



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

September 2019

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Welcome from the Director

Hello friends,

September means that everybody returns from summer vacations, kids go back to school and we start to see the approach of fall and cooler temperatures. We also see the arrival of fall produce donations. If you have excess produce, feel free to leave it on our front benches for others to take home and enjoy—but please don't leave overripe or bug-ridden produce. If its not good enough for your table, it probably won't find a home here either, which means that staff have to take time to dispose of it.

With thanks to all of you generous farmers,
See you at the Center—Kathy

Annual General Meeting Scheduled for Wednesday, September 11th.

Annual General Meeting is Wednesday, September 11, following lunch service. This meeting recaps the 2018-2019 Fiscal Year, and calls for election of up to three new Board Members. Look for the bios of the board candidates on the insert included with this edition of the Newsletter.

All current members are encouraged to vote for board candidates. Please see inside for information on changes to the election process – you will have more opportunities to vote!

Living Well with Chronic Conditions Class Begins September 12-October 17

A free 6 week workshop for Adults that runs Thursdays, from 1:30 to 4 pm. This class requires advance sign-up and a commitment to attend all sessions. Read all the details on page 5.

“Better Bones & Balance” Begins September 23rd!

We are excited to announce a new fitness offering beginning September 23rd—Better Bones & Balance! Turn to page 5 to read all about this new class offered Mondays/ Wednesdays/Fridays.

New Walk With Ease Session Begins September 10th— learn all about this new session by turning to page 8.

We will also host guest speakers from “FireMed”, “Osteostrong” and the OSU Extension. Turn to page 5 to see their topics and the date of their visits.

Calling All Volunteers—Volunteer Appreciation Event is Saturday, September 28th—Please Join us so we can Thank You!

Whether you volunteer 1 hour a year, or hundreds of hours we want to thank you!! Join us on Saturday, September 28th so we can do just that. Wear comfortable “vegas” type clothes, and come prepared to win, win, win big—a big thank you! This is an open-house type event with fun, games, and a buffet - come prepared to let us serve you AND thank you for all you do. Doors are open from 2—4:30 pm. If you would RSVP at the front desk by Friday, September 20th—it would be very much appreciated. Thank you.

Join us September 20 to thank Hurshall for his years as our Senior Fitness Instructor and wish him well!

Stop in on September 20th, from 10:30—11:30 am to help us wish Hurshall well as he retires from instructing our Senior Fitness class! Hurshall has been a volunteer exercise instructor for almost 20 years; his dedication and commitment to the program has been tremendous. Stop in to say thank you to Hurshall for his many years of service.

A REMINDER: School is back in session and we're surrounded by school zones—be sure to observe the slower school speeds on your way to and from the Center and be cautious around the cross-walks. Let's keep our little ones safe as they head back to school!

Center Services

Canby Adult Center prepares and serves nutritious hot meals in our kitchen each Monday, and Wednesday thru Friday. Meals are served in our dining room and lunch guests must be seated by noon.

NUTRITION

Dining Room Meal: Our menu is prepared each month using county standards for meals and diabetic and low sodium alternatives are available. Suggested meal donation is \$3.50. Musicians provide musical entertainment occasionally; check the activity calendar for specific dates.

Meals on Wheels: Volunteer drivers deliver freshly prepared, nutritious meals four days each week, following the dining room menu. Additional frozen meals are available to cover weekend needs as well. week. Call 503-266-2970 to sign up!

TRANSPORTATION

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 in our bus or van in time for exercise classes. We also offer a late morning pick-up time for those who want to join us for lunch. Call between 8:30 and 10 am if you are coming for lunch only. We also 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 for important pre-scheduled appointments. 5 to 7 business days notice is required (we have a limited number of volunteer drivers). Call Wendy at 503-266-2970 to schedule a ride.

Recreation and Trips: Day-trips are pre-planned and offered each month. Trip sign-up is the last Monday of each month unless otherwise noted. Trips offered may be free of charge, include a bus donation and/or an entrance fee. Often a meal-stop is included as part of the trip. See page 6 for the monthly trip schedule and a detailed trip summary. Trip fees vary and bus donations are always gladly accepted.

FITNESS & WELLNESS

Fitness Programs: We offer a variety of fitness programs ranging from:

- * Senior Fitness Geri-Fit®
- * Tai Chi Pound Class
- * Walk With Ease— Advance sign-up required.
- * Line Dancing (this is an informal, volunteer-managed group)

Wellness Programs: Canby Adult Center offers time-bound workshops and one-time speakers on a variety of fitness and wellness topics. See inside for the schedule of guest speakers, which change monthly.

RECREATION and ACTIVITIES

CAC offers many opportunities to socialize and make friends. Scheduled recreation includes:

- * Bingo
- * Bridge, pinochle and canasta
- * Mahjongg
- * Memoir writing
- * Crafting group/Quilting group
- * Woodcarving Workshop
- * Walk with Ease

Activities and resources available on a drop-in basis include:

- * Ping Pong Pool
- * Exercise equipment Books/library*
- * Puzzles*

*Feel free to help yourselves to books from our library, magazines and puzzles. No check-out required. Donations are also always welcomed.

CLIENT SERVICES

Home Visits

Client Services Coordinator regularly visits clients in their homes to determine eligibility for Meals on Wheels, as well as assess and educate them on other services or programs that may be useful to clients.

Information and Referral

The Client Services Coordinator has an extensive knowledge of community resources that are relevant to older adults. Clients can schedule an appointment with the Client Services Coordinator to learn about resources and how to access them.

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!

Canby Adult Center Tours Available

Schedule your personal tour of the Adult Center 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.

Center Services

OTHER SERVICES

By way of volunteers and Friends of the Center we are pleased to offer services listed below, free of charge except as noted.

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, **September 11**. 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. They also provide occasional workshops to assist you in choosing the right plan for you. Each fall they provide a comprehensive Introduction to Medicare 101, along with individual counseling sessions. Call 503-655-8269 to request an appointment.

Free Blood Pressure Checks

Usually the 1st and 3rd Monday of each month, but this month, the 2nd and 4th Mondays— **September 9th and September 23rd**, from 10 am to noon!

No appointment needed.

Foot Clinic Choices

Call **503.266.2970** to schedule an appointment for your foot care needs. Service providers are LaVerne Lind, retired RN, and Patty Calcagno, RN.

LaVerne Lind, taking appointments this month **September 16th, 23rd and 30th**. This service includes a foot soak, nail trim and callus removal. \$15

Patty Calcagno takes appointments **September 4th**. No foot soaking tub is needed; service includes nail trim and callus removal. \$30

Tilly's Mobile Hair Salon Right Here at CAC on **Thursdays, September 12th and September 26th**

Price update for Tilly's services:

\$17 Haircut for women

\$15 Haircut for men

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

TOPS Group Meetings (weekly)

Tops (Taking Off Pounds Sensibly) meet each Tuesday. Membership is \$32 per year. Weigh-in each Tuesday, 8:30 am to 9:45 am; Meetings run 10 am to 11 am.

AARP Free Tax Clinic (seasonal)

This service is provided through AARP volunteers. Appointments are taken beginning in mid-January for tax services that run February through mid-April.

Lions Club Glasses & Hearing Aid Collection

We offer a collection box for your used eye glasses and hearing aids. A Lions Club representative maintains the box and delivers it to its destination where your donations can be re-used.

Bulletin Board

We offer a bulletin board for the community where advertisements are posted for upcoming events and personal services. These announcements and advertisements have not been vetted by the Center, but are made available for informational purposes only.

Canby Adult Center is an Official Cooling Center During Extreme Heat

We are an official cooling center during extreme heat! We offer our building as a cooling center during our regular hours of 8:30 to 4:30 pm. Hours will be extended if the heat gets unbearable. We can also assist you in obtaining a fan if your residence doesn't have air conditioning and you live within the Canby School District. Stop by the Center or call us at 503-266-2970 if you have questions.

Center Donations:

We gladly accept your donations of books (especially large-print books), puzzles, and small items for raffle.

We also accept locally grown fresh produce to use in our meals and to offer to our senior community to take home and use.

We keep a year-round food collection barrel located in our outer lobby to benefit Canby Center.

Unfortunately we are not able to accept:

Clothing, electronics, exercise equipment, furniture, medical equipment or supplies, VHS tapes, and musical instruments (including pianos and organs).

Thank You!

Board News and Announcements

BOARD OF DIRECTORS 2018—2019

CHAIR

Dave May

dmay@utep.edu
(Term ends Sept 2019)

VICE-CHAIR

Debbie Jewell

dlijewell2@canby.com
(Term ends Sept 2021)

TREASURER

William Reif

billr@equitygroupteam.com
(Term ends Sept 2019)

SECRETARY

Ruth Howard

rhoward6680@gmail.com
(Term ends Sept 2020)

Mark Adams

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(Term ends Sept 2019)

Mary Bosch

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(Term ends Sept 2020)

Jim Davis

jimmik7@canby.com
(Term ends Sept 2021)

Johni Thayer

johnit1940@gmail.com
(Term ends Sept 2021)

Brenda Mootz

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 excerpted minutes Wednesday, August 14, 2019

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

Directors Excused: Bill Reif

Staff Present: Kathy Robinson

City Liaison: Greg Parker

Guest Present: None

The meeting was called to order at 1pm by David May. A quorum was confirmed.

City Liaison Report: City councilor Greg Parker noted that a new City administrator has been chosen and will start work this fall. He also noted that the City/School District conversation about upgraded sports fields near Ackerman has been tabled due to cost and the transition to two new School Board members.

Treasurer Report: Detailed report available upon request. In general, investment funds continued their upward trend during the month of July.

Nominating Committee Report: The BOD discussed guidelines for Board applicants. There are 4 applicants in addition to current board members Bill Reif and Dave May. The committee will review all applicants and forward their recommendations to the board. If any are not recommended the reason will be noted. A proposal was made to modify the current voting process so that members may vote at the Center anytime beginning Monday of election week and concluding Wednesday as usual prior to the general meeting. The proposal was accepted by the Board.

Directors Report: Kathy provided updates on services and programs, fundraising and administration. She noted that the annual audit is scheduled for August 15th and 16th.

The Board approved the Director's proposal to provide a temporary increment to staff taking on additional responsibilities for staff out on extended leave. The proposal was amended to leave the amount at the Director's discretion, with Board approval.

Debbie Jewell moved to increase board restricted funds by \$160,691.00 to adjust for annual CPI, as required by our investment policy. Jim Davis seconded the motion. There was no discussion and the motion passed unanimously.

New Business: David May recommended that cracks in the sidewalks around the center be sealed to prevent falls.

***Codification of the Board recruitment/nominating process, voting methods and the composition of the Board of Directors will be discussed further at the annual Board of Directors Retreat.**

The next meeting is September 11th at 1:00 pm

Volunteer Opportunity—We Need YOU!

Got Excel skills? Want to volunteer from home? Then we need you! We are looking for a volunteer with Excel skills and access to a computer, to process our monthly volunteer sign-in sheets. Please see Kathy if you are able to help.

Thank you!

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.*

September Speakers & Events

September 5th from 1:00-1:30 p.m. Information Session Living With Chronic Conditions

Join us Thursday, September 5th at 1 pm, for a brief description on the upcoming Living with Chronic Conditions workshop. Details on the workshop are below!

A Free 6 week Workshop for Adults — Living Well with Chronic Conditions

Thursdays | **September 12- October 17** | 1:30- 4:00 p.m.

Are you or someone you care for living with a chronic condition such as arthritis, heart disease or depression? Join us for a free six- week workshop to discover tools to improve your health and outlook on life!

The group workshop of 10-15 adults is fun and interactive. Trained facilitators will share techniques that can help individuals take charge and feel better. Topics covered include: self- management skills that can help you fight fatigue, problem solve, make decisions and reduce stress. Participants receive a free “Living a Healthy Life with Chronic Conditions” book to keep.

Want to learn more? **Come to the informational Session on September 5th from 1:00-1:30 p.m. Registration required:** Call Canby Adult Center at 503 266 2970 or sign up at the front desk. *Class size is limited*

September 6th, 1 pm: Canby FireMed Program Speaker



Matt Dale with The Canby FireMed program will present an informational session September 6th at 1:00 PM (in Classroom 3) to discuss emergency medical transportation costs.

Insurance may not cover all emergency medical transport costs, and Matt Dale, will provide information on the **Canby FireMed** program. This program offers peace of mind for unexpected emergency transport expenses. Matt will be here to share more about the program, how membership fees help enhance EMS services and the membership packages offered. Plans as low as \$55 per family per year.

Please sign up at the front desk or by calling 503 266 2970. *Sign-ups strongly encouraged.*

We need YOUR items NOW for the Showcase

The showcase theme for September 2019 is **recognizing first responders**. If you have memorabilia, toy fire trucks, police cars, fire helmets, police hats, badges, medals, etc., please bring them in **with your name and phone number securely attached to them**. Bring them to Wendy and she will keep them safe for the volunteer showcase designer to use in the display. Your items will be returned in October when the showcase is redecorated with a fall theme. Wendy will accept items through the end of August. **BE SURE TO LABEL YOUR ITEMS.**

September 12th at 10 am—Living a Healthy Lifestyle!

Join Kelly Streit, a guest speaker from OSU Extension Service/Family Community Health, who will present about Healthy Aging and Living a Healthy Lifestyle. Kelly will share some easy ways to eat healthy, live healthy, and BE healthy!

“Better Bones & Balance” Begins September 23rd!

We are excited to announce a new fitness offering beginning September 23.....Better Bones & Balance! The Better Bones & Balance (BBB) program uses targeted exercises that reduce the rate of bone loss, improve strength and balance and reduce the risk of falls. All VERY important as we age!!

Studies show BBB classes can help decrease the likelihood of osteoporosis, and are safe for individuals with osteoporosis and osteopenia. This class offering can be modified to suit ALL levels of fitness and ability. Join us for our “kick-off” class on Monday, September 23rd!

September 18th at 1 pm and September 25th, 1 to 4 pm Osteostrong—Bone Density Presentation & Free Screening with Alise Holcomb, RN,BSN

Intro- Presentation – September 18th 1:00 PM
Free Bone Density Screening- September 25 1:00-4:00 PM
Did you know the average person starts losing bone density in their 30's? Drop in for information about bone health and get your **free** bone density screening.

Sign up required
Sign up at front desk or
Call 503 266 2970

OSTEOSTRONG®

Medicare Presentation: Chris Boon, with Regence Blue Cross is here in Classroom 2 on Friday, **September 13th at 10 am** — Meet with Chris to learn about Medicare options!

Clackamas County Older American Act Survey

It is once again time for Clackamas County to participate in a national survey of OAA (Older American Acts) program participants. **If you receive a letter asking for you to participate in the survey**, it is legitimate and **the survey is from the County**. If you have questions or concerns and want to speak to someone at Social Services please check with Kathy, or Wendy we will provide you with a phone number where you can get more information.

2020 Census Takers Start Now!

You may begin to notice census takers in your neighborhood as they verify addresses ahead of the Census in April 2020. If you are visited by someone from the Census Bureau **they must present an ID badge that includes a photo of them, and they may carry a phone or a laptop and a bag with a Census Bureau logo**. If you have questions, please call 1-800-923-8282 to speak with a local Census Bureau representative. We will provide more information on the Census as the date approaches!

September Trips—sign up from Monday, August 26, 2019

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 Shuttle

We are offering a SERVICE that consists of a once a month 1st Tuesday no frills shopping trip to Walmart, Bi-Mart, and Goodwill stores for 1 hour each stop to fill your once a month shopping needs. We will not be making an extra stop for lunch this day.

Depart: 9am
Cost: Free

September 3, 2019

Return 1:30pm
Bus Fee: Donations Accepted

Mount Talbert Nature Park

A forested oasis, Mount Talbert towers above busy roads, shopping centers and neighborhoods in Clackamas. Slip into Mount Talbert Nature Park to explore the four-mile trail network, check out the views and enjoy a picnic. Mount Talbert is the largest in a string of extinct volcanoes and lava domes that stretch across the east side of the region. Bring your own lunch or money for lunch at the Clackamas Food Courts after we walk.

Depart: 9:30 am
Cost: Free

September 10, 2019

Return: 3:00 pm
Bus Fee: Donations Accepted

Octoberfest in Mt Angel

A celebration of the harvest in German style. A wonderful blend of family fun, music, and food. Join us for Mt Angel's 54th Celebration. Food booths, about 50 of them, are non-profits and staffed by volunteers. Great food varies from sausage, brauts and kraut to fish tacos and Russian cuisine. Dancing, music, lots of sights— come sit and watch or walk around and view. Bring money for lunch on your own this day.

Depart: 10am
Cost: Free

September 13, 2019

Return 3:30pm
Bus Fee: Donations Accepted

Aspen Meadow Band and Hearts in Harmony

Our Salute to Those Who Serve... Join us for a USO-inspired concert featuring music from decades past as we honor and celebrate the men and women who have served and are currently serving our country to protect our freedom. From The Andrews Sisters to Elvis to Tim McGraw, you're sure to find yourself tapping your feet and singing along as you are taken on a nostalgic journey through time via song and dance. Bring your outdoor chairs and money to stop for dinner on our way home or enjoy a complimentary potluck-style meal that will be provided

Depart: 2:15pm
Cost: Free

September 14, 2019

Return 7PM
Bus Fee Donations Accepted

Senior Zoo Free Day

Depart: 9:30am
Cost: Free

September 17, 2019

Return: 3:30pm
Bus Fee: Donations Accepted

Shanghai Tunnels Tour

The Old Portland Underground, better known locally as the Shanghai Tunnels, is a group of passages in Portland mainly underneath the Old Town Chinatown neighborhood and connecting to the main business section. This tour is based on oral history about the dark side of Portland. This non-profit organization has spent years on this intriguing project, with the purpose of clarifying and validating the history, and educating the interested public about shanghaiing (and other underground activities) here in the early years of the city of Portland. We're also invited to visit the above ground museum to get more information on Portland's history. Bring money for lunch at Hobo's between the tour and visiting the museum. Please sign waiver when getting on the bus that day. **Please note: There are numerous stairs, uneven ground, and poorly lit areas on this tour.

Depart: 9:30 am
Cost: \$16 (pay at sign up)

September 24, 2019

Return 3:00pm
Bus Fee: Donations Accepted

Northwest quilting Expo

The Northwest Quilting Expo features a display of the products such as quilt patterns and offers a variety of quilting classes, quilt retreats and lectures. Lots of quilts to admire and photograph for inspiration as well. Bring money for lunch after this event.

Depart: 9:15 am
Cost: \$12 (Pay when you board the bus that day)

September 27th, 2019

Return 3pm
Bus Fee: Donations Accepted

September Movies, Music & More

September Movies

Wednesday Afternoon at the Movies - 1 o'clock sharp

September 4th – **Castaway**, starring Tom Hanks. A FedEx executive undergoes a physical and emotional transformation after crash landing on a deserted island.

September 11th – **Ladies in Lavender**, starring Judi Dench and Maggie Smith. Two sisters befriend a mysterious foreigner who washes up on the beach of their 1930's Cornish seaside village.

September 18th – **Dirty Rotten Scoundrels**, starring Steve Martin and Michael Caine. Two con men try to settle their rivalry by betting on who can swindle a young American heiress out of fifty thousand dollars first.

September 25th – **Captain Phillips**, starring Tom Hanks. The true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates of the U.S.-flagged MV Maersk Alabama, the first American cargo ship to be hijacked in two hundred years.

Friday's with the "Stars" - literally, every Friday in September

September 6th – **The Martian**, starring Matt Damon. An astronaut becomes stranded on Mars after his team assume him dead, and must rely on his ingenuity to find a way to signal to Earth that he is alive.

September 13th – **Interstellar**, starring Mathew McConaughey and Anne Hathaway. A team of explorers travel through a wormhole in space in an attempt to ensure humanity's survival.

September 20th – **Gravity**, starring Sandra Bullock and George Clooney. A medical engineer is on her first shuttle mission, with veteran astronaut Matt Kowalsky in command of his last flight before retiring. But on a routine spacewalk, disaster strikes. The shuttle is destroyed, leaving Stone and Kowalsky completely alone - tethered to nothing but each other and spiraling out into the blackness.

September 27th – **Passengers**, starring Jennifer Lawrence and Chris Pratt. A spacecraft traveling to a distant colony planet and transporting thousands of people has a malfunction in its sleep chambers. As a result, two passengers are awakened 90 years early.

Movie Requests Accepted: If you'd like to see a particular movie or a movie/TV series, 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.

Monthly Music Line-Up for September

September 9th and 23rd from 11:30— Dennis Stafford—classic country and cowboy, comes to us for special music. Don't miss this— Dennis performs for us twice each month.

September 19th Jim Wilkey— Gospel & Country!

September 26th "Accordion to Go" with Leta. "Classics & Favorites" for everyone to Enjoy!

Stay "tuned" for September dates for our Fiddlers

Pie Raffle— September Apple Pie



Made fresh and ready for you to take home Friday, September 20th —the drawing is at noon! (You must be present to win.) **Tickets: 25-cents each or 5 for \$1.**

Congratulations to our July pie winners:

Happy September Birthdays!

- | | |
|---------------------|-------------------|
| 1 CharLee Rutheford | 15 Edith Pavlicek |
| 2 Patricia Davis | 15 Dean Woods |
| 3 Florence Ball | 16 Gloria Kraft |
| 3 Sylvia Fisher | 16 Ilene Sanders |
| 4 Leighton Perkins | 17 Will Newman |
| 4 Lori Boatright | 17 Kirk Clark |
| 5 Scott Goetchius | 18 Karen Reynolds |
| 6 Lorene Staats | 20 Ardis Belding |
| 7 Eddie Drury | 22 Vern Wigant |
| 7 Christine Lopez | 24 Angela Baker |
| 10 Mike Kissner | 25 Dave May |
| 10 Howard Thomas | 25 Moretta Walls |
| 10 Joan Moore | 27 Don Stone |
| 11 Bobbie Pfister | 28 Nelvia Turner |
| 12 Andrew Valdez | 28 Ruth Riha |
| 12 Arnie Lucht | 30 Lowell Hall |
| 12 Butch Hogland | 30 Barb Jones |
| 13 Ken Blodgett | 30 Darlene Palmer |
| 13 Barbara Palmblad | 31 Bev Purvis |
| 14 Chuck Kocher | |



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

On-going Classes and Activities

Exercise Classes Open to Everyone!!!

Geri-Fit (Seated Exercise): Class meets Monday and Thursdays at 10:30. A great exercise choice focusing on exercises you can do from a sitting position! The new class has an in-house instructor—meet Mindy!

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 dance classes! An early class on Thursday from noon—1:00 will focus on learning new dances and review of old ones. New dancers welcome!

No fee—Donations accepted

POUND— Every Thursday at 2:30 pm

You become the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, it provides the perfect atmosphere for letting loose, toning up and rockin’ out! The workout is easily modifiable for men and women of all ages and abilities.

No fee—Donations accepted

Quilting Class—August 7, 14th & 28th 9am – 12pm
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. See page 11 for all the details about this month’s meetings.

WEEKLY CARD GAMES

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

MONDAY at 10 am—Woodcarving Workshop

Come join our woodcarving workshop 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 12:15, games begin at 1 pm

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



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

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

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

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—New session begins September 10th!

Walk With Ease is an exercise program that can reduce pain and improve overall health. Benefits include: Getting in better shape; Improving your flexibility, strength & stamina; walking locally; reducing pain and feeling better; making new friends!

The group meets at the Center on **Tue/Thurs mornings, 9:00 am.** Please sign up at the front desk for the new session. If you attend 80% or more of the classes there is a “prize” at the end!

On The Beach

Kareen B.

No sooner had they arrived when the men began to gather firewood. They walked up and down the beach, searching for just the right pieces. Small ones for the starter, larger ones for a good beginning, and even larger ones to keep it going.

When they were satisfied with their findings the building began. The small pieces went down first. These would catch the fire the quickest and easiest. The next pieces were placed in a teepee fashion. These would catch the up-rising flames of the smaller pieces. Once the flames toppled the teepee, larger pieces were put into place to keep the fire going.

From the time I was a young pup until about my eighth year, my father's family spent a week on the Oregon coast. In particular, at the Jordan Cabins at Rockaway Beach.

There were eight cabins, all in a row in front of which was a boardwalk. Our family occupied five of the eight cabins. There were my grandparents, two uncles, their wives, and one son each, an aunt, her husband and one son. Plus my parents, myself and my younger brother.

Each year a woman by the name of Shirley, along with her daughter, came all the way from New York to spend the summer. They occupied one of the remaining three cabins. The others were occupied by people who were not regulars to the place, thus I did not remember their names.

On Friday, while Dad was still at work Mom would pack the car. First it was a two-door Model T Ford, later a 1939 Chevy four-door. Those were the days when you had to provide your own linens, dishes, cutlery and food. The only things provided in the cabin were the beds, table and chairs, stove, sink and cupboards in which to put that which you brought with you. Oh yes, and bathroom facilities.

Early Saturday morning we would set out. Dad made sure it was no later than 8:00 am. Automobiles were much slower in those days meaning it took a great deal more time to get to the coast than it does today.

I can remember swimming in the ocean, playing with hermit crabs, and watching in awe the grunion run. What was a grunion run you might ask? It was an amazing phenomenon one would look for the tell-tale signs. The flight of the seagulls. You'd see three or four flying low to the crest of a wave, going up the coast. Pretty soon there were several more seagulls flying, now down the coast. Then, a short time later there would be hundreds of seagulls flying up the coast, just above the waves. This time the waves were teaming with small fish called grunions. They were about the size of a sardine. There would be millions of them. People would rush out of their cabins, basins, buckets, pans in hand, ready to gather up as many of the fish as they possibly could. That night there would be bonfires all up and down the coast with people cooking their catch.

The next Friday was the last night we would spend at the beach. It was party time. The men would bring tables from the cabins. The women would bring out the prepared food. The bonfire would be lit. People sat around, the men with their cigarettes or cigars, and in my Dad's case, his pipe, chatting, enjoying each others company. The food would be shared, marshmallows and hot dogs would be roasted over the hot coals.

Then, that fateful year when Japan attacked Pearl Harbor, the mood changed. An underlying fear hung over the group.

Every cabin along the entire Oregon Coastline had to sport black-out curtains on the windows. The Coast Guard sent low flying planes up and down the coastline making sure all the windows were blacked out, lights were off.

And of course, no bonfires at night.

Our group, as possibly many others, was not going to let that needle of fear dampen our spirits. The wood was still gathered, the fire was still laid, small pieces first, the teepee and then the larger pieces. The food still came out. Cigarettes and cigars, and yes, the pipe were still smoked. Marshmallows and wieners were still placed on sticks and held over the hot coals. Laughter was still heard though maybe a bit constricted.

The downside? All this took place in late afternoon. Much of the charm was gone. One could not see the bright red embers floating up in the rising smoke on the lovely background of a dark sky. A feeling of anticipation hung in the air. What was going to happen next?

Saturday dawned, the packing began, the car loaded, the farewells made. Would we be back next year? Only time would tell.

Why Am I So Tired?

I get up early and start my day. First stop is the bathroom then discover my toilet paper needs a new roll so I exchange it, wash my hands and the soap dispenser needs refilling so I fill it, then I go into the kitchen and get my coffee started and the filtered water needs to be refilled so it gets refilled. I put the coffee grounds in the coffee pot and push the button and wait. While you wait, the dishes in the dish drainer need to be put away and the couple of dishes in the sink need to be washed, so you do that and your soap dish soap dispenser needs to be filled, so of course you fill it. Finally you pour your coffee cup and go sit for a few minutes. While I am sitting I check my calendar to see what's on the schedule and where I need to be and when. Go get dressed and make the bed and put PJ's under pillow (that way I remember where they are). Decide what the weather is doing. Put slippers away and go get second cup of coffee. Rinse out the coffeepot and grounds and get ready for tomorrow, then sit and drink that second cup of coffee if time allows, wash cup and put in drainer.

If bills need to be paid, sit and write out checks and get ready to mail, update checkbook and put away. Get whatever you need for the day ready before you leave. Put your coat on and get purse and keys, take mail with you and drive by the Post Office on the way to wherever you are going. It is now two to three hours later and this goes on all day SO — you wonder why you are tired? We really don't realize what we do, because we do these things all the time and have done them for so many years, and don't even think about them, so when you get tired and can't figure out why? Just think, Oh! Gee! I guess I have been busy!!

Mary B.

This & That

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]

Volunteer Opportunities:

MOW Drivers needed ASAP!

Do you want to make an important impact on one person's life? Volunteering one hour a week for MOW is a great way to make a huge impact. Delivering nutritious food and a friendly visit helps a homebound adult continue to live independently with dignity at home. Become a Meals on Wheels Driver today and help make sure that no senior goes hungry or experiences social isolation. If you are interested in making a difference and want to volunteer for MOW, please contact us at 503.266.2970. Thank you.

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, a flexible 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! **Complete and return a Volunteer Registration form and we will call you!! Thank you!**

Quilting Group Meets September 4, 11 and 18 at 9 AM

We welcome quilters of all ages and like to focus on charity quilts but many of us work on our own projects. Suzie Voss is our Facilitator; contact the Center at 503-266-2970 if you have questions. We meet the first two Wednesdays of each month; this month we meet September 4, 11, and 18th beginning at 9 am. We continue to work on our pillow-cases, bags, and charity quilts. Patterns have been made so if you don't have one for the projects you want to make, let us know. Christmas is coming and we have ideas for projects! Our monthly lunch is September 25th when we don't have a quilting group meeting. Join us!

Beginner Clogging Class (Appalachian Tap Dancing) Begins the day after Labor Day—September 3rd, Noon

Every Tuesday, noon to 12:50pm
Loaner shoes available
Instructor: Ann Skoe 503-266-1321
No fee. No sign up. Show up.



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 details.

CAC Awarded Canby's "Garden of the Month"

Thanks to Wade and Sunya—our garden in the front of our building has earned the honor of "Garden of the Month" in Canby. The garden was nominated, examined, our Gardeners were interviewed and ... the award was given!

Stop by our garden and enjoy the contrast of textures, the bursts of color and the little surprises you'll find inside the garden. Stop at the bench out front and "sit awhile".

Thanks to Wade and Sunya!

Bridge Winners:

			<u>Score</u>
7-29-19	1st	Dixie Loper	3670
	2nd	Dale Williamson	3380
8-12-19	1st	Dale Williamson	5420
	2nd	Dixie Loper	3950
8-19-19	1st	Dale Williamson	5340
	2nd	Will Newman	3810

Remember:
We are CLOSED
Monday, September 2nd
Observing Labor Day



Healthy Body—Healthy You!

This month, we're focusing on HEALTHY AGING! — Getting older doesn't necessarily mean you'll have a slew of medical conditions or poor quality of life! Getting older involves change, both negative and positive, but you can enjoy aging if you understand what's going on with your body and take steps to maintain your health.

I'd like to "officially" introduce myself! My name is Mindy Tilden, I've lived in Canby with my little family for going on 12 years. My husband Mark is a Firefighter/Paramedic for the City of Portland and we've got 3 BUSY kids (Owen 14, Jacob 13 & Ruby 8) Between their school and sports (year round!) we lead a very ACTIVE lifestyle! I'm excited to join you all on your journey to a healthy body and healthy you!

7 Steps to Healthy Aging, Happy Aging

Many different things happen to your body as you age. Your skin, bones and even brain may start to behave differently. Don't let the changes that come with aging catch you by surprise. Here are some of the common changes:

Your bones. Bones can become thinner and more brittle in old age, especially in women, sometimes resulting in the fragile bone condition called osteoporosis. Thinning bones and decreasing bone mass can put you at risk for falls that can easily result in broken bones. Be sure to talk with your physician about what you can do to prevent osteoporosis and falls.

Your heart. While a healthy diet and regular exercise can keep your heart healthy, it may become slightly enlarged, your heart rate may lower, and the walls of the heart may thicken.

Your brain and nervous system. Getting older can cause changes in your reflexes and even your senses. While dementia is not a normal consequence of old age, it is common for people to experience some slight forgetfulness as they get older. Cells in the brain and nerves can be damaged by the formation of plaques and tangles, abnormalities that could eventually lead to dementia.

Your digestive system. As you age, your digestive tract becomes more firm and rigid, and doesn't contract as often. This change can lead to problems such as constipation, stomach pain, and feelings of nausea; a better, HEALTHY diet can help.

Your senses. You may notice that your vision and hearing aren't quite as sharp as they once were. You may start to lose your sense of taste — flavors may not seem as distinct to you. Your senses of smell and touch may also weaken. Your body is taking longer to react and needs more to stimulate it.

Your teeth. The tough enamel that protects your teeth from decay can start to wear away over the years, leaving you susceptible to cavities. Gum disease is also a concern for older adults. Good dental hygiene can protect your teeth and gums. Dry mouth, which is a common side effect of many medications that seniors take, may also be a problem.

Your skin. With old age, your skin loses its elasticity and may start to sag and wrinkle. However, the more you protected your skin from sun damage and smoking when you were younger, the better your skin will look as you get older. Start protecting your skin now to prevent further damage, as well as skin cancer.

Many bodily changes are a natural part of aging, but they don't have to slow you down. What's more, there's a lot you can do to protect your body and keep it as healthy as possible.

Here at the Center we offer a variety of exercise classes to help keep you moving and keep you strong!

Our new **Geri-Fit** class meets Mondays and Thursdays—a seated exercise class!

September 23rd is the kick-off to a new class, "**Better Bones and Balance**" this class helps improve balance, mobility and is good for all levels of exercise capabilities.

Tai Chi meets Wednesday and Fridays at 9 to 10 and helps aid in improving balance, flexibility and mobility.

A new session of **Walk With Ease** begins September 10th—a great self-paced walk to improve your flexibility, strength and stamina and help reduce pain. A great time to walk in a group—but at your own pace. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease!

Hey what do you do for exercise?
I lift weights.
Yeah, but what about cardio?
I lift weights, faster.



Healthy Body—Healthy You (continued)

Keys to Aging Well

While maintaining your physical health is important to healthy aging, it's also key to value the experience and maturity you gain with advancing years. Practicing healthy habits throughout your life is ideal, but it's never too late reap the benefits of taking good care of yourself, even as you get older.

Here are some healthy aging tips that are good advice at any stage of life:

Stay physically active with regular exercise. This can include a simple walk either inside your home, or down your driveway! If you have light weights at home (or even a can of chicken soup!) lift them a couple times a week.

Stay socially active with friends and family and within your community. Joining your local Adult Center is a GREAT way to meet folks.

Eat a healthy, well-balanced diet — dump the junk food in favor of fiber-rich, low-fat, and low-cholesterol eating. Fruits, veggies, healthy grains are always an excellent choice.

Don't neglect yourself: Regular check-ups with your doctor, dentist, and optometrist are even more important now.

Take all medications as directed by your doctor.

Limit alcohol consumption and cut out smoking.

Get the sleep that your body needs.

Finally, taking care of your physical self is vital, but it's important that you tend to your emotional health as well. Reap the rewards of your long life, and enjoy each and every day. Now is the time to savor good health *and* happiness.

Fitness (and other) Fun & Interesting “Facts” Did you know...

- It takes 70 muscles to speak a single word.
- People who are physically inactive can lose as much as 3% to 5% of their muscle mass per decade after age 30.
- It can take about 200,000 frowns to make a permanent wrinkle.
- Eating spicy foods an hour or two before you workout has been shown to increase your metabolism.
- On average, every minute you walk extends your life by one and a half to two minutes.
- Your heart beats approximately 100,000 times per day. That means that in just 10 days, your heart beats one million times.
- Your Brain is 2% of your body weight, yet uses 20% of the oxygen.
- On average, you breathe 700 gallons of air per hour.
- A normal sized heart weighs about the same amount as a softball.
- People who don't regularly exercise may lose up to 80% of their muscle strength by age 65.
- Regular exercise helps lower blood pressure and cholesterol levels. Two major risk factors for heart disease.
- Improve your mental health and mood with an exercise routine.
- Exercise keeps your metabolism elevated even after your workout, & continues to burn more calories even at rest.
- The average person walks about 7,500 steps per day. If you stick to that average step count and live to be 80 years old, you'll walk about 110,000 miles in your lifetime.
- You use 200 muscles to take a single step forward.

Source: *Fitness Exchange Blog*

“Whether you think you can, or you think you can't, you're right.”

— Henry Ford

Client Services—Resources & Support Groups

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



Oregon Department of Justice Consumer Protection Scam Alert Network

The Scam Alert Network provides up-to-the-minute information about scams, frauds and other threats to consumers.

How do you receive alerts? Visit the Oregon Department of Justice Consumer Protection Website at www.doj.state.or.us. Enter your email address to be added to the network. The Department of Justice will not share your address and won't send you anything other than scam alerts.

Source: <https://www.doj.state.or.us/consumer-protection/sales-scams-fraud/>

Grief Support Group One to Another

Grief support for persons experiencing loss 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

7th Annual Walk-n-Wag! September 14th, 9 am Minto Brown Island Park in Salem

There is a special bond between hospice patients and their beloved animal companions. This is a family-friendly, leisurely 1.5 mile dog walk, and raises funds to help keep these "best friends" together during hospice care, and to assist with finding a new forever home for pets when needed.

Willamette Valley Hospice is a local partner of the national PET PEACE OF MIND® program. **\$10 online registration ends 9/12/2019; \$15 at the event for \$15. Goodie bags guaranteed to the first 250 participants.** Call: 800 555 2431 or Email: info@wvh.org



Recruiting: Senior/Elder for Oregon Mortuary and Cemetery Board:

The [Oregon Mortuary and Cemetery Board](http://www.oregonmortality.com) is seeking a public member who is "a member of a recognized senior citizen organization." The term is a four-year commitment with meetings held on a quarterly basis in Portland. The Board's responsibility is to license and regulate the practice of individuals and facilities engaged in the care, preparation, processing, transportation and final disposition of human remains; to educate the general public; and to advise on relevant issues of public policy. If interested, or for more information, contact Executive Director Chad Dresselhaus at chad.w.dresselhaus@state.or.us



Clackamas, Multnomah and Washington Counties have joined together to create <https://www.GetTrainedToHelp.com/en> where people 18 or older who live or work in the Tri-County area can go to learn about, and register for free mental health and suicide prevention first aid trainings. Classes are offered across the tricity area and you are invited to increase your mental health and suicide prevention literacy and first aid skills!

Open September Classes:

September 10: Suicide Prevention -- safeTalk; for Veterans, Military Service members, their families and providers.

September 27: Mental Health First Aid for Veterans

To register, visit <https://www.gettrainedtohelp.com/en/> click on "find a class" in the top menu; click on the "register" button, complete the form and you are registered! Advanced registration required.

Around Town

Library Link—

- Sept. 7 at 2:30 pm. Music in the Stacks. Western and Country singer Kerry Grombacher.
- Sept. 10 at 6:30 pm. Gardening with Irises. Learn everything you need to know about growing, landscaping, and caring for irises. Presenter: William Platner.
- Sept. 17 at 6 pm. Create lovely fall flowers using recycled magazines. All materials provided. Registration starts August 30.
- Sept. 24 at 6:30 pm. Lake Missoula Floods: The Ice Age Oregon Trail. Enjoy a visual journey through the water gaps and the giant gravel bars the pioneers saw as they traveled the flood channels carved long before they arrived.

Canby First Thursday, September 5th—

Experience small town charm right here in downtown Canby, 5-8pm.

Themes for the rest of the year are:

- ** September 5—Nonprofit Night
- ** October 3—Buskers Ball
- ** November 7—Scavenger Hunt
- ** December 6—Light Up the Night

Oktoberfest in Mt. Angel - 54th Celebration - September 12 - 15,

Mount Angel Oktoberfest has beer and wine gardens, live music, singing, dancing, arts and crafts, and a weekend car show in Mount Angel. A celebration of the harvest in German style. a wonderful blend of family fun, music, food and beer.

St. Josef's Grape Stomping Festival - September 22-23, 12pm – 6pm, 28836 S Barlow Rd, Canby

The 36th annual festival Join in on stomping a 1200 gallon Oak barrel that holds the equivalent 5,000 bottles of wine, lively music and food in a casual, relaxed European atmosphere. In addition to Grape stomping contests held throughout the day, the 'Original Donaumusikanten' a great German Band from Ulm, Bavaria will be performing from 1pm to 5pm on Saturday and Sunday. Don't worry about diligent training for the stomping – St Josef's will pick a partner for you if you are fortunate enough to get selected. Over 400 lbs. of special St Josef's recipe sausages & homemade sauerkraut, along with other locally made foods will be available.

American Legion Update

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

- ♦ Thursday Evenings Bingo - Tacos or Hot dogs, 5:30-6:30 pm, games begin at 6:30 pm.
- ♦ Friday Night BBQ Hamburgers - 5:30 to 7:30. Burger & fries \$5.
- ♦ Sunday Breakfasts begin again on Sept 8th, 8:30-11:30 am, \$6 per person.
- ♦ Fourth Tuesday—Sept 24th, Veterans Luncheon at noon.



Oregon State Fair -

September 1 - 2, 2019 (begins Aug. 23)

See farm animals and craft displays, eat fair food, drink local beer and wine, take carnival rides, and be entertained at the Oregon State Fair in Salem.

Senior Zoo Day - September 17th

If you're 65 years old, you and a guest get free admission and a train ride plus a lunch special during Senior Safari at the Oregon Zoo.

Senior citizens will take over the zoo grounds where they can enjoy free train rides and access to all the zoo has to offer without paying a thing. They can check out keeper talks and animal encounters. Senior Safari is a great opportunity for older folks to get some fresh air and exercise, learn about how the zoo is creating a better future for wildlife, spend quality time with elephants or visit the new sculpture garden.

Folks from Oregon Eye Specialists will be at the event offering free eyeglass adjustments and educating visitors about eye diseases that may impact seniors as they age. Visit with folks from Providence Medicare Advantage Plans for giveaways and information on Medicare.

Miniature Air Show - September 14 – 15, 10 am – 3 pm, 46100 NW Strohmayer Rd, Forest Grove.

Join the hundreds of spectators for an exciting weekend with expert demonstrations of a variety of remote-controlled aircraft. Watch drones, aerobatic planes, helicopters, warbirds, and even jets perform at the Radio-Controlled (RC) Air Show, with a kids' candy drop in Forest Grove.

Oregon International Air Show - September 20 - 22, 2019 – McMinnville Airport

Wear sunscreen for the Oregon International Air Show, featuring airplanes up close and in the air, aerobatics, skydivers, a kids' zone, a beer garden, and Friday fireworks at McMinnville Municipal Airport. For more information or to purchase tickets, visit www.oregonairshow.com.



Thanks for your Support!

Gold Donors: Donations of \$101—\$250

Thomas and Anna Adams	Michael and Lucy Kelsey
Linda Allen	Betty Keys
Gloria Altenhofen	Chuck & Mary Ann Kocher
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Susan Hope	Rosemary Vanderzanden
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Jim & Marjorie Irving	Patricia Williams
Arbie & Bonnie Irwin	Wieden & Kennedy
Hank Jarboe	Witt Family
Keith Jensen	Jay & Kathy Wolfe
Debbie & Stan Jewell	Peggy Yeats
Linda Johnson	
Robert & Darlene Kauffman	

Thank you New & Renewing Members

Velma Burkert	Rose & Jerrell Mills
Dennis & Judy Elvey	Judy & Ken Monaglan
Jack Faber	Sylvester & Edith Pavlicek
Sandie & Gary Field	Libby Rawls & Gary Lisman
Julie Francis	Donna Smith
Sally Trexler Hamilton	Ramona Stevenson
Jeanne Heuett	Jim Thacker
Kathleen Jordan	Jane Vollmer
Jean Lessard	

Gifts in Memoriam

Dave May in Memory of Wynn May

Sustaining Individual Donors: Donations of \$251+

Paul & Mary Ashton
Helen & Dean Basinger
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Special thanks to
TIMMCO Insurance and
agent Kim Hanlon
for choosing the Adult Center
as their June charity of the
Month. Kim presented a
check for \$140.00 to Director
Kathy Robinson this month
Thank you again!!!

Gold Business Donors: Donations of \$101-\$250

BPOE Elks 1189 Auxiliary
OBC Northwest
Rose City Railway Society
United Methodist Women
Wilcox Arredondo

Sustaining Business Donors: Donations of \$251+

Canby Kiwanis Foundation
Front Room Corporation
Custom Plumbing &
Construction
Rackleff Place

Thank you Business Supporters

American Legion Auxiliary
Canby Kiwanis Foundation
& Thrift Store
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Direct Link
Hope Village
Hulbert's Flowers
Kahut Waste Services
Andrew Kauffman—
Attorney at Law
Oregon Food Bank
Rackleff Place
Uptown Medical Billing

July/August Donors

Financial Donors:

Patty Hatfield
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Sylvester & Edith Pavlicek
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Norma Sigler
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CANBY ADULT CENTER MEMBERSHIP APPLICATION

New Member

Renewal

Single Membership: \$15/year Couple: \$25/year

Name _____
Under 65 ___ *65-70* ___ *70-75* ___ *75-80* ___ *Over 80* ___

Birth Month _____ Birth Day: _____

Name _____
Under 65 ___ *65-70* ___ *70-75* ___ *75-80* ___ *Over 80* ___

Birth Month _____ Birth Day: _____

Address: _____

Phone: _____

E-Mail Address: _____

Enclosed: Check: \$ _____ Cash: \$ _____

Renewal postcards are mailed quarterly as a reminder to renew your membership & update your information.

Check here *to receive newsletter by e-mail only with thanks for helping us save on postage!*

DONATION: Donor Name: _____ Donation Enclosed: \$ _____

Address: _____

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

Acknowledgement Address: _____



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

Activities— September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Center Closed Observing Labor Day 	3 9:00 Shopping Shuttle 10:00 TOPS 10:00 Handiwork 1:00 Bingo 1:00 Line Dance 1:00 Pinochle	4 9:00 Tai Chi 9:00 Footcare –Patty 9:00 Quilt with Suzie 10:30 Senior Fitness 1:00 Movie— Castaway 2:00 Mahjong	5 10:00 Memoir Writing 10:30 Geri-Fit 1:00 Line Dancing 1:00 Living w/Chronic Conditions Info Session 2:30 Pound	6 9:00 Tai Chi 10:30 Senior Fitness 1:00 Pinochle 1:00 FireMed Guest 1:00 Movie – The Martian	7	
8	9 9:30 Senior Fitness 10:00 Woodcarving 10:00 Blood Pressure Clinic with Patty 10:30 Geri-Fit 11:15 Music with Dennis 1:00 Line Dance 1:00 Bridge	10 9:00 Walk with Ease 9:30 Trip: Mt. Talbert 10:00 TOPS 10:00 Handiwork 1:00 Bingo 1:00 Line Dance 1:00 Pinochle	11 9:00 Tai Chi 9:00 Quilt with Suzie 10:30 Senior Fitness 1:00 Movie— Ladies in Lavender 12:30 Annual General Meeting 1:00 Board Meeting 1:00 Legal Assistance 2:00 Mahjong	12 8:45 Hair with Tilly 9:00 Walk with Ease 10:00 Healthy Lifestyle Speaker 10:30 Geri-Fit 1:00 Line Dancing 1:00 Chronic Condi- tions—Class 1 2:30 Pound Exercise Class	13 9:00 Tai Chi 10:00 Regence/ Medicare 10:00 Trip— Mt. Angel 10:30 Senior Fitness 1:00 Pinochle 1:00 Movie – Interstellar	14	10 am—Trip Aspen
15	16 9:30 Senior Fitness 10:00 Woodcarving 10:00 Footcare-LaVerne 10:30 Geri-Fit 1:00 Line Dance 1:00 Bridge	17 9:00 Walk with Ease 9:30 Trip—Zoo 10:00 TOPS 10:00 Handiwork 1:00 Bingo 1:00 Line Dance 1:00 Pinochle	18 9:00 Tai Chi 9:00 Quilt with Suzie 10:30 Senior Fitness 1:00 Movie: Dirty Rotten Scoundrels 1:00 Osteostrong Information/Bone Density Information 2:00 Mahjong	19 9:00 Walk with Ease 10:00 Memoir Writing 11:30 Music with Jim 10:30 Geri-Fit 1:00 Line Dancing 1:00 Chronic Condi- tions—Class 2 2:30 Pound	20 9:00 Tai Chi 10:30 Senior Fitness Party for Hurshall Noon Pie Raffle 1:00 Pinochle 1:00 Movie— Gravity	21	
22	23 9:30 Better Bones & Balance 10:00 Woodcarving 10:00 Footcare-LaVerne 10:30 Geri-Fit 11:15 Music with Dennis 1:00 Line Dance 1:00 Bridge	24 9:00 Walk with Ease 9:30 Trip—Shanghai Tunnels 10:00 TOPS 10:00 Handiwork 1:00 Bingo 1:00 Line Dance 1:00 Pinochle	25 9:00 Tai Chi 10:00 Newsletter Folders 10:30 Better Bones & Balance 1:00 Osteostrong Bone Density test 1:00 Movie: Captain Phillips 2:00 Mahjong	26 October Fest Lunch 8:45 Hair with Tilly 9:00 Walk with Ease 10:30 Geri-Fit 11:30 Music with Leta 1:00 Line Dancing 1:00 Chronic Condi- tions—Class 3 2:30 Pound Exercise Class	27 9:00 Tai Chi 9:15 Trip: NW Quilting Expo 10:30 Better Bones & Balance 1:00 Pinochle 1:00 Movie: Passengers	28	Volunteer Appreciation
29	30 8:30 Trip sign up begins 9:30 Better Bones & Balance 10:00 Woodcarving 10:00 Footcare-LaVerne 10:30 Geri-Fit Noon Birthday Lunch 1:00 Line Dance 1:00 Bridge		Remember we are looking to include YOUR items in our showcase this month. See page 5 for specifi- cs, — we're hoping to recognize First Responders and would like to include memora- bility such as fire trucks, police cars, badges, medals, etc.				

Menu—September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Closed for Labor Day!	3	4 Taco salad Tossed Greens Beans/Rice Peach Crisp Service Group: LDS Sisters	5 Baked Fish Rice Pilaf Cole Slaw Wheat Roll Apple Cobbler Serving Group: CAC Team	6 Frittata Fresh Fruit Obrien Potatoes Fresh Muffin Service Group LDS Elders	7
8	9 Chicken Cacciatore Rice pilaf Tossed Greens Oatmeal Cookie Serving Group: LDS 2nd Ward	10	11 American Gyro Served on a pita Audrey famous orzo salad/Fresh Fruit Service Group: LDS Sisters	12 Beef Stroganoff Over Penna Pasta Steamed Broccoli Fresh Fruit Service Group: CAC Team	13 Roasted Turkey Mashed Potatoes Green Beans Jell-O salad Service Group: Zion Mennonite	14
15	16 Pork Loin Rice Pilaf Cole Slaw Fresh Fruit Service Group: LDS 1st Ward	17	18 Chicken & Dumplings Potatoes & Gravy Carrot Coin Salad Molasses Cookies Service Group: LDS Sisters	19 Ham & cheese Sandwich Tomato Basil Soup Baker's Choice Service Group: CAC Team	20 Herb Salmon Rstd Red Potatoes Fresh Veggies Sourdough Service Group: LDS Elders	21
22	23 Chicken Jerusalem Penne Pasta Mixed Vegetables Spinach Salad Fruit Jell-O Salad Service Group: United Methodist Church	24	25 Chef Salad Vegetable Soup Sugar Cookies Service Group: LDS Sisters	26 October Fest Bratwurst Sauerkraut Roasted red potatoes German potato salad Service Group: Canby Police/Smyrna	27 Spaghetti Tossed Greens Garlic Bread Baker's Choice Service Group LDS Elders	28
29	30 Birthday Lunch Baked Meat Loaf Mashed Potatoes Fresh Vegetables Marinated BeanSalad Birthday cake Service Group: LDS Sisters/Methodist					