



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

## February 2020

### CENTER STAFF

DIRECTOR  
**Kathy Robinson**  
caccdir@canby.com

SUPPORT SERVICES  
**Timpra McKenzie**  
timpram@canby.com

CLIENT SERVICES  
**Wendy May**  
caccsc@canby.com

FOOD SERVICES  
MANAGER  
**Hurley Baird**  
CACFSM@canby.com

MEALS ON WHEELS  
**Jeanne Vodka**  
cacmow@canby.com  
**Judy Long**

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

WELLNESS PROGRAMS  
**Mindy Tilden**  
cacfit@canby.com

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

KITCHEN UTILITY  
**Beth Millican**  
**Ralene Tennis**  
**Kathy Levy**

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

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

CUSTODIAN  
**Carol Clark**

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

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

## Welcome from the Director

Dear friends,

Hello, and welcome to “its anyone’s guess” weather season! This time of year brings the possibility of snow or ice on the roads, so its time to remind our members of our weather policy.

**The short and sweet version:** We follow Canby School District weather policy—if they are closed for bad weather, we are closed as well. If they open 2 hours late, we will do the same.

While roads are often clear by 10:00 am, lunch preparation starts at 5:30 am for our kitchen team, when it is unsafe to travel. MOST of the staff at CAC comes to work from out of town—Molalla, Oregon City and beyond. If employees can’t make it in to work safely, then we can’t offer services.

As to your safety: If there are slick spots on the pavement, we can’t always clear them all so that you can enter the building without risk from the parking lot. No class or meal—as delicious as they are—is worth a broken hip, so we always try to err on the side of safety.

So....if there’s any doubt about the weather, please check the news for school closures or call in to the Center to see if we’re open. If you get our answering machine during normal business hours, that likely means that we are closed. The message will be changed if we can get to it, but that doesn’t always happen right away.

**A final note: If the front door is locked, the building is closed. Please don’t EVER attempt to use the kitchen door to enter the building for ANY reason other than to volunteer in the kitchen.** Using the kitchen door puts both you and our kitchen team at risk of injury, and can cause a fine from Clackamas County Environmental Health. We do not open the front door until the inside of the building is ready for public use—lights on, staff in place, doors unlocked. We cannot allow individuals into the building until we are fully “open for business.”

Thank you for your understanding, and see you at the Center—Kathy

### **AARP TAX AID CLINICS ARE BACK** Appointments available February 7th thru April 10th

AARP volunteers are back again this season, to prepare your taxes! The appointments for this free service are free and fill up quickly. Call 503-266-2970 to schedule your appointments; appointments are Fridays only February 7th thru April 10th.

**Please note:** You must bring all tax documentation with you (1099’s; W-2’s, interest statements, medical expenses, list of donations (separated by cash and property), etc. Also bring your driver’s license and last year’s taxes (yes, even if your taxes were prepared by our tax clinic last year).

### **Reminders—**

**Friday, February 14th—Valentine’s Day Lunch**

**Closed Monday, February 17th, President’s Day**

### **Iwo Jima Ceremony Saturday, February 22nd at 10 am at Ackerman School**

This year marks the 75th anniversary of Iwo Jima, and a big crowd is expected, so the commemorative event has been moved to Ackerman School across the parking lot – there will be NO breakfast this year. The outdoor flag ceremony will still be held at the Adult Center. We will also house an exhibit of memorabilia, but the event begins and ends at Ackerman. Light refreshments will be served.

### **SAVE THE DATE: Sunday, March 1st, 8:30 am - 11:30 - Canby American Legion Auxiliary Breakfast to benefit Canby Adult Center Meals on Wheels!**

Plan NOW to join us for breakfast at American Legion Post 122, 424 NW 1st Street on Sunday March 1st. The American Legion Ladies Auxiliary prepares and serves a GREAT breakfast to benefit Canby Adult Center during “March for Meals”. You’ll see some familiar and friendly CAC faces serving your breakfast this day! Breakfast is \$7 for adults.

# 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. 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:

- \* Better Bones & Balance 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

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 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 visit 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 Client Services Coordinator, 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

Generally the 2nd Wednesday of each month, an attorney will meet with you at the Center for a free 30 minute consultation. This month, Wednesday, February 12th. Appointment required. 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, however this month, the first and fourth Mondays, **February 3rd and February 24th**, 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 **February 3rd, 10th and 24th**. This service includes a foot soak, nail trim and callus removal. \$15

**Patty Calcagno is not be available this month; Patty's regular monthly schedule resumes in March 2020.** She takes appointments the first Wednesday of each month. 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, February 9th and 23rd**

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 (Currently Feb. 7th thru April 10)

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.

### Inclement Weather Closures

Our inclement weather policy is based on Canby Schools: If the School District is closed due to inclement weather, then Canby Adult Center will also be closed. We make every effort to update our answering machine for closures but cannot always make it to the Center. If in doubt check the news!

### 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).

**Please do not leave expired foods, bruised produce, empty boxes or clamshells, or packing materials (including bubble wrap or styrofoam peanuts) on our benches. We cannot use those items.**

Thank You!

# Board News and Announcements

## BOARD OF DIRECTORS 2019—2020

### CHAIR

**Debbie Jewell**

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

### VICE-CHAIR

**William Reif**

[billr@equitygroupteam.com](mailto:billr@equitygroupteam.com)  
(Term ends Sept 2022)

### TREASURER

**Brenda Mootz**

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

### SECRETARY

**Ruth Howard**

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

### Dave May

[dmay@utep.edu](mailto:dmay@utep.edu)  
(Term ends Sept 2022)

### Millie Reser

[softballlady63@gmail.com](mailto:softballlady63@gmail.com)  
(Term ends Sept 2022)

### 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)

## Board Minute Excerpts from Meeting January 8, 2020

Submitted by Timpra McKenzie

### Directors Present:

Debbie Jewell, David May, Johni Thayer, Mary Bosch, Jim Davis  
Brenda Mootz, Millie Reser

### Excused:

Bill Reif and Ruth Howard

### Staff Present:

Kathy Robinson, Timpra McKenzie

### City Liaison:

Scott McClure

Guests Present: None

The meeting was called to order at 1:00 pm by Chair, Debbie Jewell. A full quorum was established and December minutes were unanimously approved.

### City Liaison Report:

Scott McClure shared that the City and School District are discussing the possibility of a long term lease for this building; our current agreement is an annual lease. Scott shared his previous employment was with the City of Monmouth for 13 years, where the Senior Center was part of the City budget.

Some things that are in the works with the City include a splashpad at Maple Street Park; upgrades to Maple Street Park and other smaller parks. Anticipated changes include creation of a "Quiet Zone" for trains passing through which will provide safer intersections; and an archway over Grant Street. Canby continues to grow, with some 450 homes currently under construction; statistics show that most people moving to Canby are middle aged-persons and retirees.

### Treasurer Report:

Detailed report available upon request. Brenda shared that investments finished strong in December; strong cash and common stock. Charles Schwab no longer charges a transaction fee for trades, which results in a small savings to CAC.

### Directors Report:

Available upon request. Kathy reviewed the snow policy as it pertains to the Center and following school district closures. Bateman no longer offers shelf stable meals so Kathy and Hurley are working to ensure extra meals are available should there be a need to cover MOW for snow closures. The Center is open as a warming center only during regular office hours. Jim Davis mentioned that Zoar Lutheran Church is about to be approved as an official warming center.

The annual appeal has received an exceptional response; a second appeal mailing was sent to specific local businesses with limited response received. The Iwo Jima ceremony will not consist of a breakfast this year but rather a gathering at Ackerman School with some people meeting at the Center at the flag pole area. The details for the ceremony are still in the planning stages but will not involve a breakfast due to anticipated large attendance.

Kathy has been notified by Jeremy Gingerich from Wilcox Arredondo, that they will no longer be available to conduct our annual audit; Jim Davis had some suggestions regarding audit consultants that are known to him. Our OAA contract for 2019 – 2020 has been amended to add \$10,000 plus for meal service but even with that the meal service will likely not be funded during the month of June. Kathy mentioned generally our food expense runs between \$84 to \$85,000 per year. Kathy also mentioned that Dennis Elvey will not be back as an employee and the Center is still recruiting for a part-time bus driver.

### New Business:

Debbie shared that several employees sent thank you notes or e-mails for their year end gifts. Dave May asked to be excused from the February 2020 meeting. Jim Davis mentioned as a matter of information, that the School District renewal bond is up for renewal, possibly as early as May 2020 or December of this year. It is not an increase, but a renewal bond.

### Old Business

Kathy reported that no additional progress has been made on the electronic sign-in system in the past month, and that we will be looking into this in more detail including investigating how other, larger centers track statistics. It has become apparent that even some of the larger centers continue to use a manual system for tracking statistics and there are a few more Centers that Kathy and Timpra wish to contact.

At 1:50 Brenda Mootz motioned to move to Executive Session; Seconded by Millie Reser. The motion passed and BOD adjourned to Executive Session. The next monthly meeting is February 12, 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.

# February Speakers & Events

January 30<sup>th</sup> to March 5<sup>th</sup>  
Thursdays, 1:00 pm-3:30 pm

## “Powerful Tools for Caregivers” 6-week workshop

This is a 6-week workshop for caregivers.

**Requirements: Advance sign-up required; AND Attendance to all 6 sessions.**

First session is Thursday, January 30th at 1 pm. Details available at front desk.

February 5<sup>th</sup> and 19<sup>th</sup>  
1:00 pm to 3:00 pm.

## Fort Kennedy—Veteran’s Assistance & Information

**Services for vets!** A representative from Fort Kennedy, which provides services to homeless veterans, will be available on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of every month, from 1 – 3:00 pm at the Adult Center.

No sign-in needed, drop-ins welcome! Check in at the front desk to find their information area.

**AARP Tax Clinic**  
February 7th thru April 10th  
9 am to 3:30 pm—Appointment Required

This is a free tax preparation service thanks, to AARP volunteers, and is available with an appointment only. Please check in at the front desk when you arrive for your appointment as some paperwork must be completed prior to your appointment.



Thursday, February 13<sup>th</sup> at 10:00 am

Help us make cute valentine’s to be distributed to the Meals on Wheels clients on Valentine’s Day. We will need to make up to 120. We would appreciate your help. Easy and fun.

Sign up at the front desk or by calling 503 266 2970.

February 19th at 1:00 pm  
“Speed Scratch Heart Healthy Meals”  
with Kelly Streit (OSU Extension Service)

Join us Wednesday, February 19<sup>th</sup> at 1 pm and hear guest speaker, Kelly Streit (from OSU Extension Service, Clackamas County). Kelly will help us learn some simple meal planning strategies, set up a “SPEED SCRATCH” Pantry, and share some 5 ingredient, less than 30 minute meal ideas.

“Speed Scratch Heart Healthy Meals”

February 22nd at 10:00 am  
Iwo Jima Ceremony at Ackerman School &  
Canby Adult Center

This annual ceremony will be held at Ackerman School this year, just around the corner from us. The actual ceremony will be held at the Adult Center Flag Pole and Commemorative Rock. **NO breakfast served this year** due to the number of guests expected for the ceremony.

See page one for all the details on this Ceremony.

**Guest Speaker from Collette Excursions**  
Thursday, February 27th at 10 am  
and Wednesday, April 1st at 2:30 pm

**America’s Music Cities Collette Excursion**  
Upcoming trip: October 31- Nov 7, 2020

Join us Thursday, February 27th at 10 am to hear our guest from Collette Excursions tell us about the upcoming New Orleans trip October 31st thru November 7th, 2020.

Come along and enjoy a sight seeing trip to New Orleans, “Jazz capital of the world”. Visit the French Quarter, St Louis Cathedral, Pirates Alley, St Louis Cemetery #3 and dine at the famed Café Du Monde. Take a swamp cruise and learn the history and ecology of this fascinating ecosystem.

We will then travel on to Memphis to visit Graceland for a day. We’ll end our week-long tour in Nashville, at the Country Music Hall of Fame, and Grand Ole Opry.

There are also other optional tours available that you may choose from during this trip. It’s going to be a musical blast!!! Look for complete trip itinerary as an insert with this newsletter. You can also check with Lynne for more details.

**Join us for this no-obligation informational session to learn more about the New Orleans trip.**

Sign up and down payments accepted on Thursday, February 27th (and/or Wednesday, April 1st at 2:30 pm) in order to reserve your spot.

**\*You will save \$150.00 off the cost of this trip by signing up early!**

**Reminder:** CAC is closed Monday, February 17th, observing President’s Day.

**Did you Know...** Presidents’ Day falls on the third Monday in February in the United States. It is also known as Washington’s Birthday, after George Washington, the first president of the United States. The day is meant to celebrate George Washington and all the presidents of the U.S.

**President’s day became a federal holiday in 1879.**

# February Movies, Music & More

## February Movies

**Wednesday Afternoon at the Movies - 1 o'clock sharp**

February 5<sup>th</sup>: **7 Days in Utopia**, starring Robert Duvall. After a disastrous debut on the pro circuit, a young golfer finds himself unexpectedly stranded in Utopia, Texas and welcomed by an eccentric rancher.

February 12<sup>th</sup>: **Freedom Writers**, starring Hilary Swank and Patrick Dempsey. A young teacher inspires her class of at-risk students to learn tolerance, apply themselves and pursue education beyond high school. Based on a true story!

February 19<sup>th</sup>: **The Aeronauts**, starring Felicity Jones and Eddie Redmayne. Recent release movie about balloon pilot Amelia Wren and scientist James Glaisher, who find themselves in an epic fight for survival while attempting to make discoveries in a gas balloon in the 1860s.

February 26<sup>th</sup>: **Seven Brides for Seven Brothers**, starring Jane Powell, Howard Keel and Jeff Richards. A 1954 classic! In 1850 Oregon, when a backwoodsman brings a wife home to his farm, his six brothers decide that they want to get married too.



## Friday "Rom-Com's"...

February 7<sup>th</sup>: **Failure to Launch**, starring Mathew McConaughey, Sarah Jessica Parker and Kathy Bates. A thirty-something is still living with his parents until they hire an interventionist to help him graduate out of the house. That's when the fun begins.

February 14<sup>th</sup>: **Sleepless in Seattle**, starring Tom Hanks and Meg Ryan. A recently widowed man's son calls a radio talk-show in an attempt to find his father a partner. This is a rom-com classic!

February 21<sup>st</sup>: **The 2<sup>nd</sup> Time Around**. In this heart-warming story full of hope, dreams and second chances, two seniors meet and discover that it's never too late to fall in love again.

February 28<sup>th</sup>: **You've Got Mail**, starring Tom Hanks and Meg Ryan. Following the success of Sleepless in Seattle, this rom-com dynamic duo meet up again!. Two business rivals who despise each other in real life unwittingly fall in love over the Internet.

**Movie Request 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 February

Thursday, February 20th -  
Jim Wilkey  
Gospel & Country!



**February Pie Raffle —  
Cherry Cheesecake**  
Thursday, February 13th at noon—just in time  
for Valentine's Day!

Tickets 25-cents each or 5 tickets for \$1



**Volunteers do not necessarily have  
the time; they just have the heart.**

~Elizabeth Andrew



## February Birthdays!

- |    |                     |    |                 |
|----|---------------------|----|-----------------|
| 2  | Steven Avery        | 21 | Norm Clavett    |
| 2  | Gary Paddock        | 22 | Larry Ball      |
| 2  | Chris Pendleton     | 22 | Kathi Dotson    |
| 3  | Thomas Johnson      | 23 | Bev Mitchell    |
| 4  | Johnnie Johnson     | 26 | Robert Johnston |
| 4  | Janielle Krzmarzick | 26 | Laura Gustafson |
| 5  | Ruth Stinson        | 27 | John Merina     |
| 5  | Janet Thiessen      | 27 | Oliver Korsness |
| 5  | Kathleen Jordan     | 27 | Larry McBride   |
| 6  | Bob Herman          | 28 | Christine Ehler |
| 7  | Bob Sheveland       |    |                 |
| 7  | Patricia Walman     |    |                 |
| 8  | Janet Morton        |    |                 |
| 10 | Elaine Daniels      |    |                 |
| 11 | Marilyn Hurlbert    |    |                 |
| 12 | Linda Medaris       |    |                 |
| 13 | Susan Williamson    |    |                 |
| 14 | Marlene Nelson      |    |                 |
| 14 | Mary Butler         |    |                 |
| 16 | Patricia Wright     |    |                 |
| 16 | Gayle Acker         |    |                 |
| 17 | Donna Lebold        |    |                 |
| 18 | Hugh James          |    |                 |
| 20 | Mal McCann          |    |                 |
| 20 | Doris Wheatley      |    |                 |

"The secret  
of staying young  
is to  
live honestly,  
eat slowly,  
and  
lie about your age."



- Lucille Ball



Thanks to Chris Boon/Regence for providing  
birthday cake each month!



# February Trips—sign up from Monday, January 27th

## 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. Bookings phoned in on the first Monday of sign-ups are processed AFTER all travelers who have come into the Center to book a trip in person.**

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

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

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

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

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

Travelers are allowed to sign up for a maximum of **two** trips the first day of sign-ups; come back on subsequent days (Tuesday and beyond) to sign up for trips that still have open spots.

The above is general guidance; CAC reserves the right to modify procedures to fit individual trip or client needs

Thank you for your cooperation!

## PACIFIC NORTHWEST SPORTSMEN'S SHOW Portland Expo

February 6, 2020

Pacific Northwest Sportsmen Show is the largest sportsmen's show west of the Mississippi and the region's most anticipated annual event for outdoor adventurers and sportsmen. Plus, it's the Northwest's premier Sports Fishing Boat Show. Bring money for food at the Expo that evening.

Depart: 3:30pm

Return 8pm

Cost: \$8 (pay at door for ½ day ticket)

Bus Fee Donations Accepted

## PGE Light Festival Downtown Portland

February 8, 2020

Stroll along the Eastbank Esplanade between Omsi and Tilikum Crossing Bridge and Celebrate Valentines week by attending the 5th annual Portland Winter Light Festival. This event showcases illuminated art installations, vibrant performances, and stunning kinetic fire sculptures. Portland Spirit will be offering free ferry rides that evening if you'd like to venture to the other side of the river as well and see the amazing sculptures of light. This festival of Lights was created to break up the dreariness of the winter months in Portland and celebrate LIGHT! Join in the adventure! Bring money for dinner before the festival.

Depart: 4pm

Return 8:15pm

Cost: Festival is free

Bus Fee: Donations Accepted

## A DAY at OMSI and Exquisite Creatures Exhibit Southeast Portland

February 11, 2020

Artist Christofer Marley shares his Exquisite Creatures exhibit at OMSI this month. Experience how awe-inspiring the natural world can be through the intricate design of its inhabitants. Examine the connections between art and science through stunning three-dimensional displays of rare specimens from all over the world. Marley is an artist, naturalist and bestselling author whose three-dimensional art features reclaimed and sustainably sourced animal, mineral and plant specimens. Bring money to eat at OMSI that day or bring your own sack lunch.

Depart: 9:15am

Return 3pm

Cost: \$12 (pay at event)

Bus Fee: Donations Accepted

## Culinary Institute Lunch downtown Portland

February 18, 2020

Portland culinary cuisine has become a local legend, and it leads the way for the rest of the nation, farm-to-table and seasonal menu. As part of Culinary Institute's curriculum, students have the opportunity to work in their own, student-operated fine-dining restaurant under the direction of chef instructors and serve us some of their scrumptious and amazing culinary delights.

Depart: 11:15am

Return 2pm

Cost: \$18 (pay driver exact cash when getting on bus)

Bus Fee: Donations Accepted

## Oregon Food Bank Tour and Lunch

February 25, 2020

Oregon Food Bank, (OFB) works to eliminate hunger and it's root causes because no one should be hungry. OFB believes that hunger starves the human spirit; communities thrive when people are nourished and everyone deserves healthy and fresh food. This is a walking tour; we will be walking through the warehouse so wear closed toes shoes. Bring money for lunch after the tour.

Depart: 9am

Return 2pm

Cost: Bring money for lunch

Bus Fee: Donations Accepted

## Little Shop of Horrors and Spaghetti dinner at Canby High School

February 26, 2020

Little Shop of Horrors is a delectable sci-fi horror musical with an electrifying 1960's pop/rock score by Alan Menken and Howard Ashman. Seymour Krelborn is a meek and dejected assistant at a floral shop who happens upon a strange plant, which he affectionately names "Audrey II" after his crush at the shop. We'll go to the high school cafeteria before the play for a **free** spaghetti dinner sponsored by the leadership class.

Depart: 4pm

Return 7:30pm

Cost: FREE

Bus Fee: Donations Accepted

## UPCOMING TRIP: Jeanne Robertson Comedy Tour at Newmark Theatre October 4, 2020

Jeanne Robertson is a well-known humorist, motivational speaker and also a former Miss North Carolina. She has achieved national attention as a family friendly wholesome humorist and speaker. Her anecdotes have been broadcast regularly on satellite radio comedy channels. She distinguishes between a humorist, which she considers herself, and a comedian, stating, "The humorist weaves the longer stories with a point. We don't go 'after' anybody. I'm telling my life." **For this event: We must have 5 rider sign ups with \$30.00 down payments to CAC front desk no later than February 21, 2020.** Get ready to laugh!

Depart: 5pm

Return 10:30pm

Cost: \$75.00

Bus Fee: Donations Accepted

# On-going Classes and Activities

## Exercise Classes Open to Everyone!!!

**Geri-Fit (Seated Exercise):** Class meets Monday and Thursdays at 10:30. A great choice for focusing on strength training with light weights (provided) all performed from a seated position. The new class has an in-house instructor—meet Mindy!

*No fee—donations appreciated.*

**Better Bones & Balance—** Class meets Monday at 9:30, Wednesday and Friday at 10:30 AND 11:30 Monday, Wednesday and Friday. Get a great work-out involving light cardio, and lower body strengthening with the goal of maintaining existing bone strength and density. Join this class with our experienced instructor, Mindy Tilden.

*No fee—donations appreciated.*

## Senior Tai Chi— Walk-ins welcome!

We are pleased to offer Tai Chi classes twice each week. Class meets every Wednesday and Friday from 9 am to 10 am. Check out this class—a great way to increase mobility and balance! Instructor, Nick Hancock



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

No partner needed for these popular and fun line 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—Feb 4th & 11th, 9am – 12pm.

Suzie Voss facilitates a monthly class for quilters—all levels welcome! You need a portable sewing machine to get started. Come to class with either your own project or participate in the group project. Always happy to see new faces!

## WEEKLY CARD GAMES

**Bridge:** Mondays 1 pm— 4 pm  
**Canasta:** Tuesdays 1 pm— 4 pm  
**Pinocle:** 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!

**Beginning Clogging at Noon:** (Appalachian Tap Dancing) - Loaner shoes Available; no fee, No sign-up  
Instructor—Ann Skoe

**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

**New Year’s Eve—Dec. 31—bingo starts 1 hour early**

## WEDNESDAY

### Mahjong - 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—Hiatus

The Walk With Ease exercise program is taking a hiatus during the cold winter months. Please check back next month for more information about this offering.

# Memoir Writing—Sharing

We meet 1st & 3rd Thursday of each month at 10 am for discussion and writing. A prompt is provided to get you started! Class Facilitator: Barbara Isom

## World War II—Enlisted Sailors...

By Fred Egger—August 3, 2017—Memoir Writing Class

I graduated from Canby High School in the spring of 1944. Classes had been held all spring six days a week so school could be let out earlier in the year and students could be available for berry picking and other farm work.

WW2 was in full swing and had been since December 1941. Several of our graduating seniors were racing to get into the service and help get the war over sooner. I wouldn't be 18 till October 1944 so I didn't get called up until then.

My mom and dad took me to the Greyhound bus depot in Canby [it was located where the 7-11 store is today] and I took the bus to Portland. From Portland I went by train to Spokane and then on to the Navy Training Center at Farragut, Idaho located on Lake Pend Orielle for my boot-camp training.

I caught scarlet fever and spent three weeks in an isolation ward and lost my company. Penicillin was the new wonder drug and I would get a shot every 4 hours in my rear-end. Charles McKenzie, a teacher from here at Canby, was on the medical staff. After getting over my fever I was assigned to another group and finished my training at Farragut.

Had a few days home leave and after returning to Farragut was sent by troop train to the Great Lakes training center near Chicago to a small boat and engineering training center. I got pneumonia there and lost my class there too. Finally finished schooling and was sent by troop train to the west coast south of San Francisco. After a few weeks there I was sent by troop train thru Canby and on to the Bremerton Navy Base in the Seattle area. I will always remember going thru Canby Oregon on a troop train. At Bremerton I was assigned to the Battleship USS Maryland [BB 46]. Two of my shipmates would turn out to be Canby High graduates. Al Buggins and Bill Cole.

After going to two different schools with training with small boat and landing crafter as the main issue I would now be sailing on a 32,000 ton battleship with 8—16-inch guns on deck.

We boarded the battleship Maryland in Bremerton, Washington. You walk up the gangplank when the tide is in, down the gangplank when the tide is out. We met our Chief Petty Officer whose nickname was Ace. He had marks on his sleeve from his wrists to his elbow. From our ship we could see the brig and the marine guards making the sailors in custody run around the fence line with sacks full of clothes draped over their shoulders. The guards had sawed off shotguns. We decided we did not want to get in the brig with marines in charge.

An albatross followed the ship for hours and I thought it had fallen into the ocean only to have it reappear from behind a wave. I missed the first practice General Quarters after we went to sea. I could not find the right hatch to the shaft alley that was my GQ station and the hatches were all closed by the time I got to the right part of the ship. I spent GQ laying on a bench in the mess hall watching paint fall off the ceiling when the 16-inch guns were fired from a nearby gun turret and I always remember the taste of shipboard ice cream made from powdered milk and served at our gedunk stand.

I remember the heads with water flowing back and forth under our butts as we were trying to do our business, and the ship rocking. I kept my Navy issue hammock and mattress when I boarded ship, but there were bunks and the canvas hammocks were used as padding under the mattress. I remember boarding the ship with my hammock rolled into a horseshoe and lashed around my sea bag with everything I owned in it and carrying the whole load on my shoulder up the gangplank.

The bunks were close together and it was difficult to turn over without your shoulder hitting the person in the bunk above you. I was in the main drive division and our crew space was next to some electric speed control equipment with rheostat banks that would chatter like they were playing a tune when we were in rough seas and the screws [we had four of them] would come out of the water.

We tried to stay in good with someone in the galley so that when we were in port and had our pinochle games going we could get a little spam, bread and onions without having to stop playing cards and go to the chow line.

I learned to slide down the ladders from deck to deck without touching a step but it took some practice.

We in the black gang did not envy the deck apes when they were all lined up on the main deck with a boatswain in charge manning a fire hose and each swabby had a broom handle with a holystone polishing the hardwood deck.

After the war was over our ship made six round trips from various west coast ports to Hawaii taking troops both directions on what was known as the Magic Carpet Run. We had movies on the fantail most evening weather permitting and the GI's who had traveled on regular troop ships got to eat with our crew. They thought they'd died and gone to hog heaven.

The Battleship Maryland along with many other warships were decommissioned never to sail again. The Maryland was eventually stripped of all useable equipment and sold to Japan as scrap iron.

*[This story was written by Fred in about 2001 and was sent to compiling author, Jack Haberstroh, PhD. He was writing a book on A Nation's Grateful Salute to the World War 2 Enlisted Sailors. The book "Swabby" was printed in 2003 by Heritage Books, Inc.]*

# Menu February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Lunch in the dining room is served at noon following announcements. Please be seated a few minutes before noon for lunch service. Please be quiet during announcements.</p> <p>Flag Salute on Mondays.</p> 					1
2	<p>3 Sloppy Joes Fries Coleslaw Apple pie</p> <p>Serving Group: St. Patrick's Church</p>	4	<p>5 Buddha Bowl with Chicken, Rice, Sweet Potato, Red Onion, Spinach, Avocado Peaches Chocolate Oreo Cheesecake</p> <p>Serving Group: CAC Team</p>	<p>6 Baked Tilapia Rice Pilaf Mixed Vegetables Mexican Coleslaw Carrot Cake</p> <p>Service Group: CAC Team</p>	<p>7 BBQ Pork Ribs Green Beans Red Potato/Green Salad Strawberry Angel Food Cake</p> <p>Service Group: CAC Team</p>	8
9	<p>10 Spaghetti with Meat Sauce Tossed Greens Garlic Bread Baker's Choice</p> <p>Service Group: LDS 1st Ward</p>	11	<p>12 Pork Loin Mashed Potatoes Tossed Greens Fresh Vegetables Baker's Choice</p> <p>Service Group: Rackleff Place</p>	<p>13 Frittata Fresh Fruit O'Brien Potatoes Fresh Muffin</p> <p>Service Group Canby Police Dept.</p>	<p>14—Valentine's Day</p> <p>Seared Salmon Mushroom Risotto Roasted Asparagus Cheese Cake</p> <p>Service Group Zion Mennonite Church</p>	15
16	<p>17 Center Closed President's Day</p> 	18	<p>19 Tuna Salad Tossed Greens Vegetable Soup Chilled Fruit Coconut Pudding</p> <p>Serving Group: CAC Team</p>	<p>20 Hamburger Feed Bake Beans Potato Salad Chilled Fruit Broccoli Salad</p> <p>Serving Group: Smyrna Church</p>	<p>21 Roasted Turkey Mashed Potatoes Green Beans Marinated Bean Salad Bread Pudding</p> <p>Serving Group CAC Team</p>	22
23	<p>24 Baked Apple Glazed Ham Scalloped Potatoes Green Beans Fresh Fruit</p> <p>Serving Group: Methodist Church</p>	25	<p>26 Chicken &amp; Dumplings Mashed Potatoes Carrot &amp; Raisin Salad Cookies</p> <p>Serving Group: CAC Team</p>	<p>27 Flank Steak &amp; Spinach Salad Vegetable Soup Satin Chocolate Cake</p> <p>Serving Group: CAC Team</p>	<p>28 Happy Birthday!</p> <p>Chicken Jerusalem Penne Pasta Mixed Vegetables Spinach Salad Birthday Cake</p> <p>Serving Group: CAC Team</p>	29



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

# Activities— February 2020

Su	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	<b>3</b> 8:30 Sign up opens for Diabetes Prevent. 9:30 Better Bones & Balance (BBB) 10:00 Woodcarving 10:00 Blood Pressure 10:00 Footcare-Laverne 10:30 Geri-Fit 11:30 BBB 1:00 Line Dance 1:00 Bridge	<b>4</b> 10:00 TOPS 10:00 Handiwork 12:00 Clogging 1:00 Bingo 1:00 Canasta 1:00 Line Dance 1:00 Pinochle	<b>5</b> 9:00 Tai Chi 9:00 Quilt with Suzie 10:30 Better Bones & Balance 11:30 BB&B 1:00 Veteran's Assistance w/Fort Kennedy 1:00 Board Meeting 1:00 Movie– 7 Days in Utopia 2:00 Mahjong	<b>6</b> 10:30 Geri-Fit 1:00 Line Dancing 1:00 Caregiver Work-Shop 2:30 Pound Exercise Class 3:30 Trip: Sportsman's Show	<b>7</b> 9:00 Tax Clinic 9:00 Tai Chi 10:30 Better Bones & Balance 11:30 BB&B 1:00 Pinochle 1:00 Movie – Failure to Launch	8 Trip: Light Festival
9	<b>10</b> 9:30 Better Bones & Balance (BBB) 10:00 Woodcarving 10:00 Footcare-LaVerne 10:30 Geri-Fit 11:30 BBB 1:00 Line Dance 1:00 Bridge	<b>11</b> 9:15 Trip: OMSI 10:00 TOPS 10:00 Handiwork 12:00 Clogging 1:00 Bingo 1:00 Canasta 1:00 Line Dance 1:00 Pinochle	<b>12</b> 9:00 Tai Chi 9:00 Quilt with Suzie 10:30 Better Bones & Balance 11:30 BB&B 1:00 Movie– Freedom Writers 1:00 Legal Assistance 1:00 Board Meeting 2:00 Mahjong	<b>13</b> 8:45 Hair with Tilly 10:00 Memoir Writing 10:00 Craft with Wendy 10:30 Geri-Fit Noon Pie Raffle 1:00 Line Dancing 1:00 Caregiver Work-Shop 2:30 Pound Exercise	<b>14 Valentine's Day</b> 9:00 Tax Clinic 9:00 Tai Chi 10:30 Better Bones & Balance 11:30 BB&B 1:00 Pinochle 1:00 Movie– Sleepless in Seattle	15
16	<b>17 Center Closed</b>  <b>President's Day</b>  	<b>18</b> 10:00 TOPS 10:00 Handiwork 11:15 Trip: Culinary Institute lunch 12:00 Clogging 1:00 Bingo 1:00 Canasta 1:00 Line Dance 1:00 Pinochle	<b>19</b> 10:00 Newsletter 9:00 Tai Chi 10:30 Better Bones & Balance 11:30 BB&B 1:00 Veteran's Assistance w/Fort Kennedy 1:00 Heart Healthy Meals with Kelly-OSU 1:00 Movie– The Aeronauts 2:00 Mahjong	<b>20</b> 10:30 Geri-Fit 11:30 Music with Jim 1:00 Line Dancing 1:00 Caregiver Work-Shop 2:30 Pound Exercise	<b>21</b> 9:00 Tax Clinic 9:00 Tai Chi 10:30 Better Bones & Balance 11:30 BB&B 1:00 Pinochle 1:00 Movie: The Second Time Around	22 Iwo Jima @ Ackerman School 10
23	<b>24</b> 8:30 Trip sign up begins 9:30 Better Bones & Balance (BBB) 10:00 Woodcarving 10:00 Blood Pressure 10:00 Footcare-LaVerne 10:30 Geri-Fit 11:30 BB&B 1:00 Line Dance 1:00 Bridge	<b>25</b> 9:00 Trip: Foodbank 10:00 TOPS 10:00 Handiwork 12:00 Clogging 1:00 Canasta 1:00 Bingo 1:00 Line Dance 1:00 Pinochle	<b>26</b> 9:00 Tai Chi 10:30 Better Bones & Balance 11:30 BB&B 1:00 Movie– Seven Brides for Seven Brothers 2:00 Mahjong 4:00 Trip: CHS Dinner & Play	<b>27</b> 8:45 Hair with Tilly 10:00 Guest Speaker: New Orleans w/ Collette Travel 10:30 Geri-Fit 1:00 Caregiver Work-Shop 1:00 Line Dancing 1:00 Caregiver Class/ Powerful Tools 2:30 Pound Exercise Class	<b>28 Birthday Lunch</b> 9:00 Tax Clinic 9:00 Tai Chi 10:30 Better Bones & Balance 11:30 BB&B 1:00 Pinochle 1:00 Movie: You've Got Mail	29

# Healthy Body—Healthy You!

We are in the middle of a COLD SNAP!! It's so easy to stay home, curl up with a warm blanket and a good book but this is the perfect time to try something new. I'm impressed with the number of folks working hard to get in shape and STAY in shape! If you haven't given one of the classes here at the center a try, NOW is the perfect time to do it! February is National Heart Health month—2 components of heart health are diet and exercise!

Take care of your heart, Mindy

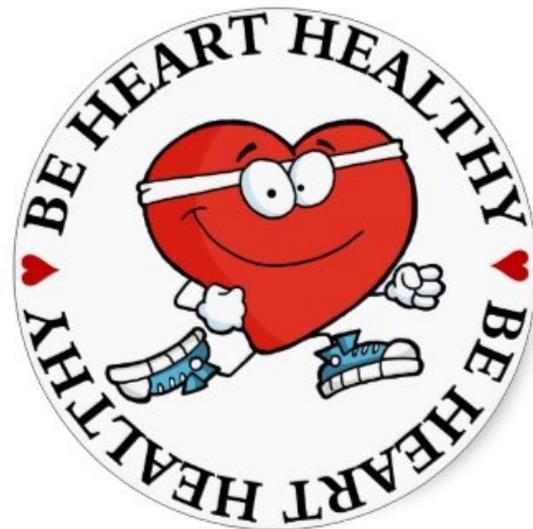
A healthy diet and lifestyle are the best weapons to protect against heart disease. Incorporating heart-healthy foods, exercising more, maintaining a healthy weight and not smoking can help reduce cardiovascular disease-related deaths by 50 percent. The heart-healthy foods recommended for a cardiac diet include fiber-rich fruits, vegetables and whole grains, lean protein and fats like olive oil and avocado. Saturated fat, added sugars and sodium (nutrients that can harm your heart in large amounts) should always be kept to a minimum and instead, dishes are seasoned with lots of herbs and spices to keep things flavorful and exciting.

A plant-based or Mediterranean Diet has been linked to lower rates of heart disease. Following these tips may help keep your heart and blood vessels in good shape and benefit your health overall.

- Eat a variety of unprocessed, home-cooked foods.
- Eat fruits, vegetables, whole grains, beans, peas, lentils, tofu, nuts, and seeds every day.
- Use olive and canola oils for cooking.
- Avoid foods high in trans fats. Watch out for "partially hydrogenated oil" on the ingredient list.
- Enjoy at least 2 fatty fish meals per week, such as wild salmon, trout, chunk light tuna, or halibut.
- Replace red meat with fish or poultry. Red meat, if eaten at all, should be limited to 1 or 2 times per month.
- Eat 3 servings a day of low-fat or nonfat dairy, such as milk, cheese, or yogurt. Or try non-dairy alternatives such as soy and almond milk.
- Have fresh fruit for dessert.
- Choose and prepare foods with less salt. Use lemon juice, herbs, wine, and spices to flavor food.

Omega-3 fatty acids are "heart healthy" because they may:

- Decrease the risk of arrhythmias (irregular heartbeats), which can lead to sudden cardiac death
- Reduce the risk of clots forming
- Make plaque buildup in your arteries more stable
- Lower triglyceride levels
- Reduce inflammation



## Heart Healthy ONE DISH Chicken Bake

Prep Time: 10 minutes  
Cook Time: 30-35 minutes  
Total Time: 40-45 minutes  
Servings: 2

### Ingredients:

1-2 Chicken Breast, rinsed and left whole  
1-2 cups vegetables of your choice (carrots, broccoli, zucchini, onions)  
2-4 tbsp olive oil  
1-2 tsp seasonings of your choice (rosemary, garlic, pepper)

### Instructions:

- ◆ Chop up your veggies and toss in a mixing bowl with olive oil and seasonings.
- ◆ Once evenly coated, transfer to a baking dish.
- ◆ Place 1-2 chicken breasts (or more!) in the middle of the dish
- ◆ Sprinkle with additional seasonings.
- ◆ Bake at 400 degrees for 30-35 minutes or until chicken is cooked through.

ENJOY!!!

# Healthy Body—Healthy You (continued)

The heart is your most vital organ, which is why there is no question as to why its health is important to us. It is generally a really strong muscle but as humans, we put our bodies through a lot of stress during our lifetime. Sometimes the heart is simply unable to keep up. It's important to strengthen the muscle of the heart!

Naturally, the responsibility of our heart's health lies on us alone. It is never too late to adopt a healthier lifestyle that will keep your heart healthy and functional for a longer period of time.

The best part??? You don't have to work too hard to make sure that your heart remains healthy! Your best option is undoubtedly exercising. You don't have to join an expensive gym or exercise hours at a time, you can do simple and amazing exercises at home that will ensure your heart remains at optimal health. Or as always, you can jump in on a class here at the Center.

What is aerobic exercise?? Aerobic exercise includes any and all kinds of cardio activity:

- Jogging, skipping, running
- Going for a brisk walk
- Swimming
- Gardening
- Dancing
- Biking
- Strength training
- Uphill hiking

## Not sure where to start????

Walking is a safe form of aerobic exercise and is one of the easiest ways to increase your physical activity and improve your health. Physical activity increases your heart rate, strengthens your heart, and increases blood circulation through your body, bringing more oxygen and nutrients to your organs. Exercise also increases your lungs' ability to take in oxygen, lowers blood pressure, helps to reduce body fat, and improves blood sugar and cholesterol levels.

- Have a checkup before beginning an exercise program. If you have heart problems, your doctor may want to do tests to find out how much activity your heart can safely handle.
- Start out slowly at first, with a warm-up in the beginning, a faster pace in the middle, and a cool-down at the end.
- To stay motivated, walk with friends, coworkers, or pets. Set goals you can reach.
- Use a phone app or pedometer to count your steps. Wear it all day and try to take at least 2,000 more steps a day than you normally do, and gradually increase your steps over time..
- Set a goal. Try to walk at a moderate activity level for at least 2 1/2 hours a week. One way to do this is to walk 30 minutes a day, at least 5 days a week.
- **STICK WITH IT!** Your heart / health will thank you!

© Randy Glasbergen  
glasbergen.com



**"I do weights for muscle health, cardio for heart health and chocolate for mental health."**

Source: Kaiser Permanente, Pinterest

# This & That

## Quilting Group Meets February 5th and 12th Classroom 2, from 9 am—12

Anyone who wants to quilt is welcome to join us! Bring your sewing machine and a project to the Center on meeting days, or leave a message for one of us to contact you.

In January we started a group project. You are welcome to work on that with us or, you may bring anything else you wish to work on. We support several charities and are continuing to make quilts to donate.

This year we will work from the book, "Farm Girl Vintage" by Lori Holt. We will plan on at least one block a month, and possibly more. Everyone needs their own book as we cannot make copies—or you can find someone to share with. The first block is on page 45 "Milking Day Block". We're teaching the 12-inch size, but you may choose to do the 6-inch block if you prefer.

Come to class and find out when and where we will go for our lunch outing. Look forward to seeing you in our "Quilty Class"

## Beginner Clogging Class (Appalachian Tap Dancing) Continues Every Tuesday at noon



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

## Thank you New & Renewing CAC Members

Daryl Allen  
Gerri & Joe Ballas  
Marcella Bennett  
Debra Brown  
Dee Chalupnik  
Jane & Norm Clavette  
Gloria Coates  
Dorothy Curtis  
Bill & Paula Day  
Sheila DeRoberts  
Sandy Eno  
Greg Erk  
Kathryn Hauser

Carroll & Everett Helm  
Richard Hunt  
Don & Carol Hyatt  
Terry & Jan Kester  
Phyllis Meyer  
Tom & Marguerite O'Brien  
Steve & Linda Olson-Avery  
Gary & Patricia Paddock  
Barbara Palmblad  
Susan Pfaltzgraff  
Bonnie Pichette  
Patricia & Doug Smith  
Nancy Sullivan

**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 or text Tilly at 503-756-4496 for more information and pricing for in-home services.

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

**BINGO News!** Join us for Bingo every Tuesday! Packet sales start at 12:15. An afternoon of enjoyment for as little as \$7! Bingo winnings are progressive, based on number of players. Bingo Black-out **every week** with a guaranteed consolation prize if there is no winner. **Join us and have some fun!**

## Are you interested in playing more Bridge?

Several bridge groups are looking for additional members to add to their regular games. If you are interested in playing, either as a regular member or as an alternate, call Dale Williamson at 503-263-3729 for more information!

**Reminders:** We are closed Monday, February 17th observing President's Day.

## We are still looking for a Volunteer "Handy Person!"

We are still in need and looking for a volunteer with a very special skillset: Handyman skills! We are in search of someone who can climb short ladders to change out lightbulbs, use a screwdriver or electric drill on occasion, and just generally fix "stuff".

Please see Timpra or Kathy if you are able to fill this critical need!

**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.*

## Valentine's Day Facts...

- (1) Every year more than 36 million heart shaped boxes of chocolates are sold across the country.
- (2) Richard Cabury invented the first Valentine's Day candy box during the late 1800's!
- (3) Juliet still gets love letters sent to her on Valentine's Day! William Shakespeare's most famous romance *Romeo and Juliet* has captured hearts for decades – so much so that Juliet still receives love letters on Valentine's Day! Every year, the city of Verona in Italy (where the play was set) receives around 1,000 letters addressed to Juliet. Not bad for someone who's been dead for hundreds of years.



# Save the Dates!

SAVE THE DATE

COMING  
UP

SAVE THE DATES!!

**SAVE THE DATE: Sunday, March 1st, 8:30 am - 11:30 am**  
**American Legion Auxiliary Breakfast to benefit Canby Adult Center Meals on Wheels**

Join us for breakfast at American Legion Post 122, 424 NW 1st Street. The American Legion Ladies Auxiliary serves a GREAT breakfast to benefit Canby Adult Center. Plan to join us for this breakfast—and you'll see some familiar CAC faces serving you this day!

**SAVE THE DATE: March 4th 1 pm— “End of Life Planning in 2020: Legal and Financial Answers”** Join Elder Law attorney Michael Rose on March 4<sup>th</sup> at 1:00 pm to discuss practical solutions for the issues that complicate the end of life. We will discuss what your estate planning attorney did not tell you about powers of attorney, advance directives, using government benefits to pay for long term care, and how to preserve your legacy.

**SAVE THE DATE: February 27th**  
**Collette Excursions New Orleans Trip in October.**

Guest speaker here February 27th to provide details about the fall trip and explain sign-up procedures. See page 5 for more information; see insert in this newsletter for all the details!

**SAVE THE DATE: October 4, 2020** for this trip: Comedian— Jeannie Robertson. See page 7 for all the details, including a summary of the trip. This trip requires at least 5 participants in order to be “a go” and additionally, a \$30 deposit is required at the time of sign up.

**This trip requires that** we must have at least 5 participants by February 21st so we can purchase tickets. \$30 Deposit is due at sign-up. Total cost of this trip is \$75.00. If you have questions check with Lynne.

**2020 Census Update:** The U.S. Constitution mandates a census of the population every 10 years. The 2020 Census will count everyone who lives in the U.S. as of April 1, 2020 (Census Day).

Census statistics are used to determine the number of seats each state holds in the U.S. House of Representatives and to inform how billions of dollars in federal funds will be allocated by state, local and federal lawmakers every year for the next 10 years. Beginning in mid-March, households can respond online, by phone or by mail. Watch future newsletters for more information about the up-coming Census.



*This Evidence Based Program starts with an information session on April 14th at 9:00 am. The first session of the year-long program starts April 21st at 9:00 am.*

*Canby Adult Center—this program starts In April 2020!  
Sign Up Starting February 3rd to reserve your spot!*

**You CAN make a change...  
For Life**

Have you ever been told by a health care professional that you:

- Are **at risk** for getting diabetes?
- Have prediabetes?**
- Have borderline diabetes?**
- Have high blood sugar or glucose?**
- Had gestational diabetes?**

You may be at high risk for type 2 diabetes, but there **IS** something you can do about it.

The Centers for Disease Control and Prevention –led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent type 2 diabetes.

This group meets for **16 weekly sessions** and **six monthly follow-up sessions** with a trained Lifestyle Coach.

The introductory class is April 14th at 9:00 am. The first session of the year-long program is April 21st at 9 am. Sign up begins February 3rd, in person or by phone by calling 503 266 2970. Class held at Canby Adult Center; Class size is limited to 15 participants.

Participants must be diagnosed as having prediabetes or at risk for prediabetes. Individuals who have been diagnosed with diabetes are not eligible. An at risk test will be made available at the zero session on April 14th.

**\*All participants must be pre diabetic and willing to complete a questionnaire to determine eligibility.**

**A YEAR-LONG COMMITMENT IS REQUIRED.**

# 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



## NAMI Support Group Opportunities

**NAMI Family Support Groups** are for family and friends who care about someone with a mental illness of any age or relationship.

**NAMI Family / Peer Support Groups** are for family and friends who care about someone with a mental illness of any age or relationship and individuals with lived experience with mental health issues

**NAMI Support Groups** are led by trained facilitators who are in recovery with a mental illness or working to support a loved one's recovery from mental illness. Drop-in, casual, and confidential environment

**Oregon City Family/Peer Group**  
Dinner, program, support sessions  
Oregon City Evangelical Church  
1024 Linn Ave  
Oregon City OR 97045  
**2<sup>nd</sup> Tuesday of each month**  
**6:00pm to 9:00 pm**

**Molalla Family/Peer Group**  
Molalla Christian Church  
223 E 3rd Street  
Molalla Or 97038  
**1st Monday each month**  
**6:30 pm to 8 pm**



## Free Spray/Neuter for Feral & Stray Cats! February Only!

Vaccines included.  
Call today: 503 797 2606

Lo-cost spay/neuter services available for pets cats, too.

## Legacy Meridian Park Stroke Support Group – IN PERSON

Legacy Meridian Park:  
19300 SW 65<sup>th</sup> Ave  
Tualatin, Oregon 97062

1<sup>st</sup> Floor Cafeteria conference Room:  
4<sup>th</sup> Thursday and  
2<sup>nd</sup> Monday of each month  
11:00-12:00 PM

Contact: Mrs. Sandy Blake by phone at  
(503)682 2997 (preferred contact  
Method) or by email at:  
[bblakefire@aol.com](mailto:bblakefire@aol.com)

Caregivers welcome!  
Educational support, emotional support,  
in person support. Regular meetings  
Specialty: Aphasia, Stroke Survivors.

## American Heart Association Support Network – ON LINE

**Ready for a fresh start? Join and  
share your story.** Here's what you get  
when you join the Support Network:

- **Share your story with others**
- **Comment on other's stories and give feedback**
- **Get answers to your questions from healthcare professionals**
- **Speak to others on your own forum**

**Learn about regaining your  
Independence!** Visit on line at:  
<https://supportnetwork.heart.org/>

You can connect through Facebook or  
email

Join walkers from all  
around Great Portland  
as they step out to have  
fun, get inspired & sup-  
port a meaningful cause.



Heart Walk.

## Save the date!! Saturday, May 30, 2020

98 SW Naito Parkway  
Portland, OR 97204  
Start time: 9:00 AM

The Portland Heart & Stroke Walk is 3.1  
miles with a 1 mile option.

For more information contact  
The American Heart Association of Ore-  
gon at: 503 820 5300 or visit the website  
at: [https://www.heart.org/en/affiliates/  
oregon/oregon-and-southwest-washington](https://www.heart.org/en/affiliates/oregon/oregon-and-southwest-washington)

## Volunteers Needed for the Senior Companion Program!

The Senior Companion Program offers  
support to homebound seniors and adults  
with disabilities in Clackamas County. Vol-  
unteers are required to spend at least **5**  
hours per week volunteering in order to  
meet program guidelines.

Senior Companions help individuals in  
need of assistance and become compan-  
ions for seniors to helping clients get to  
critical appointments and services; assist-  
ing with household needs; participate and  
encourage social activities; and help clients  
maintain independence.

You must be 55 or older to volunteer; are  
no longer in the regular workforce, and are  
capable of serving adults with unique  
needs. Income eligibility determines if you  
will receive a small, non-taxable stipend  
plus mileage reimbursement.

**For information or to get involved call  
503-655-8875**

# Around Town

---

## Library Link—

- ◆ Feb 4th - 6:30 pm. The Green Reaper: Learn about ways to reduce your carbon footprint and go out in eco-friendly style.
- ◆ Feb 11th - 6 pm. Tuesday Craft – 3-D Hears.
- ◆ Feb. 18th - 6 pm. Tuesday Craft – Pom Pom Hedgehog.
- ◆ Feb. 25th - 6:30 pm. Suicide Prevention. Learn to offer help and hope to someone experiencing thoughts of suicide and get information on the three step suicide prevention first aid action plan.

## Valentine's Concert: Michael Allen Harrison & Julianne Johnson, Feb 14, 7:30 pm – 9:30 pm, Canby Pioneer Chapel Performing Arts, 508 NW 3rd Ave.

Dynamic duo, Michael Allen Harrison & Julianne Johnson, come together again for their annual Valentine's Concert. Celebrate love at Canby Pioneer Chapel.

## Pacific Northwest Sportsmen's Show, Feb 5 - 9, Portland Expo Center

With more than 40 hours of seminars a day, the Pacific Northwest Sportsmen's Show is your best opportunity all year long to tap into the tips, tactics and techniques from the top names in northwest hunting and fishing. This show features vendors, seminars, fishing boats, campers, a steel-head river, and a kids' trout pond.

## Harlem Globetrotters, February 8, 2020, Moda Center

This is more than a basketball game. It is more than a show. It is the one and only Harlem Globetrotters in an all-new, larger-than-life world tour. You'll be on your feet, out of your seat, laughing until it hurts and loving every moment. The talented Harlem Globetrotters perform ball handling wizardry, rim-rattling dunks, trick shots, and comedy bits in an entertaining show.

## Portland International Auto show

February 20 - 23, 2020, Oregon Convention Center

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. Explore the latest advancements in electric vehicles and autonomous technology that will be here before we know it. See new, classic, exotic, and eco-friendly vehicles at the Portland International Auto Show.

## Newport Seafood Festival, February 20 - 23,

Artists and Craftsmen showcase a variety of fine art, while the Pacific Northwest's Wineries pour the finest of wines and culinary professionals serve cuisines of delectable delights to entice your palates.

## American Legion Update

### Canby American Legion Post #122, 424 NW 1st Street,

- ◆ Thursday Evenings Bingo - Tacos or Hot dogs, 5:30-6:30 pm, games begin at 6:30 pm.
- ◆ Friday Night Hamburger Feeds - 5:30 to 7:30. Burger & fries \$5.
- ◆ Sunday Breakfasts—8:30-11:30 am, \$7 per/person.
- ◆ Tuesday, February 18th— Veterans Luncheon at noon.

## Volksfest Sausage & Beer Festival

February 21 - 23, Mt Angel

Volksfest is a celebration of handmade sausage, local and German beer, and German music in Mt. Angel Festhalle, with an artisan market, a kids' area, and a Saturday 5K/10K Wurst Run. Kids younger than age 21 are free with an adult.

## Portland Seafood & Wine Festival, February 1, 2020 (begins Jan. 31), Oregon Convention Center

Featuring "fresh Oregon seafood and wine, craft beer, cider, and distilled spirits" plus 175 exhibitors.

## Hō'ike Hawaiian Show, February 1, 2020, Portland Community College Sylvania Campus

A family style dining experience which includes local food, a silent auction and live music and Polynesian dancing featured by Hula Hālau'Ohana Holo'oko'a. The evening show has an optional dinner at 4:30 p.m. For ticket information, visit <https://kiako.ejoinme.org/Hoike2020>.

## Blake Shelton: Friends And Heroes 2020,

February 13, 7:00 pm, MODA Center, Portland,

Country music superstar **Blake Shelton** hits the road once again for "Friends and Heroes 2020" beginning Thursday, February 13 in Portland, OR. Joining him is very special guest Lauren Alaina as well as appearances by The Bellamy Brothers, John Anderson and Trace Adkins. For ticket information, please visit <https://www1.ticketmaster.com/event/0F00574E85471D54>.

## LEGO Convention, February 29 - March 1, 2020, Oregon Convention Center

Bricks Cascade is a four-day convention for LEGO builders. Attendees will enjoy the amazing LEGO® creations which are built by Builders' Convention participants and are on display for everyone to enjoy. Visitors even have the opportunity to vote on their favorite creation.

## SAVE THE DATE: March 14th

**Oregon Trail Pitchpipers' Annual Concert March, 14<sup>th</sup>** at the Richard Brown Fine Arts Center at Canby High School. Read all the details including time and ticket pricing in next month's newsletter.

# Thank You to Our Donors!

## December/January Donors

### Financial Donors:

Marcella Bennett  
Ginger Brelin  
Canby Veterinary Clinic  
Clackamas Federal Credit  
Union/Keith Galitz  
Direct Link  
Patty Hatfield

Steve & Linda Olson-Avery  
Michael Pfaltzgraff  
Rackleff Place  
Robinson Brothers  
Howard Thomas  
William Traverso  
Richard Van Hoomissen  
Dale & Susan Williamson

### In-kind Donors:

Bill Foster Anne Skoe

### Gifts in Memoriam

Dee Chalupnik  
In Memory of  
Bud Chalupnik



## Thank you to our 2019—2020 Annual Appeal Donors

### **Bronze Donors:** Donations of \$1-\$50

Anonymous  
Lars and Elaine Aamodt  
Judy Adams  
Daryl Allen  
Wayne Austen  
Marguerite Baker  
Jeanette Blancic  
Sheila Caragol  
Barbara Carpenter  
Joe & Gerry Casale  
Sarah Carter  
Davies Clinic  
Don Chambers  
Char Chase  
Linda Cheyne  
Peter and Elizabeth Cho  
Wayne & Judy Clawson  
John Cochrane  
Arnold Collins  
Dennis Colvin  
Maria Cox  
Janis Cox  
Mary Ann Crites  
Dorothy deHackbeil  
Ron Yarbrough/Designs  
West  
Louise Doney

Donna Douglass  
Marilyn Edmonds  
Bonnie Edwards  
Maxine Elle  
Delores Ellis  
Fred Feuz  
Betty Fish-Ferguson  
Gary and Stephanie Frye  
Marian Golonka  
Philip & Barbara Groetz  
Joel Hale  
Faye Hallauer  
Rosemary Hands  
Paul and Lori Harlan  
Evelyn Harper  
Glen and Sharon Hartley  
Tracie Heidt  
Steve and Lora Heli  
Marilyn Hendrick  
Arline Herr  
Bill and Susan Hill  
Ray Hodge  
Karen Holzschuh  
Mardeen & Fred Hultgren  
Daryl & Danielle Inness  
Barbara Isom  
J&M Accounting Service

Barb Jones  
Jan Kluth  
Jayne Knutson  
Bill & Judy Lagoni  
Nita Larson  
Deborah Lincoln  
Joanne Loibl  
Jerry Lord  
Ray and Elaine Malone  
Jeff & Cathy Manning  
Amy McDonald  
Carol Meeuwsen  
Nancy Meyer  
Marilyn Micallef  
Beverly Mitchell  
Romana Monday  
Nancy Montana  
RF Montecucco  
Marilyn & Ed Montecucco  
Nancy Muller  
Dennis and Pat Naumann  
Tim Nichols  
Troy Nolin  
Jean Pasic  
Donna Peterson-Nagl  
Jackie Petterson  
Robert Phillips

Jackie Preuitt  
Bryan and Kylie Provencher  
Joyce Prue  
Don and Bev Purvis  
Ruth Riha  
Roofmasters Inc.  
Marie Riley  
Chad and Carrie Robison  
Diane Schmidt  
David and Irene Schriever  
Murl Smidt  
Phyllis Smith  
Frank Stevens  
Ruth Stinson  
Jake Taasevigen  
Scott and Vicki Taylor  
James and Greta Thacker  
Allen and Janet Thiessen  
Marc & Nancy Thompson  
Lynn Tibbils  
Kha Truong and Thu Nguyen  
Amanda Ulrich  
Ilse Dore Vaughn  
Suzanne Webber  
Vern Wigant  
Dean and Ardeth Woods  
Beverly Woolhiser  
Les & Judy Zettergren

### **Silver Donors:** Donations of \$51-\$100

Sharone Adams  
Kyle abd Heather Anderson  
Lori Anderson  
Cutsforth's Marketplace  
Efficient Arena Inc  
Burt & Judi Aus  
Joanne Bauer  
Alvin & Norma Benjamin  
Ron and Evie Berg  
Leta Bunnell  
Violet Burley  
Krista Castner  
Elaine Clark  
Laurie Coppedge  
Rita Corcoran

Stephen Cowger  
Walt and Virginia Daniels  
Joan and Tom Doudistel  
Christine Ehlert  
Helen Ferguson & Mike  
Brady  
Scott and Sue Goetchius  
Donna Gould  
Gary and Liane Hein  
George Herbst  
Charlotte Holland  
Allen and Katherine Holt  
Prudy Holzhausen  
Karen Jenkins

Lynn and Diane Kadwell  
Joe and Connie Kalinowski  
Barbara Karmel  
Luke Kinzie  
Karen Krettler  
Loren and Veneta Leshner  
Kitty Losch  
Jeanne McTavish  
Candi Millar  
Diane Morin  
Roger and Sigrid Neale  
Sue Nichols  
Sarah Odell  
Oliver Insurance

Dan & Lynn Onion  
Janet Pauly  
Amy & Clint Perkett  
Eric Peterson  
Galen Recknor  
Xavier and Sharon Rueda  
Linda Schmidt  
Shelly Taranoff  
Debbie and Dave Tibbetts  
Bill and Diana Vermillion  
Kirk and Deborah Wade  
Terry Waddell  
Ed and Cindy Wales  
Charel Walker



# Thank you 2019—2020 Annual Appeal Donors

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

Anonymous	Connie Lloyd
Tom & Anna Adams	Frank Long
Robert & Janet Adrian	Donelle Lynch
Abbie Allen	Bruce Marshall
Jeanette Blancic	Todd May
Tina Borges	Michael McCoy
David Bolton	Anne McKinney
Laurel Boone	Linda Michaelson
Marjorie Brood	Jerry & Brenda Mootz
Bob Cullison	Shirley Morris
Jim & Linda Dippman	Keith & Nancy Murphy
Driver Family	Sue Nichols
Doris Eide	Tom Nikirk
Eddie Evans	Kathy & Richard Oathes
Merrill Farrington	Micki Paul
John & Maggie Fouts	Mary Jean Pederson
Hari Garg	John & Christine Pendleton
April & Jared Gensman	Joyce Peters
Fred & Nancy Gill	Geni Pittelkau
Emmett Gray	Alex & Gwen Polgar
Carmen Hamilton	Wade & Sunya Porter
Madeleine Henderson	Gretchen Prakken
Larry & Yvonne Hepler	Betsy Redifer
Darrel & Shelly Herman	Millie Reser
Charles and Roberta Hibbert	Lisa Rivera
Hickman Family	Rathmony Sar
Elaine Hill	Lynn Shirrell
Judy Hogland	Walter & Irene Strobel
Curt Hovland	Jorge & Karen Tro
Jim and Marjorie Irving	Dave & Verlene
Randall Jenkins	Van Der Sluis
Keith Jensen	David Webb
Stan and Debbie Jewell	Lawrence & Mary Weber
Linda Johnson	Scott & Roberta Wiesehan
Rose Judge	Patricia Williams
Robert & Darlene Kauffman	Dale & Susan Williamson
Betty Keys	Witt Family
Gary Kohfield	Jay & Kathy Wolfe
Darline Kraxberger	Rod and Ann Youngquist
Chuck and Mary Kocher	

## Sustaining Individual Donors: Donations of \$251+

Abbie Allen	Arbie Irwin
Jennifer & Richard Anderson	Robert & Charlotte Johnston
Paul & Mary Ashton	Michael & Lucy Kelsay
Dean & Helen Basinger	Oliver Korsness
Ted & Linda Baumgartner	Charlie & Diane Lam
Janice Brisbane	Ron Lindland
Marjorie Brood	Dave May & Christine Parno
Carolyn Brown	Larry and Ann McBride
Gerald Brown	Gretchen & Michael McCallum
Caldwell Family	Bernie & Mary McWilliams
Robert Cornelius	Jeff & Laurie Mills
Stanley Cullington	Marty Moretty
Steve & Jane Dahl	Steve & Brenda Morse
Henry & Georgia Deetz	Gale Nelson & Alice Merrill
Hardy & Kim Dimick	Kathy & Richard Oathes
Benny Dodge	Charles Odell
Gregg Ekenbarger	Mariah Olson
Scott & Susan Enyart	Geni Pittelkau
Eddie Evans	John Pursley
Driver Family	Bill & Jo Ellen Reif
Jeff Feller	Lynn Shirrell
Richard Freeman	Daniel & Andrew Shull
Dale & Bev Friedemann	Ann & Roger Skoe
Keith & Jan Galitz	Vicki & Megan Smith
Bob & Judi Gobet	Bryan Stickel
Emmett Gray	Walt & Irene Strobel
Lowell Hall & Betty Myers	Ron Tatone
Carmen Hamilton	Howard Thomas
Patrick & Laurie Harmon	D'Anne Tofte
Leona Hart	Earl & Susan Voss
Patty Hatfield	Lawrence & Mary Weber
Jim & Paulette Hefflinger	James & Greta Wiersma
Delbert Hemphill	Jay and Kathy Wolfe
Kathryn Henderson	Peggy Yeats
Darrel & Shelly Herman	Boneita & Ronald York
Kathleen Hostetler	Eleanor Zieg
Kathryn Henderson	Janet Zittleman

## Sustaining Business: Donors: Donations of \$251+

American Legion Auxiliary  
Anderson Properties  
BPOE Elks 1189 Auxiliary  
Canby Kiwanis Foundation Inc.  
Canby Rodeo Association  
Canby Veterinary Clinic  
Front Room Corporation  
Marquis  
OBC Northwest  
Rackleff Place  
Reif & Hunsaker PC  
Uptown Medical Billing

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

Delta Dental  
Martin's Town & Country Furniture  
Timmco Insurance Co.  
United Methodist Women  
Wilcox Arredondo

## Thank you to our on-going Business Partners for their in-kind support

Canby Kiwanis Foundation & Thrift Store  
Cutsforth's Marketplace  
Home Instead  
Kahut Waste Services  
Marquis at Hope Village

Custom Plumbing & Construction  
Direct Link  
Hulbert's Flowers  
Andrew Kauffman—Attorney at Law  
Oregon Food Bank

Friends of Canby Adult Center Inc  
PO Box 10  
Canby OR 97013-0010

NONPROFIT  
US POSTAGE PAID  
CANBY OR  
PERMIT NO 81

Return Service Requested



### CANBY ADULT CENTER MEMBERSHIP APPLICATION

New Member  Renewal  Single Membership: \$15/year Couple: \$25/year

Name \_\_\_\_\_ Birth Month \_\_\_\_\_ Birth Day: \_\_\_\_\_  
*Under 65* \_\_\_ *65-70* \_\_\_ *70-75* \_\_\_ *75-80* \_\_\_ *Over 80* \_\_\_

Name \_\_\_\_\_ Birth Month \_\_\_\_\_ Birth Day: \_\_\_\_\_  
*Under 65* \_\_\_ *65-70* \_\_\_ *70-75* \_\_\_ *75-80* \_\_\_ *Over 80* \_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Enclosed: Check: \$ \_\_\_\_\_ Cash: \$ \_\_\_\_\_

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

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

**DONATION:** Donor Name: \_\_\_\_\_ Donation Enclosed: \$ \_\_\_\_\_

Address: \_\_\_\_\_

**MEMORIAL:** In Memory of: \_\_\_\_\_ Memorial Enclosed \$ \_\_\_\_\_

Acknowledgement Address: \_\_\_\_\_