If you enjoy writing, this group is for you! Participants are given a topic 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**

This class has ended for the winter season. Class resumes in 2019. Watch future issues for all the details!

# Client Services—Resources & Support Groups

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



**Clackamas County Crisis Line & Clinic: 503 655 8585**

**Senior Loneliness Line**  
503 200 1633 or  
[www.SeniorLonelinessLine.org](http://www.SeniorLonelinessLine.org)

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

## Better Breathers Club First Monday each Month at 3 PM

If you've been diagnosed with COPD or another chronic lung disease consider attending the American Lung Association's Better Breathers Club at **3 pm the first Monday of the month** at Kaiser Sunnyside Campus/ Sunnybrook Medical Office 9900 SE Sunnyside Road Clackamas, 97015.

For more information contact Kathy Thurow, Club Facilitator at 503 571 2282 or [Kathy.1.thurow@kp.org](mailto:Kathy.1.thurow@kp.org).

## Grief Support Group One to Another

Grief support group for persons experiencing loss. The loss can be of a loved one through death or divorce, or loss of health, a relationship, job, self-esteem, home, identity, or other significant loss. Support group meets the 2nd and 4th Thursdays each month, 1:30pm to 3pm. at Pioneer Community Center, 615 Fifth Street, Oregon City For more information call 503 771 4341 <http://www.onetoanother.org> [joanne@onetoanother.org](mailto:joanne@onetoanother.org)

## The American Lung Association...



...has been helping people quit smoking for over 35 years through Freedom From Smoking®. Ranked as one of the most effective programs in the country, Freedom From Smoking has helped hundreds of thousands of people quit smoking for good and is now available in a variety of formats.

**Freedom From Smoking Plus:** Quit smoking with the click of a button through the new Freedom From Smoking **Plus**. A user-friendly interface helps you create a personal quit smoking plan on your desktop, tablet or smartphone. Through interactive features that include videos, quizzes and activities, Freedom From Smoking **Plus** walks you through the quitting process and offers a surround sound of support from our Lung HelpLine counselors and other quitters through our online community. See a free demo of this program at [FreedomFromSmoking.org](http://FreedomFromSmoking.org).

**Freedom From Smoking Group Clinics:** Our in-person Freedom From Smoking group clinics include eight sessions led by a certified facilitator with a small group of eight to 16 people and are held throughout the country. The program features a step-by-step plan for quitting smoking and each session is designed to help smokers gain control over their behavior. Because no single quit smoking plan is right for all smokers, the program presents a variety of evidence-based techniques for individuals to combine into their own plan to quit smoking. The clinic format also encourages participants to work on the process and problems of quitting both individually and as part of a group. To locate a program near you, contact:

### Support in Oregon

16037 SW Upper Boones Ferry Rd, Ste 165  
Tigard, OR 97224

**Telephone:** (503) 924-4094

**Email:** [infoMTP@Lung.org](mailto:infoMTP@Lung.org)

## You can quit smoking!

And the American Lung Association can help. There are now **more former smokers** in the United States than current smokers—and you could be one of them! One of the most effective quit smoking programs in the country, **Freedom From Smoking®** has a new online quit smoking experience with the new Freedom From Smoking Plus. The interactive program allows you to create a unique quit smoking plan on your computer, tablet or smartphone.

With videos, quizzes and activities, Freedom From Smoking Plus helps you quit smoking with a step-by step guide that includes:

- Knowing you are ready to quit
- Setting a quit date and making a plan
- Medications that can increase your success
- Lifestyle changes to help you quit
- Coping strategies for managing stress
- How to stay smoke free for good

In addition to the new online program, you can access Freedom From Smoking through **Group Clinics** (quit with a group of individuals under the guidance of an expert facilitator) or through a **Self-Guided Manual** (work at your own pace and on your own timeframe with the guidance of the Freedom From Smoking workbook).

With any program, you can lean on the supportive network of the American Lung Association. At any point in your quit smoking journey you can chat with other quitters anytime, anywhere through our online community or call the Lung Helpline to talk to a quit smoking counselor for individual attention and support.

Visit [Lung.org/ffs](http://Lung.org/ffs) or call 1-800-LUNGUSA for more information about the range of options that the American Lung Association has to help smokers quit. Quitting smoking isn't easy—but it's easier with the right help.

Access the new online program at **FreedomFromSmoking.org!**

You can also call the Oregon Tobacco Quit Line for help with quitting smoking, or the Lung Helpline. The Lung Helpline is staffed by registered nurses, respiratory therapists and tobacco trained specialists and is free and available in over 200 languages. The number to call is 1-800-586-4872 then press #2 to speak with a someone live.

# Board News and Announcements

## BOARD OF DIRECTORS 2018—2019

### CHAIR

#### Dave May

[dmay@utep.edu](mailto:dmay@utep.edu)  
(Term ends Sept 2019)

### VICE-CHAIR

#### Debbie Jewell

[dlijewell2@canby.com](mailto:dlijewell2@canby.com)  
(Term ends Sept 2021)

### TREASURER

#### William Reif

[billr@equitygroupteam.com](mailto:billr@equitygroupteam.com)  
(Term ends Sept 2019)

### SECRETARY

#### Ruth Howard

[frhoward6680@gmail.com](mailto:frhoward6680@gmail.com)  
(Term ends Sept 2020)

### Mark Adams

[mwadams@bhgpartners.com](mailto:mwadams@bhgpartners.com)  
(Term ends Sept 2019)

### Mary Bosch

[mbosch40@canby.com](mailto:mbosch40@canby.com)  
(Term ends Sept 2020)

### Jim Davis

[jimmik7@canby.com](mailto:jimmik7@canby.com)  
(Term ends Sept 2021)

### Johni Thayer

[johnit1940@gmail.com](mailto:johnit1940@gmail.com)  
(Term ends Sept 2021)

### Brenda Mootz

[mootzb@canby.com](mailto:mootzb@canby.com)  
(Term ends Sept 2020)

## Just a word about our Board ~

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

## Board Meeting Minutes excerpts from

Wednesday, December 12, 2018

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

**Directors excused:** David May  
**City Liaison:** Not present

**Staff Present:** Kathy Robinson  
**Guest Present:** None

The meeting was called to order by Debbie Jewell. It was established there was a full quorum. The minutes from the November 2018 board meeting were approved unanimously.

**Treasurer Report:** Available upon request. The report was accepted.

**Directors Report:** Full report is available upon request.

Kathy provided updates on services and programs, fundraising and administration. Special mention of the Canby Baseball team and their participation in leaf collection. They will be helping in the kitchen as well. The Holiday bazaar proceeds were up this year. Kathy attributes this increased success in part to an active social media presence. Kathy would like to clarify that the free meal on Christmas Day being held at the Adult Center is sponsored by a group of individuals in the community and not CAC.

**Old Business:** None

The regular business meeting was adjourned and the board moved to Executive Session.

**The next meeting is January 9, 2019, at 1pm.**

Submitted by Ruth Howard, Secretary

## Thank you one and All for a successful Holiday Bazaar!

Thanks to everyone who helped make our annual holiday bazaar a tremendous success.

We want to thank our many volunteers, our holiday decorators, our Tuesday crafting group, and individual and group donors; and all of our generous bakers, and of course, our shoppers!

## Thank You!!

## Volunteer Opportunity: 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. Requirements include: a current/valid 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!

***DISCLAIMER:*** In the normal course of our Center activities and events, there may be times when your likeness may be caught on video and/or camera. In addition, your likeness may be inadvertently used in, and or placed on a variety of media, i.e., YouTube, Twitter, Facebook, Instagram and the many others that exist. If you are not comfortable with this and/or you find that by chance your likeness has been used and want it removed, please contact the Center and we will gladly do all we can to remove you and/or your family's likeness.

# Speakers & Announcements

## Cranium Crunches Class Second Tuesday of Each Month



"Cranium Crunches" - a research based program with specifically designed activities that workout important areas of the brain, in an effort to combat symptoms of Alzheimer's & Dementia meets 2nd Tuesday of each month at 11:30 am.

Trivia, riddles and other "brain-benders," give your brain the exercise it needs to function appropriately, for as long as possible! Exercising your brain is just as important as physical fitness, which makes Cranium Crunches a MUST for anyone who wants to stay fit!

Jenn Fifer, Social Services Liaison for Home Instead Senior Care, facilitates these sessions.

**Sign up preferred - at the front desk or call 503 266 2970**

**No fee**

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## Local Bridge Groups Seek More Players!

Several local area afternoon bridge groups are looking for additional members to add to their regular games. If you are interested in playing more often, either as a regular member or as an alternate, please call Dale Williamson at 503-263-3729 for more information and all the details.

Thanks for your help!

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## Items on "the bench"

While we gladly accept your in-kind donations, such as fruit, vegetables, **current** magazines, books, and other usable (and not broken) items that center users might appreciate—we ask that you limit items left outside on "the bench" to things that you would be willing to use yourself. If you would not be willing to use the item—please don't leave it on our bench:

### We do NOT accept:

- Durable medical equipment** (canes, walkers, wheelchairs);
- Clothing** (can be donated to Canby Center or Kiwanis Thrift Shop)
- Furniture** (can be donated to Kiwanis)
- Egg cartons** (can be recycled)
- Plastic sacks** (Fred Meyer recycles these)
- Packing/mailling materials**
- Spoiled or out-dated food products**
- Diabetes supplies**
- Medications**

**We DO have a donation bin, inside the Center, supplied by the Lions Club so that we are able to accept used eye-glasses and hearing aids.**

Thanks for your understanding!

## 8 Ways to Cope With Winter Blues

If the chilly, gloomy days of winter make you want to curl up under the covers and stay there until the sun shines again, you're not alone. During our dark and rainy Pacific Northwest winters, we get less of the mood-boosting help of sunlight. Here are 8 suggestions to help you beat the blues when the short, dark days are getting you down:

**1. Exercise**—Bundle up for a walk, swim indoors, or head to the gym. Exercise can work as well as antidepressants in fighting mild-to-moderate depression.

**2. Check your vitamin D levels**—Sun-light is a source of [vitamin D](#), a nutrient linked to sharper thinking and better emotional health. Check with your doctor about whether a vitamin D supplement is right for you.

**3. Get light therapy**—Give yourself every opportunity for daylight, such as placing exercise equipment or your work area near a window. Lamps that simulate natural light can also help.

**4. Eat a healthy diet**—Complex carbohydrates such as whole grains can boost your energy and are vital year round. Fruits and veggies of deep green or orange, like broccoli, kale, and carrots, have nutrients that promote better mood and total health.

**5. Stimulate your senses**—Some people find that painting their walls a bright color — or even their nails — can improve their outlook. Scents can add to your feeling of well-being; try peppermint essential oil or some other energizing scent.

**6. Nurture your spirit**—Slow down and curl up in a cozy chair with a good book or write in your journal.

**7. Head to a sunnier climate**—If time and budget allow, plan a midwinter visit to a warmer, sunnier climate.

**8. See a therapist**—A therapist can help you train your brain to think more positively, which can also make you feel better physically.

If you feel more than just a little down each winter, with symptoms such as missing work or struggling with even simple day-to-day tasks, you may have [seasonal affective disorder \(SAD\)](#) or winter depression. For some people, the lack of sunlight upsets the body's ability to keep its complex chemistry and biological rhythms in sync; the body doesn't know when to be active and when to rest anymore.

If you're trying to help yourself feel better but it isn't working, you might want to see your doctor who could recommend other treatments.

Kaiser Permanente physician Amado Daylo, MD and (Assistant Medical Director of Behavioral Health Services) Source: <https://wa-health.kaiserpermanente.org/tips-sad-coping-with-dark-days/>



# Movies, Music & More

## January Movies

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

January 2<sup>nd</sup> – **Priceless**. A widower who loses custody of his daughter finds himself unable to hold down a job. He agrees to drive a truck across the country, no questions asked. But when he discovers what he is delivering, he is faced with a life-changing choice. The GMA Awards voted this most inspirational film of the year!

January 9<sup>th</sup> – **The Proposal**, starring Ryan Reynolds, Sandra Bullock and Betty White. A pushy boss forces her young assistant to marry her in order to keep her visa status in the U.S. and avoid deportation to Canada. Betty White, who celebrates her 97th birthday on January 17<sup>th</sup>, has a hilarious role as grandmother to the groom.

January 16<sup>th</sup> – **Selma**, starring David Oyelowo and Tim Roth. A chronicle of Dr. **Martin Luther King, Jr.**'s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama, in 1965.

January 23<sup>rd</sup>: **9 to 5**, starring Dolly Parton, Jane Fonda and Lily Tomlin. Three female employees of a sexist, egotistical, lying, hypocritical bigot find a way to turn the tables on him. The amazing Miss Dolly turns 73 on January 19<sup>th</sup>!

January 30<sup>th</sup>: **Florence Foster Jenkins**, starring Meryl Streep and Hugh Grant. The story of Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice.

On these stormy, gray and rainy Friday afternoon, join us for a special series for January ... **That's right—  
“Bond, James Bond”...**

January 4<sup>th</sup> – **Dr. No**, starring Sean Connery and Ursula Andress. A resourceful British government agent seeks answers in a case involving the disappearance of a colleague and the disruption of the American space program.

January 11<sup>th</sup> – **From Russia with Love**, starring Sean Connery. James Bond willingly falls into an assassination ploy involving a naive Russian beauty in order to retrieve a Soviet encryption device that was stolen by SPECTRE.

January 18<sup>th</sup> – **Goldfinger**, starring Sean Connery and Honor Blackman. While investigating a gold magnate's smuggling, James Bond uncovers a plot to contaminate the Fort Knox gold reserve.

January 25<sup>th</sup> – **Diamonds are Forever**, starring Sean Connery and Jill St John. A diamond smuggling investigation leads James Bond to Las Vegas, where he uncovers an evil plot involving a rich business tycoon.

## Monthly Music Line-Up

January 14<sup>th</sup> and 28<sup>th</sup> from 11:30—  
Dennis Stafford—classic country and cowboy, comes to us for special music. Don't miss this— Dennis has generously agreed to join us twice each month while the “Fiddling Friends” are on break for the winter—Thanks Dennis! Check back for the second date in December.

January 17<sup>th</sup> Jim Wilkey— Gospel & Country!

January 24<sup>th</sup> “Accordion to Go” with Leta. “Classics & Favorites” for everyone to Enjoy!

### Pie Raffle— January 23rd

#### National Pie Day—Pie is Chef's Choice

Made fresh and ready for you to take home on  
**Wednesday, January 23rd —the raffle drawing is at noon!**  
You must be present to win.

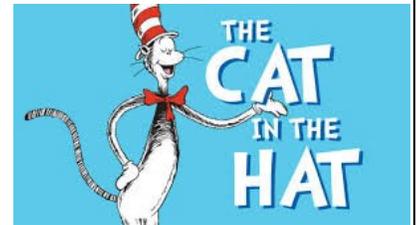
**Pie Raffle Tickets: 25-cents each or 5 for \$1.**  
**Congratulations to Howard Mudder; Mary Ann Kropf;**  
Roberta Beauchamp and Betty Nolz  
winners of our Pecan Pies!

**Movie Requests Accepted:** If you'd like to see a particular movie or a movie/TV series, chances are we can find it for you using our “Amazon Prime” subscription! Just 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.

### Celebrate with us National Hat Day— Wednesday, January 16th

If you have a favorite hat, funny hat, dressy hat—now's your chance to show it off! We're celebrating National Hat day on January 16th (it's the 15th actually but we're celebrating it the 16th).

Tall, short, funny, fancy—wear any hat, cowboy hat, baseball cap, - we'll have a chance for you to show off your hat at lunch and we're looking forward to seeing Your hat!!!



# January Trips—sign up from Monday, December 31, 2018

## **TRIPS GUIDANCE :**

Please take note of the following procedures:

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

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

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

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

Trips involving advance ticket booking by the Center, or a required bus fee **MUST** be paid in advance before your name goes on the list.

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

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

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!

## **WALMART, Bi-mart, Goodwill Shopping**

**January 8, 2019**

We offer a once a month 1<sup>st</sup> Tuesday - no frills shopping trip to Walmart, Bi-Mart, and Goodwill stores. We spend 1 hour at each stop to fill your once a month shopping needs. We will not be making an extra stop for lunch this day.

Depart: 9 am  
Cost: FREE

Return: 1:30 pm  
Bus Fee: Donations Accepted

## **King Tut Exhibit at OMSI**

**January 8, 2019**

**The Discovery of King Tut**— The Discovery of King Tut takes visitors on a once-in-a-lifetime expedition into the history of ancient Egypt to experience the treasures of Tutankhamun and his famous tomb chambers, as they were when discovered in 1922 by archaeologist Howard Carter. Bring money for lunch (or bring your own lunch).

Depart: 10:45 am  
Cost: \$18 (pay at sign up)

Return: 2:30pm  
Bus Fee: \$5 (pay at sign up)

## **Chang's Mongolian Grill Dinner**

**January 16, 2019**

Mongolian Grill has been delivering unique, interactive dining experiences that set them apart from the competition and has made them the world's number one Create Your Own Stir-Fry restaurant. Their Asian cuisine lets you have total control of portions, exact food you desire, and your sauce. We'll watch as the chefs cook our dinner that evening. Lots of fun!

Depart: 4:45pm  
Cost: Bring money for dinner

Return: 8 pm  
Bus Fee: Donations Accepted

## **Jewell Elk Reserve Hayride and Camp 18 (We're feeding the elk!)**

**January 24, 2019**

We're going to view the elk, learn more about them from a friendly park Ranger, then go on to lunch to Camp 18! Jewell Meadows Wildlife Area is managed to provide winter habitat and supplemental feeding for Roosevelt elk. **NEW THIS YEAR\*\*\* LYNNE GOT US A SEAT ON THE HAYWAGON FEEDING THE ELK\*\*\*\*** The wildlife area's purpose is to protect and enhance habitat to benefit native wildlife species, to reduce wildlife damage to adjacent properties, and to provide the public with an opportunity to observe wildlife in a natural setting. Bring money for lunch at Camp 18 (or bring your own lunch).

Depart: 7AM  
Cost: Bring money for lunch

Return: 3:30 PM  
Bus Fee: \$10 (pay at sign up)

## **Bob's Red Mill and Dave's Killer Bread**

**January 29, 2019**

Come and learn about the wonderful world of stone grinding whole grains on a free guided tour of the BRM manufacturing facility. Their friendly 'Grain Guides' provide you with a brief history of how Bob and Charlee Moore championed the goodness of simple, natural whole grains and created a company now respected around the world. Bring money for lunch (or bring your own) at Bob's Red Mill restaurant and store. We'll make sure to visit Dave's Killer bread outlet store also.

Depart: 9 AM  
Cost: Bring money for lunch

Return: 2:30 pm  
Bus Fee: Donations Accepted

# Menu—January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>NEW YEAR'S EVE</b>	1	2 Chick Caesar Salad Tossed Romaine Vegetable Soup Peach Cobbler  Serving Group: Canby Police	3 Pork Loin Rice Pilaf Cole Slaw Fresh Fruit  Serving Group: CAC Team	4 Roast Beef Potatoes & Gravy Cucumber Salad Chefs Choice Dessert  Serving Group: CAC Team	5
6	7 Baked Meat Loaf Baked Potatoes Marinated Bean Salad Tapioca Pudding  Serving Group: St. Patrick's Church	8	9 Taco salad Tossed Greens Beans Butter Milk Custard  Serving Group: Canby Smiles	10 Baked Fish with Rice Fresh Broccoli Cole Slaw Jell-O Cake  Serving Group: CAC Team	11 Spaghetti with Meat Sauce Tossed Greens Baker's Choice  Serving Group: Zion Mennonite	12
13	14 Baked Ham Scalloped Potatoes Jell-O Salad Lemon Bars  Serving Group: LDS 2nd Ward	15	16 Chicken & Dumplings Mashed Potatoes Carrot Coin Salad Pears  Serving Group: Rackcleff Place Pacific Medical group	17 Baked Tilapia Rice Pilaf Mixed Vegetables Cole Slaw Carrot Cake  Serving Group: Smyrna Church	18 Salisbury Steak New Potatoes Tossed Greens Baker's Choice  Serving Group: CAC Team	19
20	21 Chicken Marsala over Linguine Pasta Mixed Vegetables Mushroom artichoke salad Ice Cream  Serving Group: LDS1st Ward	22	23 Cobb Salad Vegetable Soup Chocolate Ore Cheesecake  Serving Group: CAC Team	24 Hamburger Feed Broccoli Salad Potato Salad Apple Crisp  Serving Group: CAC Team	25 Teriyaki Pork Tips Steamed Rice Fortune Cookie  Serving Group: CAC Team	26
27	28 Chicken Cacciatore with Pasta Tossed Greens Oatmeal Cookies  Service Group: Methodist Church	29	30 Grilled Ham & Cheese Tomato Basil Soup Cucumber Tomato Sal- ad Cheese Cake  Serving Group CAC Team	31 Roasted Turkey Mashed Potatoes Green Beans Bread Pudding  Serving Group: CAC Team	Menu may be Subject To change...  Thank You Chef Hurley	



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

# Activities—January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <b>Center Closed</b>  <b>Happy New Year!</b>	<b>2</b> 9:00 Tai Chi 9:00 Footcare-Patty 9:00 Quilt with Suzie 10:30 Senior Fitness 1:00 Movie-Priceless 1:00 Diabetes prevent.  2:00 Mahjong	<b>3</b> 9:00 Haircuts w/Tilly 10:00 Memoir Writing 10:30 Sit & Be Fit 1:00 Line Dancing	<b>4</b> 9:00 Tai Chi 10:30 Senior Fitness 1:00 Pinochle  1:00 Movie: Dr. No	<b>5</b>
<b>6</b>	<b>7</b> 9:30 Senior Fitness 10:00 Footcare-LaVerne 10:00 Blood Pressure Clinic 10:00 Woodworking Workshop 10:30 Sit & Be Fit 1:00 Line Dance 1:00 Bridge	<b>8</b> 9:00 Shopping Shuttle 10:00 TOPS 10:00 Handiwork 10:45 Trip: OMSI 11:30 Cranium Crunches 12:00 Clogging 12:30 Bingo 1:00 Line Dance 1:00 Pinochle	<b>9</b> 9:00 Tai Chi 9:00 Quilt with Suzie 10:30 Senior Fitness 1:00 Movie: The Proposal 1:00 Diabetes prevent.  1:00 Board Meeting 1:00 Legal Assistance 2:00 Mahjong	<b>10</b>  <b>CENTER CLOSED</b>  <b>MANDATORY STAFF TRAINING DAY</b>	<b>11</b> 9:00 Tai Chi 10:30 Senior Fitness 1:00 Pinochle  1:00 Movie: From Russia With Love	<b>12</b>
<b>13</b>	<b>14</b> 8:30 Tax Appointment Scheduling begins 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	<b>15</b> 10:00 TOPS 10:00 Handiwork 12:00 Clogging 12:30 Bingo 1:00 Line Dance 1:00 Pinochle	<b>16 National Hat Day</b> Wear your favorite Hat  9:00 Tai Chi 10:30 Senior Fitness 1:00 Movie: Selma 1:00 Diabetes Prevent.  2:00 Mahjong 4:45 Trip: Chang's	<b>17</b> 10:30 Sit & Be Fit 11:15 Music with Jim 1:00 Line Dancing	<b>18</b> 9:00 Tai Chi 10:30 Senior Fitness 1:00 Pinochle  1:00 Movie: Goldfinger	<b>19</b>
<b>20</b>	<b>21</b>  <b>CENTER CLOSED</b>  <b>MARTIN LUTHER KING JR DAY</b>	<b>22</b> 10:00 TOPS 10:00 Handiwork 12:00 Clogging 12:30 Bingo 1:00 Line Dance 1:00 Pinochle	<b>23 Pie Raffle</b> 9:00 Tai Chi 10:00 Newsletter Folders 10:30 Senior Fitness 12:00 Pie Raffle 1:00 Movie: 9 to 5  1:00 Diabetes prevent.  2:00 Mahjong	<b>24</b> 7:00 Trip; Elk Reserve 9:00 Haircuts w/Tilly 10:30 Sit & Be Fit 11:15 Music with Leta 1:00 Line Dancing	<b>25</b> 9:00 Tai Chi 10:30 Senior Fitness 1:00 Pinochle 1:00 Movie: Diamonds are Forever	<b>26</b>
<b>27</b>	<b>28</b> 9:30 Senior Fitness 10:00 Footcare-LaVerne 10:00 Woodworking Workshop 10:30 Sit & Be Fit 11:30 Music with Dennis 1:00 Line Dance 1:00 Bridge	<b>29</b> 9:00 Trip: Bob's Red Mill 10:00 TOPS 10:00 Handiwork 12:00 Clogging 12:30 Bingo 1:00 Line Dance 1:00 Pinochle	<b>30</b> 10:30 Senior Fitness 1:00 Movie: Florence Foster Jenkins  1:00 Diabetes prevent.  2:00 Mahjong	<b>31 Birthday Lunch</b> 10:30 Sit & Be Fit 1:00 Line Dancing	<b>QUILTERS:</b> The quilt group now meets the 1st and 2nd Wednesday each month!	

# This & That

## Taekwon-do Classes every Tuesday/Thursday Evening—6 to 7:30 pm

Learn the Korean martial art of U.S.T.F Taekwon-Do at the Canby Adult Center. Benefits include: exercise, flexibility, balance, self-defense techniques and strategies!

Tuesday and Thursday 6 p.m. to 7:30 p.m. Classes available for Ages 7 and up. Fee: \$50/month. Walk-ins welcome!

### Local Senior Services: Senior Discounts Available at:

Restaurants: A&W / KFC    Burgerville    Subway

Taco Bell

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

#### Grocery Stores

Cutsforth's Thriftway: Every Tuesday with rewards card!

Canby Fred Meyer: First Tuesday of each Month.

Your shopping benefits the Adult Center if you've signed up for Fred Meyer Community Rewards

**In-Home Senior Service: "Miles of Styles"**— Licensed hair-stylist, Tilly, provides haircuts, beard trims, styling, perms and other haircare services right in your home. Tilly also provides services at CAC several Thursdays each month. Call Tilly at 971-261-8855 for more information and pricing for in-home services.

[License no: COS-CI-10146469 & COS-HA-985111]



## Happy January Birthdays!

Sally Hamilton	1	Sharon Cook	16
Laura Sullivan	1	Henry Deetz	17
Charlotte Johnston	2	Larry Hepler	17
MaryJo Dehaze	2	Ann Hodges	17
Betty Keys	2	Judy Elvey	17
Gloria Altenhofen	3	Laude Hill	18
Gretchen Raney	4	Joe Casale	18
Chris Boon	5	Merle Henn	18
Sharon Wright	5	Wilma Smith	18
Debbie Berkner	5	Valerie Aune	19
Rose Rykken	5	Ron Johnston	19
Donna Peterson-Nagl	6	Janet Adrian	20
Marilyn Burkhart	7	Bobbie Hatfield	20
Karen Holzschuh	7	Jan Weeks	21
Sally Maxwell	7	Ardeth Woods	21
Carol Schreiner	7	Jeene Guerra	22
Patty Hatfield	8	Kitty Moore	22
Nori Zieg	9	Jerrell Mills	23
Dale Harvey	11	Martha Vaught	23
Ken Thompson	12	Jerry Mootz	25
Millie Reser	13	Joan Perinchief	25
Mernie Martin	15	Walter Strobel	25
Ilse-dore Vaughn	15	Jeaninne Glennon	26
Joe Ballas	16	Judy Garner	28

## Audrey's Brined Carrot Salad

### Brine:

1/2 c apple cider vinegar  
1/2 c water  
1/4 c sugar or honey  
1 T salt  
2 whole garlic cloves halved

Boil until sugar and salt dissolve completely.

4 c carrots julienned  
1 c green bell peppers julienned  
1 small can pimentos, rinsed and drained  
1/2 c finely chopped red onions  
1 bunch cilantro chopped

### Dressing:

1/2 c Pineapple juice concentrate  
1/4 c water  
Juice and zest of 1 lime  
1/2 c salad oil  
1 t cumin  
1 t coriander  
1/2 t pepper  
1/2 c cooled brine  
Wisk together all ingredients.

### Directions:

Pour hot brine over carrots and let cool to room temperature. Remove garlic and discard.

Drain carrots, reserve 1/2 c brine to add to dressing.

Toss all vegetables together with dressing. Garnish with chopped cilantro. May be served chilled or at room temperature.

Enjoy!

**Facts for Carrots.** Carrots are an excellent source of beta-carotene, and contain high amount of fiber. Beta carotene is important for eyesight, skin health, and normal growth. Carrots are a good source of fiber, vitamin C and potassium, as well as vitamin B6, folate, and several minerals including calcium and magnesium.



Rita Corcoran 28  
Midge Clark 30

Thanks to Chris Boon, Medicare Insurance Broker, for providing Birthday cake each month!

# Winter Fun & Facts

Winter word scramble: Unscramble the words and write your answers below:

QUESTIONS	ANSWERS
1. LOCD	1. _____
2. ETAHER	2. _____
3. ATCO	3. _____
4. AOENSS	4. _____
5. WOSN	5. _____
6. ICCRAT	6. _____
7. CIE	7. _____
8. SARFC	8. _____
9. IDLAZRZB	9. _____
10. EZREFE	10. _____
11. LKNEFWSAO	11. _____
12. TRSFO	12. _____
13. KSI	13. _____
14. IABRETHEN	14. _____
15. OSDNWARBO	15. _____
16. FREI	16. _____
17. IECILC	17. _____
18. SGEOLV	18. _____
19. SNNWMAO	19. _____
20. SREATWE	20. _____

## Answers listed below:

- |                    |                      |
|--------------------|----------------------|
| 1. <b>Cold</b>     | 11. <b>Snowflake</b> |
| 2. <b>Heater</b>   | 12. <b>Frost</b>     |
| 3. <b>Coat</b>     | 13. <b>Ski</b>       |
| 4. <b>Season</b>   | 14. <b>Hibernate</b> |
| 5. <b>Snow</b>     | 15. <b>Snowboard</b> |
| 6. <b>Arctic</b>   | 16. <b>Fire</b>      |
| 7. <b>Ice</b>      | 17. <b>Icicle</b>    |
| 8. <b>Scarf</b>    | 18. <b>Gloves</b>    |
| 9. <b>Blizzard</b> | 19. <b>Snowman</b>   |
| 10. <b>Freeze</b>  | 20. <b>Sweater</b>   |

## Surprising Facts About Winter Weather

**Snowflakes come in all sizes:** The average snowflake ranges from a size slightly smaller than a penny to the width of a human hair. But according to some unverified sources they can grow much larger. Witnesses of a snowstorm in Fort Keogh, Montana in 1887 claimed to see milk-pan sized crystals fall from the sky. If true that would make them the largest snowflakes ever spotted, at around 15 inches wide.

**A little water can add up to a lot of snow:** The air doesn't need to be super moist to produce impressive amounts of snow. Unlike plain rainfall, a bank of fluffy snow contains lots of air that adds to its bulk. That's why what would have been an inch of rain in the summer equals about 10 inches of snow in the colder months.

**It doesn't take long for the temperature to drop:** Don't take mild conditions in the middle of January as an excuse to leave home without a jacket. Rapid City, South Dakota's weather records from January 10, 1911, show just how fast temperatures can plummet. The day started out at a pleasant 55°F, then over the course of 15 minutes a wicked cold front brought the temperature down to 8 degrees. That day still holds the record for quickest cold snap in history.

**The earth is closest to the sun during the winter:** Every January (the start of the winter season in the northern hemisphere) the Earth reaches the point in its orbit that's nearest to the Sun. Despite some common misconceptions, the seasonal drop in temperature has nothing to do with the distance of our planet to the Sun. It instead has everything to do with which direction the Earth's axis is tilting, which is why the two hemispheres experience winter at different times of the year.

**More than 22 million tons of salt are used on U.S. roads each winter:** That comes out to about 137 pounds of salt per person.

**There's a difference between freezing rain and sleet:** Freezing rain and sleet can both have scary effects on driving conditions, but their formations differ in some key ways. Both types of precipitation occur when rain formed in warm air in the sky passes through a layer of cold air near the ground. Thicker layers of cold air create sleet, a slushy form of water that's semi-frozen by the time it reaches the Earth. Thinner layers don't give rain enough time to freeze until it hits the surface of the ground—it then forms a thin coat of ice wherever it lands.



# Healthy Body—Healthy You!

It's that time of year when people like to think about the new year ahead and making resolutions for positive changes! All too often we make resolutions and then just days later find we are unable to keep those resolutions. The information below is

meant to help you think about making *healthy* resolutions for the New Year— and help you with a healthy body and healthy you for 2019. Happy New Year!

Wendy & Timpra



## Healthy New Year's Resolutions for Older Adults

Happy New Year! It's not uncommon to hear of health resolutions like exercise more, lose weight, quit smoking or eat healthier. Health goals like these are important to become and stay healthy; so, if one or more of these items is on your personal goal list, hopefully this will encourage you! Here are the top 10 healthy New Year's resolutions for older adults recommended by the *American Geriatrics Society's Health in Aging Foundation*.

**Eat Healthier:** As you age, your body still requires healthy foods, but you need fewer calories. Strive to eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats. Eat at least five servings of fruits and vegetables each day in a variety of colors. Eat nuts and beans daily along with fiber-rich whole grain bread, brown rice, and whole-grain pasta. Try to avoid fatty meats by choosing lean-meat options like chicken or turkey. Also, you can eat heart-healthy fish a couple of times each week. Add sources of calcium and Vitamin D to your diet like milk, yogurt or cheese. Healthy fats are great options (like olive and canola oils). You can spice up food to add extra flavoring when cooking, and you can seek out healthy choices through your physician or a dietitian.

**Consider Dietary Supplements and/or a Multivitamin**  
Consult your healthcare provider regarding any supplements or vitamins that you would benefit from. There are over-the-counter options that may be helpful in your quest to stay as healthy and strong as possible.

**Be Active:** Even if you have a diagnosis that impacts your health (like heart disease, diabetes or arthritis), physical activity can still be safe for older adults. If so, this is encouraged and can often help with some of the symptoms related to these conditions. There are local resources available for you to explore exercise opportunities, such as the fitness opportunities offered at The Canby Adult Center. In addition, check with your physician, local gyms, or see if there's a Silver Sneakers program in your area. <https://www.silversneakers.com/>

**Visit your Healthcare Provider:** As a rule of thumb, you should schedule an annual wellness check with your healthcare provider around your birthday. At this visit you can discuss any changes or concerns that you may have, the current medications that you're taking, and any recommended health screenings or immunizations. The screenings may test your hearing, vision, or other conditions such as osteoporosis or breast or colon cancer. Of course, if you have any concerns about your health you should schedule an appointment with your provider right away.

**Limit Your Alcohol:** At any age, excessive alcohol consumption should be avoided as it can make you feel depressed, cause trouble sleeping, make you feel physically ill, and cause overall health problems. Older adults should be extra careful because it can interact with medications and increase your risk of falling. One drink is considered 12 ounces of standard beer, 5 ounces of wine, or 1.5 ounces of hard liquor. Older men should limit their intake to no more than 2 drinks daily, and older women to 1 drink daily. (There are variables to this based on other factors, such as weight.)

**Prevent a Fall:** Falls are the leading cause of injuries in older adults, and in fact, one in three older adults fall each year. There are steps you can take to help prevent a fall as well as exercises that can increase your strength, balance and flexibility. Check with your healthcare provider regarding medications you may be taking that increase your chance of falling. Remove items like rugs from the home that can cause you to trip and fall, and add night lights to help you see better in the dark. You can also install grab bars in the shower and seek out other equipment that may help with mobility.

**Keep Your Brain Busy:** The more you use your brain, the better it works. There are plenty of things you can do to engage your mind like read, do crossword puzzles or play solitaire or Sudoku. Socialization is also a great way to give your brain a boost, so explore social opportunities in your area such as clubs or senior center discussions. You could also volunteer, take a community education class, or even take a college course. Some colleges offer free courses for senior citizens.

**Stop Smoking:** It's safe to say that if you're a smoker, you already know that it's a bad habit. Many older adults who smoke have been smoking most of their adult life. It's never too late to quit! You can still reduce health problems, breathe easier, increase your energy and sleep more soundly if you stop smoking. Ask your healthcare provider for help with this. Even if you haven't succeeded at quitting in the past, you shouldn't give up hope. On average, most smokers who successfully stop smoking tried 4 times to quit before they gave up the habit. You can access <https://smokefree.gov/> for additional resources.

**Speak Up About Your Mental Health:** About 1 in 5 older adults suffer from depression or anxiety. Some signs of depression are ongoing feelings of sadness, fatigue, changes in appetite, or losing the desire to do things that you enjoy. Also, you may have difficulty sleeping, feel worried or irritable, or a desire to isolate yourself. Talk to your support network and your healthcare provider if you're struggling, or if you're experiencing any of these signs for more than two weeks.

**Get Adequate Sleep:** It's important to get enough sleep to feel your best. Older adults should get 7-8 hours of sleep each night. Avoid daytime naps if this keeps you up during the night. You can access <https://sleepfoundation.org/> for additional information and tips on how to sleep better. You should contact your medical provider if you have ongoing issues with getting adequate sleep.

Source: [healthinaging.org](http://healthinaging.org)

# Memoir Writing—Sharing

## Greetings from Canby Adult Center Memoir Writing Group!

This group meets the first and third Thursday of each month at 10 am for discussion and writing. Class facilitator, Barb Isom, leads the class and provides a prompt to get you started! A great time to record memories!

### What's Best About Being My Age at this Time in My Life

As the snowflakes are gently falling to the ground this cold January day, I am thinking of all the blessings that come with being a "little old Grandma lady." I have seen many winters like this when the roads are frozen with ice, the howling winds manage to find every crack in the house and set our bones to aching. It becomes difficult to follow a routine for the household tasks and sometimes we, ourselves, become lethargic and fall into a mental funk.

To me the snow covers the world in a fresh blanket of new thoughts and hope. It reminds me of how relaxing life can be at this age. I find the very thought of not having to dress and travel to work a big plus. No more meetings, special projects, endless phone calls and urgent messages are a big relief!

One can even have a day of no make-up and wear old, holey hippy jeans and eat sandwiches and cookies all day and drink endless cups of coffee. Sometime when I have a bad hair day, I wear a hat to cover my silver curls that resemble an old dandelion that has turned white and "gone to seed." I am even thinking wearing my hat to bed at night if I fall into further decline!

Another feature of maturing years is the utter relaxation of my mind and body. Frustration and impatience has become a faded memory of my former life. Finding myself more relaxed, fewer problems "blind side" me as in previous years. I guess you could say I am "flat lining" along through life in my own little world and frankly I LOVE IT!

Another good thing at this age is the privilege of saying "NO" and meaning it. In past years I could always be persuaded to cave-in and heed to the requests or demands of others. Not so at this golden era of my life. I must find time to take care of my own needs and be independent or else rely on others to do for me. "No thanks, with enough time, I can do it myself." Time is a precious commodity for now.

I no longer feel the guilt of reading into the night or eating supper at 9 PM or sewing all day and letting the housework wait for another time. I am merely living an old lady's dream of how peaceful and rich life can be at this age and wishing now it would have happened years ago. Living life to the fullest with no regrets is my new mantra.

*Gloria R.*

### Thank you, Happy Birthday, Thinking of You

January 1st is the time we consider New Year's resolutions. Those can range from going to the gym to eating healthier to saving money.

In 2008 a lawyer named John Kralik decided on his New Year's resolution: he would be more appreciative of the people he came in contact with on a daily basis. To that end he wrote 365 thank you notes to everyone who touched his life.

The group included his family, work associates, as well as casual acquaintances. That simple gesture had a positive effect on his life; he became more grateful for the simple things each day has to offer. Based on his resolution and sending thank you notes he wrote a book titled:

365 Thank Yous:  
The Year a Simple Act of Daily Gratitude  
Changed my Life

Those feelings reflect my thoughts. Thanking someone with words is one thing, but sending a card or letter can change who you are.

My mother and father were letter writers to their extended families; it did not matter if the family member lived close by or in another state. When a response arrived in the mail it was read, re-read and saved.

Sending a card to someone with a short message is giving them a gift of words. The card has a message; adding your own words makes it that much more personal.

But there is one very important part of getting a handwritten note or card—the person's handwriting.

My parents have been gone for several years; holding a card with their handwriting connect me to them 'heart to heart'. It's as if they must mailed it to me.

There's another part to this.....saving those cards and letters. They have an historical importance.

In the early 1900's leather postcards were a way to connect to family and friends.

My Grandmother received many cards when she lived in St. Paul. She saved those cards, passed them on to my mother and now I have them. Those cards connect me to my Grandmother in a profound way.

I have a birthday card my aunt sent my mother (her sister) on her 17th birthday—the date..... 1930.

Cards and letters keep connections strong. They hold us together and provide the gift of words. Take time to reach out with a letter or card.

Some letters make a word  
Some words make a sentence  
Some sentences make a paragraph  
Some paragraphs make a chapter  
Some chapters make a book.

*Abbie A.*

# Around Town

## Library Link, 220 NW 2nd Ave, 503.266.3394

- ◆ January 12 at 2:30 pm. Music in the Stacks presents *Bad Motor Scooter 7.0*. Rock & roll and country from the 50s to the 90s. Bring your dancing shoes and be prepared to have fun.
- ◆ January 15 at 6:30 pm. Estate Planning 101. Learn the essentials about wills, living trusts, health care documents, guardianship, conservatorship, and how to avoid probate. Presenter: Jim Hunsacker.
- ◆ January 17 at 3 pm. Meet Ken Baysinger author of the Corrigan mysteries *Deadly Gold*, *El Camino*, and *Missing and Exploited*. Corrigan mysteries take place along the banks of the Willamette River where the author lives in the tiny community of Canemah.

## Free Art Museum - First Thursdays every month, 1219 SW Park Avenue, Portland, OR 97205

Visit the Portland Art Museum for **free day**. The Museum offers free admission on the first Thursday of every month from 5–8 p.m. The Museum also offers free admission and special family programming several times a year. For more information, visit [www.portlandartmuseum.org](http://www.portlandartmuseum.org).

## Discount Museum Day - Beginning January 6, OMSI, 1945 SE Water Ave in Portland.



Oregon Museum of Science and Industry offers \$2 Days at OMSI the first Sunday of every month. Add \$5 for an optional submarine tour or planetarium show.



## Dog Show - January 16 – 20<sup>th</sup>, Portland Exposition Center, 2060 N Marine Dr, Portland

Rose City Classic is a large dog show at Portland Expo Center. The Rose City Classic is one of the most popular dog events in the US, and the biggest dog show series in the West. Every January thousands of the best dogs in the country and their owners descend on Portland to compete at the RCC. Rose City Classic offers competition in conformation (breed judging), obedience and rally, but also agility, Canine Good Citizen Testing, a class for 4-6 month old puppies, and a fabulous student art contest with a dog theme for local youngsters. Visit [www.rosecityclassic.org](http://www.rosecityclassic.org) for more information.

## Nutrition Class - January 12, 9:30 AM - 11:30 AM, 1382 SE 3rd Ave Suite 3, Canby

Join Katie Osborne for a two-hour nutrition class. Katie has worked with more than 200 athletes over the last 5 years. Come learn about Macronutrients, Micronutrients and how to apply this to your daily life. \$35.00 per person. For more information, visit [www.crossfitformidable.com](http://www.crossfitformidable.com) or call 503.936.8123.



## American Legion Update

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

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

**Friday Night BBQ Hamburger Feed - 5:30 to 7:30.** Hamburger or Cheeseburger \$5; Chicken strips/fries \$6.

- ◆ Sunday breakfasts, \$6 8:30-11:30.
- ◆ Veterans Lunch, Tuesday, Jan 22nd, Winter Stew.



## Auto Show - January 24 - 27, Oregon Convention Center, 777 NE Martin Luther King Jr Blvd, Portland, OR 97232

The Portland International Auto Show is the largest auto show in the Pacific Northwest. With more than 480,000 square feet of exhibit space you will find over 600 vehicles from 35 manufacturers, the latest in car design and technology plus exotics from around the world. Admission is \$12 for seniors. For more information, visit [www.portlandautoshow.com](http://www.portlandautoshow.com).

## Model Train Show, January 26 – 27, Portland Expo Center, 2060 N. Marine Drive, Portland, OR 97217



This annual show includes 250+ tables of trains for sale, 40+ exhibitors from across the country, huge operating model train displays, an amazing LEGO layout, Riding Train for kids! Free Workshops and demonstrations, and free door prize giveaways. For more information, visit [www.trainshow.com](http://www.trainshow.com).

## The 2nd Annual Tualatin Winter Brew Festival, Saturday, January 26, 12:00pm – 9:00pm, Stickmen Brewing Company (Tualatin Beer Hall), 19475 Southwest 118th Avenue, Tualatin, OR 97062.

If you are a connoisseur of craft beer, northwest ciders and wine, mark your calendar for the last Saturday in January. Featuring seasonal and specialty offerings from 20+ local brewers, cider houses and vineyards, plus great food from four local restaurants and a full line-up of live entertainment, the stage is set for a fun event and all for a good cause. Proceeds will go to the Tualatin High School PackBackers and help support Tualatin HS sports and athletic programs, facilities and teams; as well as dance, cheer and the marching band. \$20 Admission (\$25 at the door) includes event wristband, a commemorative tasting glass and drink tickets for tastes or full drinks. The number of tickets per taste will vary depending on the beer/cider/wine. Additional tickets may be purchased.



# Thanks for your Support!

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**Financial Donors:** Abbie Allen, Tilly Anthony, BPOE Elks #1189 Auxiliary, Mary Bosch, Georgia & Henry Deetz, Leo & Louise Garre, Vicki Guay, Patty Hatfield, Allen & Katherine Holt, OBC Northwest, Joyce Peters, Rackleff Place, Rose City Railway Society, Howard Thomas

**In-kind Donors:** Marge Bolton, Tina Bourges, Dorothy DeHackbeil, Bill Foster, Tamsen Magley, Laura Sattler, Maureen Whitman

## Thank you New & Renewing Members

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Many thanks to Home Instead Senior Care for organizing another successful Gift Tree campaign.



Home Instead has partnered with us for this generous gift program for 8 years running! Thank You Home Instead Senior Care!

Thank you Tina Borges for your generous donation of cookbooks and dishes for our Annual Holiday Bazaar!

Thanks to our "Snowman Decorating Team" for the CAC Snowman located at the corner of the old Parson's building—across from the "Backstop"

## Thank you to our 2018—2019 Annual Appeal Donors

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