



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

July 2020

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Welcome from the Director

Dear friends,

The sun is shining, flowers are blooming and vegetable gardens are thriving—Mother Nature doesn't appear to be too bothered by COVID-19! I hope that those of you who are gardeners, have been able to take advantage of this wonderful weather.

Last month's newsletter included a copy of proposed revised bylaws for the Center, with a request for comments and concerns from our membership. Several of you took the time to read the draft and to submit your comments—I thank you for taking the time to go through the document. Our final product will be better for it.

One observation that I would like to address: Several of you noted with concern that we propose removal of an anti-discrimination clause in the document. Good catch. In undertaking our revision, the Board sought guidance as to "standard" content in organizational bylaws. Our search showed that bylaws generally cover how the organization is to be internally governed, rather than policy issues. Nowhere did we find examples of bylaws that included anti-discrimination language. Since we already have an anti-discrimination policy in our policy manual, we thought it appropriate to remove the language from the bylaws.

By keeping our anti-discrimination position a policy, rather than including it in the bylaws, we are also able to be more agile in updating the language when needed. Bylaws revision is a heavy, lengthy process involving significant paperwork—as you have seen. Policy revision falls under the purview of the Board, so we are able to make necessary changes much more quickly to ensure that we continue to be respectful of, and welcoming to, ALL members of our community.

Center members will soon receive a ballot in the mail, asking you to vote on the draft revised document. As the changes suggested by members covered simple mistakes—spelling, missed spaces, etc., - we will not resend the final draft with this newsletter. Instead, you can find it on our website if you wish to review it. Please contact me if you wish to receive a hard copy of the final draft. Otherwise, we hope that you will take the time to vote to approve the revised bylaws once your ballot is received. Further voting instructions will be included with the ballot.

Take care—Kathy

Let's Get Moving!

The walking group is back! We start on Tuesday, July 7th at 9:00 am at the Center and head over to the Ackerman track for a 1-2 mile walk. The group, headed by our very own Millie, will walk the track on Tuesdays, and meet up somewhere else in town on Thursdays for a change of scenery. Please bring a water bottle, a mask and an emergency contact phone number. You are asked to mask up when the group gathers; you are welcome to remove it once you start walking and are able to maintain correct social distancing.

Please Note:
The Center is Closed on Friday, July 3rd, for Independence Day.
Have a safe and happy holiday on Saturday, July 4th

American Red Cross Blood Drive July 22nd—1:00-6:00 pm

The Adult Center will host this blood drive on July 22, even though we are not open to the public. The ARC has seen a significant drop in blood donations, so we feel called to help. Sign up to give on the ARC website, or call the Adult Center to book a time. 503.266.2970.

Book Lover's Club—via Zoom!



Do you love to read? Do you miss talking about what you have been reading lately? Join The Book Lovers Club via ZOOM on Tuesday July 7th at 2:00 pm to share what you have been reading. This is going to be fun. If you are interested in participating in this virtual Book Lover's Club, email Wendy May at: caccsc@canby.com. Wendy will send you an invite to join the group.

Board News and Announcements

BOARD OF DIRECTORS 2019—2020

CHAIR

Debbie Jewell

dljewell2@canby.com
(Term ends Sept 2021)

VICE-CHAIR

William Reif

billr@equitygroupteam.com
(Term ends Sept 2022)

TREASURER

Brenda Mootz

mootzb@canby.com
(Term ends Sept 2020)

SECRETARY

Ruth Howard

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(Term ends Sept 2020)

Dave May

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Millie Reser

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(Term ends Sept 2022)

Mary Bosch

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(Term ends Sept 2020)

Jim Davis

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(Term ends Sept 2021)

Johni Thayer

johnit1940@gmail.com
(Term ends Sept 2021)

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.

Excerpts from Board meeting for Wednesday, June 10, 2020

Directors Present: Debbie Jewell, Johni Thayer, Brenda Mootz, Millie Reser, David May, Bill Reif and Ruth Howard
Directors Excused: Mary Bosch and Jim Davis
Staff Present: Kathy Robinson
City Liaison: Greg Parker

The Virtual Meeting was called to order at 1:05pm by Debbie Jewell; It was established there was a full quorum. The May 13, 2020 board meeting minutes were unanimously approved.

City Liaison Report: Greg Parker reported on several citywide projects including opening as many services as they safely can. Currently the city is recruiting a new City Manager. Greg noted that the city budget has not been adversely affected by the lockdown since most revenue comes from property taxes.

Treasurer Report: Detailed report available upon request. Brenda noted the report looked good all things considered.

Directors Report: Available upon request. CAC vehicles and front desk are being fitted with plexiglass or other appropriate barrier material, so that we're ready when given the ok to resume limited services. Kathy continues to monitor the State guidelines and protocols for safely reopening the center.

New Business: BOD meetings will continue virtually until further notice. There was a recommendation from the budget committee to approve the budget with the addition of \$20,000 to retain the services of an architect or building planner. The Motion passed unanimously.

Old Business: The Bylaws were generally well received. Several members took the time to review and comment, which was greatly appreciated. Kathy will determine the best way to secure a final vote in the COVID era. Due to the current COVID pandemic, the electronic sign-in proposal is not currently being pursued. We will revisit sometime in the future. It is hereby removed from Old Business. The meeting was adjourned at 2 pm and the next meeting will be held via ZOOM on July 8th.

Submitted by Ruth Howard, Secretary

COVID-19 Re-opening Update

As many of you know, Clackamas County, and the city of Canby in particular, has seen a surge in positive tests for COVID 19. We are especially thinking of our colleagues across the street at Marquis, as they work to contain an outbreak of the virus in their skilled nursing/rehab facility. As of this writing, please note that there are NO confirmed positive cases in the Marquis assisted living side of the building.

This surge, together with increases seen elsewhere in the state, has caused Governor Brown to put a pause on further reopening for the tri-county area and several other counties. She has also, for now, linked movement to Phase II in Clackamas County, to readiness in Multnomah and Washington counties. This will likely mean that we will remain in Phase I until AT LEAST mid July, so gatherings, whether indoors or outdoors, remain quite limited.

Since we currently can't even make a guess at when we might unlock our doors for selected services, we continue to work to be in touch with all of you—safely. We're very happy to start our walking group back up—keeping a safe distance—and we are bringing in speakers and a couple of social activities, using Zoom. We realize that Zoom isn't an option for everyone, as it requires an internet connection and access to a smart phone, computer or Ipad, but for now, it's the option that we have available. Looking ahead, we very much hope to put together an outdoor walk-through event with boxed lunch sometime in August, but that will depend on movement to at least Phase II:(. In the meantime, let's all do our part by wearing masks when in public, keeping a safe distance —and WASH THOSE HANDS!!

Healthy Body—Healthy You!

Can you believe 2020 is almost HALF over?? Where has this year gone? Oh, right.....pandemics and quarantines. Well, it's never too late to get active and get healthy! This month we're focusing on Senior Health & Fitness! Read on to get some tips on getting started. Remember, we're doing online fitness classes every Monday/Wednesday/Friday morning. It's a great step towards getting healthy.

Stay healthy!

~ Mindy

Today there are more of us living longer than at any other time in history. And we want those extra years to be healthy ones! Even though your body changes as you age, those changes don't have to limit your independence, energy, or enthusiasm for the activities you enjoy. The key to healthy aging is a healthy lifestyle. It all begins with eating right and exercising (even mild exercise!) regularly.

What is fitness? Fitness means being able to perform physical activity. It also means having the energy and strength to feel as good as possible. Getting more fit, even if a little bit, can improve your overall health. You don't have to be an athlete to be fit! A brisk half-hour walk every day can help you reach a good level of fitness. And if this is hard for you, you can work toward a level of fitness that helps YOU feel better and have more energy.

What are the benefits of fitness?? Fitness helps you feel better and have more energy for work and/or leisure time. You'll feel more able to do things like playing with grandkids, gardening, dancing or biking. When you stay active and fit, you burn more calories. Being fit lets you do more physical activity. And it lets you exercise harder without as much work. It also helps you manage your weight. Improving your fitness is good for your heart, lungs, bones, muscles and joints. It also lowers your risk for falls, heart attack, diabetes, high blood pressure and even some cancers. If you already have one or more of these problems, getting more fit may help you control other health problems and make you feel better. Need another reason to get fit? It helps you sleep better, handle stress better and keep your mind sharp.

How much physical activity do you need for health-related fitness? Experts say your goal should be one (or a combination) of these:

* Moderate aerobic activity - brisk walk, for at least 2.5 hours each week. It's up to you how many days you want to exercise, but it's best to be active at least 3 days a week. You could start with a 15 minute walk, 5 days a week. Build up to a 30 minute walk, 4 days a week. Or try a 45 minute walk every other day. An easy way to tell if your exercise is moderate: You are able to talk during activity, but not sing. If it's difficult to talk during your walk, you're working too hard (or walking too fast).

The second part of being FIT is eating right. Combined with physical activity, eating nutritious foods in the right amounts can help keep you healthy. As you get older, you may find that you need less food, so make every calorie count. Many conditions— such as heart disease, high blood pressure, diabetes, and osteoporosis can be prevented or controlled with dietary changes and exercise. A healthy diet also provides the vitamins and minerals your body needs. Don't forget the importance of water in your diet. Along with fiber, water helps prevent dehydration and constipation.

Healthy Eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables and whole grains. Also cutting back on foods that have a lot of fat, salt and sugar.

Why pay attention to what you eat? Healthy eating will help you get the right balance of vitamins, minerals and other nutrients. It will help you feel your best and have plenty of energy, energy you need to get active. It can also help you sleep better and handle stress better.

By eating healthy, you are able to prevent or control many health problems: heart disease, high blood pressure, type 2 diabetes and some types of cancer. Eating healthy is NOT a diet. It means making changes you can live with and enjoy the rest of your life. By eating a balanced variety of foods, you can pretty easily get what your body needs, including:

****Protein**, which is needed to maintain and rebuild muscles. You can get low-fat protein from poultry, fish or eggs, also some limited amounts of nuts.

****Carbohydrate**, which is the body's preferred source of energy. There are two main sources of dietary carbohydrates: SIMPLE sugars, such as sucrose (the refined white sugar added to sweets and desserts), fructose (the sugar contained in fruit) and lactose (milk sugar); and COMPLEX carbohydrates, which come from vegetables and grains. Unlike refined sugars, fruits contain vitamins and fiber. Lactose or dairy sugar contains nutrients such as calcium and vitamin D and complex carbohydrates contain vitamins, minerals and fiber. These are all the carbs you WANT in your diet.....limit drinks and food with added sugar (sucrose).

****Fat**, which also provides energy. To help keep your blood cholesterol levels low, get most of your limited fat intake from the polyunsaturated fats (as in liquid corn oil or soybean oil) and monounsaturated fats (in olive oil, avocados and nuts). Limit saturated fats (beef, pork, veal, butter, shortening). You can do this by eating these foods less often, having smaller servings, choosing less fatty cuts of meat. Try to avoid the trans fats found in hard margarine and many processed foods such as crackers and cookies. Remember, moderation is key!

****Water**, to replace water lost through activity. Be sure to drink PLENTY of water each day.

source: Healthwise, [KP.org](#)



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**

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



Need a Call?

Are you a LGBT older adult aged 60+ and looking for someone to talk to?

SAGE Metro Portland has pre-screened volunteers looking to connect with older community members for regular chats that can lead to long-lasting friendship!



Here is a support group for those with loved ones affected by mental health challenges!

NAMI Family Support Group is a **FREE** support group for persons with loved ones experiencing mental health issues. Facilitators with lived experience navigating in times of stress and anxiety. **This Support Group is Now online!** 1st Monday from 6:30 – 8 pm

Register here for access:
(<https://tinyurl.com/Molalla> FSG)

Medicare & Covid -19

Medicare covers related needs including the [lab tests for COVID-19](#). You pay no out-of-pocket costs.

Medicare covers FDA-authorized COVID-19 antibody (or “serology”) tests if you were diagnosed with a known current or known prior COVID-19 infection or suspected current or suspected past COVID-19 infection. Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.

At this time, there's no vaccine for COVID-19. However, it will be covered if one becomes available. If you have a Medicare Advantage Plan, you have access to these same benefits.

Medicare allows these plans to waive cost-sharing for COVID-19 lab tests. Many plans offer additional telehealth benefits and expanded benefits, like meal delivery or medical transport services. Check with your plan about your coverage and costs.

Scammers may use the coronavirus national emergency to take advantage of people while they're distracted. As always, **guard your Medicare card like a credit card**, check Medicare claims summary forms for errors, and if someone calls asking for your Medicare Number, hang up!

Telehealth & related services: Medicare has temporarily expanded its coverage of [telehealth services](#) to help you have access from more places (including your home), with a wider range of communication tools to interact with a range of providers (like doctors, nurse practitioners, clinical psychologists, licensed clinical social workers, physical therapists, occupational therapists, and speech language pathologists).

During this time, you will be able to receive a specific set of services through telehealth including evaluation and management visits (common office visits), mental health counseling and preventive health screenings without a copayment if you have Original Medicare. This will help ensure you are able to visit with your doctor from your home, without having to go to a doctor's office or hospital, which puts you and others at risk of exposure to COVID-19.

You may be able to communicate with your doctors or certain other practitioners without necessarily going to the doctor's office in person for a full visit. Medicare pays for “[virtual check-ins](#)”—brief, virtual services with your physician or certain practitioners where the communication isn't related to a medical visit within the previous 7 days and doesn't lead to a medical visit within the next 24 hours (or soonest appointment available).

You need to consent verbally to using virtual check-ins and your doctor must document that consent in your medical record before you use this service. You pay your usual Medicare coinsurance and deductible for these services. Medicare also pays for you to communicate with your doctors using [online patient portals](#) without going to the doctor's office. Like the virtual check-ins, you must initiate these individual communications.

Since some people don't have access to interactive audio-video technology or choose not to use it, Medicare is allowing people to use an audio-only phone.

You may use communication technology to have full visits with your doctors. Also, you can get these visits at rural health clinics and federally qualified health clinics. Medicare pays for many medical visits through this telehealth benefit.

Resources to help you through COVID-19

These are challenging times. Call these numbers if you need assistance:

Unemployment & Workforce

Employment Department
Claim System
1 877 345 3484

Housing

Renter Assistance Fannie Mae 1 800 2FANNIE

Clackamas Housing Rights and Resources
503 650 5750

Domestic Violence

A Safe Place Family Justice Center 503 654 2288

Mental Health/Peer Support
Suicide Prevention Hotline
1 800 273 8255

Client Services—Resources & Support Groups (continued)

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

Answer the Call! Together we can stop the spread of COVID 19.

What is contact tracing and why does it matter?

Contact tracing means calling people who may have been exposed to someone who has tested positive for COVID-19 to provide guidance and support. It's a key tool for preventing the spread of the COVID-19 virus. In Oregon, local public health authorities use contact tracing to prevent the spread of many types of diseases, like measles.

Contact tracers help you stay healthy and slow the spread of COVID-19 by:

Talking with you about how to prevent the spread of the virus, including staying home or at a location provided by public health until the danger has passed. This is known as quarantining.

Providing health information on how to care for yourself and others if you start having symptoms.
Sharing resources available in your community that can support you while you quarantine.

Your privacy will be protected

We want everyone to feel safe answering the call from a contact tracer. Your information is strictly confidential and will be treated as a confidential public health record. Your information will not be shared with other agencies.

Local public health authorities will ask:

What county you live in
Your date of birth
Your contact information, including phone number, email address, and mailing address
Your occupation
Whether you have symptoms of COVID-19
Race, ethnicity, language and disability information

Local public health authorities will NEVER ask for your:

Social security number
Credit card number, bank account or billing information

If anyone asks you this information, hang up. Do not answer any other calls that come from that number.

The caller will not say you need to pay for this service or make a threat to put you or your family in jail if you don't speak to the contact tracer

Who will receive a call?

People who have been diagnosed with COVID-19.
People who may have been in contact with someone diagnosed with COVID-19.

If you are concerned about answering a call from a number you don't know:

If the contact tracer is unable to reach you, they will leave a voicemail clearly identifying themselves and will request that you call back. The voicemail will not contain any health information.



SNAP, the Supplemental Nutrition Assistance Program, formerly known as Food Stamps, is there when you need help buying food.

- ◆ SNAP is easy to use.
- ◆ SNAP helps the economy
- ◆ You pay into it, so use it!
- ◆ There *is* enough for all who qualify
- ◆ SNAP participation is a common experience. You can own a car or a home and still be eligible for SNAP.

Applying for SNAP is easy! Income at or below these guidelines:

People in Household	Monthly Gross Income
1	\$1968
2	\$26258
3	\$3349

- Monthly income includes any money you receive
- Out of pocket medical costs can be deducted and may help you qualify for benefits

Extra's!

Double Up Food Bucks (DUFb) is a matching program for SNAP recipients who shop at Farmers Markets. It matches a person's EBT expenditures up to \$10 per day; if you spend \$10 SNAP dollars at a participating farmers market, SNAP will give you another \$10 to buy more fruits and vegetables.

Could you use help paying for your food each month?

You don't have to sign anything or fill out forms to participate; just go to your farmer's market, use your EBT card to purchase and you'll receive "Food Bucks" to buy more. Visit: <https://doubleuporegon.org/dufb-markets> for a list of participating farmers markets.

Pay at Pick-Up

Fred Meyer offers this option (also known as "Click and Collect"). SNAP cardholders can shop online and then pay for their purchase using the EBT card at pick-up.

- When placing a pickup order, choose "SNAP EBT at Pickup" at the Payment Option screen.

- When you arrive at the pick-up location, they'll swipe the EBT card to complete the order. SNAP recipients also have the ability to add an authorized user to their card to make purchase on their behalf.

Online purchasing – Walmart & Amazon

Oregon allows SNAP recipients to purchase and pay for groceries online from Walmart & Amazon (does not include delivery fees.)

For more information visit: <https://www.walmart.com/ideas/discover-grocery-pickup-delivery/Walmart-grocery-pickup-accepts-snap-ebt-payments/355540>
Or <https://www.amazon.com/snap-ebt/?node=1909778501>

Need more information: Call Canby Senior and People with Disabilities at 971 673 8900 or visit Ore-gonhunger.org/apply-for-SNAP

Around Town—COVID-19 edition

Below are a few LOCAL businesses you can support while staying safe!

The Book Nook - 181 North Grant Street Need new reading material? Order your book online through the website:

<https://www.booknookcanby.com/browse/book> . Books ship directly from warehouse (faster) for a shipping fee, or ship to store for Free Shipping. If you don't like to shop online, just call Book Nook at 503.776.8999 for assistance.

Canby Cinema 8 -252 NE 2nd Avenue

Missing movie night? If you have a DVD player, you can still enjoy a good movie with theater popcorn and other goodies, with Canby Cinema 8's "Mystery Movie Night" box! You let them know what rating you'd like; movie genre is part of the mystery! Call Canby Cinema at (503)266-8488 to learn more and to place your order!

Canby Farmers Market is back! Saturdays, 9:00 am—1:00 pm, at NW 2nd and Holly, in front of Gwynn's coffeehouse. Fresh produce, baked goods, veggie starts, flowers, food and more! While social distancing is practiced at the market, you can also phone in an order starting at 9:30 am: (503) 347-7916

Margie's Farm and Garden: 503 866-6123
12814 Arndt Rd. NE Aurora, OR.

You may call ahead and they will pull your order, or you can drive up to the greenhouse and shop through the side walls.

Wilco Farm Store - 503 266 2213
197 SE Hazeldell Way, Canby

Order on-line: www.farmstore.com, choose the Canby store location. Search for the items you wish to purchase, add them to your cart and "check-out"! If you want sale prices you will need to have an account; they offer curb-side pick up; **Senior discount program (age 55+) each Tuesday**, offers 10% off regular priced merchandise.

Cutsforth's Market Curbside Shopping:

Monday—Friday, 8 am—4 pm. At-risk customers who need to stay out of the store qualify for this (temporary) service until an online shopping program is available.

How to order:

- 1) **Send us an e-mail** with your name and phone number;
- 2) **Email your shopping list** to office@cutsforths.com;
- 3) Or call (503)266-2016 Mon-Fri 8:00 am—4:00 pm.
- 4) Orders need to be placed a day in advance;

If your list is organized by department, that is much appreciated. There is a \$5 shopping fee per order.

Shop Fresh—Shop Local!!

LIBRARY

- ◆ **Book Drop now open 24 hrs**
- ◆ **Fun Activities with Peggy to Do at Home**
Boredom busters and creative things to do at home!
follow this link:
<https://www.canbylibrary.org/watch-online.html>
- ◆ **Library Staff Available by Phone**— Weekdays 10 am to 4 pm to help with: online resources to help with kids' homework, online meeting tools like Zoom, Ebooks, how to find and print tax forms and unemployment forms, and more. Call 503.266.3394 to talk to a staff person. Need a library card? Get an Ecard that allows immediate access to all LINCC online resources, including Ebooks and eAudiobooks. Visit [https://lincc.ent.sirsi.net/client/en_US/lincc/search/registration/\\$N/SYMWS/true](https://lincc.ent.sirsi.net/client/en_US/lincc/search/registration/$N/SYMWS/true)
- ◆ The Library now accepts book holds over the phone up to a maximum of 10 holds. After you are notified through phone or email that your books are in, you may then call to arrange curbside pick up on Monday, Tuesday, Wednesday 11 am - 3 pm, Thursday 4 - 7 pm. Park in a designated spot in front of library. Call 503.266.0702 with your card #, name, and parking space #. Staff will deliver your items curbside.

A Drive-in Movie Theater is coming to the Clackamas County Fairgrounds in Canby this summer

The county approved draft plans for a 36×60-foot permanent screen in the "yellow lot" of the fairgrounds (normally used for parking and camping during the Fair and other large events) along with a projector, FM transmitter, concessions, portable toilets and space for almost 400 cars (though current coronavirus restrictions are likely to cut that in half).

The screen is sure to see plenty of use this summer, with most large events canceled and other forms of entertainment (including traditional movie theaters) still closed or heavily restricted. Fairgrounds Marketing and Event Coordinator Tyler Nizer said it will be used even after the Covid-19 threat has passed, to bring additional revenue during non-event weekends and offer another entertainment option to the community. The project has been in the works for over a month, with the enthusiastic support of the County Fair Board and local community.

The fairgrounds does not yet have a firm timeline for the project, but hopes to be operational within the next couple of months — depending on how long it takes for some of the needed materials to come in.

Many details remain up in the air, as far as how the drive-in will be operated — and when — or what it will show. But the whole project has been about trying to bring something special to Canby, and the Fairgrounds will continue to be open to input from the community as they move forward.

The drive-in does not have a name yet — and that's where you come in. In years past, the Fairgrounds has asked community members to suggest the theme for the annual Fair; now, they're reaching out to the community to name their new drive-in. For details, stay tuned to [the fairgrounds' Facebook page](#).

Around Town—COVID-19 edition

SPECIAL STORE HOURS FOR SENIORS

Thriftway – Monday-Friday from 7- 8 am for seniors.

Fred Meyer - Exclusive shopping on Tuesday & Thursday from 6-8 am, for seniors (60+) and at-risk customers, as defined by the CDC. Order online www.fredmeyer.com.

Safeway - 6 am - 9 am on Tuesdays & Thursdays for seniors and at-risk members of our community such as pregnant women or those with compromised immune systems. Order online www.safeway.com.

Costco – Every Monday - Friday, 9am – 10am (seniors 60+)

FOOD PROGRAMS

St. Vincent de Paul Food Bank - open every Wednesday 4 pm to 8 pm. St. Patrick Catholic Church, 498 NW 9th Avenue. To protect your safety, this is now a drive-through service—you just pull up in your car and volunteers will bring your food box to you. For more information, call Gretchen McCallum 503-701-9135.

The Canby Center – 503.266.2920, 681 SW 2nd Ave, Canby info@TheCanbyCenter.org. Options for receiving food amid COVID-19 concerns:

Ongoing Help: Sign up to become a Thriving Together Program Member accessing 4 food pantry shopping times per month. Food is picked up via drive up with your car either Tuesdays or Saturdays. Walk-up pick up is also available.

One-Time Help: If you only need one-time help with food, you can stop by the Canby Center for a food box.

Zoar Lutheran Church Community Meals— 503.266.4061 190 SW 3rd Ave. Zoar Lutheran offers the community free hot meals, boxed to-go, twice per week on **Tuesdays and Sundays** 5 pm – 6:30 pm. Drive up to order and pick up. Call for more information.

LOCAL CANBY RESTAURANTS PROVIDING TAKE OUT SERVICE

- **Backstop Bar & Grill** - Phone: 503-263-6606 Address: 211 N. Grant St. www.backstopbarandgrill.com/menu-3/. Take-out and curbside delivery 11:30 a.m. to 7:30 p.m.
- **Baker's Prairie Bakery** - Phone: 503-266-2253 Address: 1385 SE 1st Ave. www.bakersprairiebakery.com/. Baker's Open 8 a.m. to 3 p.m. Curbside service available.
- **Biscuits Café** Phone: 503-263-3287 Address: 1477 SW 1st Ave. www.biscuitscafe.com/breakfast/.
- **Burgerville** Phone: 503-266-2658 Address: 909 SW 1st Ave. <https://order.burgerville.com/menu/burgerville-canby>. Drive-thru only, open 10 a.m. to 9 p.m.
- **Ebner's Custom Meats** Phone: 503-266-5678 Address: 272 N Grant St. <https://www.ebnerscustommeats.com/menus>

LOCAL CANBY RESTAURANTS PROVIDING TAKE OUT SERVICE

- **Gwynn's Coffee House** Phone: 503-263-0200. 190 NW 2nd Ave. Back open for take-out coffee, breakfast items, soups and sandwiches, Monday—Saturday, 6:00 am—3:00 pm.
- **Pappy's Greasy Spoon:** Phone: 503-266-5452 Address: 243 NW 2nd Ave. <https://www.zomato.com/canby-or/pappys-greasy-spoon-canby/menu>. Take-out and curbside pick-up from 7 a.m. to 1 p.m.
- **Puddin' River Chocolates** Phone: 503-263-2626 Address: 1438 S Ivy St. <https://www.puddinriverchocolates.com/>. Take-out and delivery.
- **Wayward Sandwiches** Phone: 503-266-3100 Address: 117 NW 2nd Ave. <http://waywardsandwiches.com/>. Open regular hours, take-out or curbside. Free delivery in Canby on orders of \$25 or more.
- **Wild Hare Saloon** Phone: 503-651-4273 Address: 1190 SW 1st Ave. <https://thewildharesaloon.net/menu/>. Hours 11:30 a.m. to 7:30 p.m. No breakfast.

PIZZA

- **Fultano's Pizza** - Phone: 503-266-1444 Address: 715 SE 1st Ave.
- **Lone Elder Pizza** - Phone: 503-266-1888 Address: 207 SW 1st Ave.
- **Odd Moe's Pizza** - Phone: 503-263-8444 Address: 1017 SW 1st Ave.
- **Pizza Schmizza** - Phone: 503-263-2300 Address: 851 SW 1st Ave.

CHINESE

- **The Gold Dragon** - Phone: 503-263-1877 Address: 204 SW 2nd Ave.
- **Happy Teriyaki** - Phone: 503-266-3445 Address: 1477 SE 1st Ave.
- **Rice Time** - Phone: 503-266-2623 Address: 356 NW 1st Ave.
- **Wally's Chinese Kitchen** - Phone: 503-266-2221 Address: 679 SE 1st Ave.

MEXICAN

- **Chapala Express** - Phone: 503-951-4126 Address: 919 SW 4th St.
- **Los Dos Agaves** - Phone: 503-266-1441 Address: 102 N Ivy St.
- **Nuevo Vallarta** - Phone: 503-266-1782 Address: 1385 SE 1st Ave.

SUSHI

- **Momiji** - Phone: 503-263-1150 Address: 1477 SE 1st Ave.

THAI

- **Thai Corner** - Phone: 503-263-2442 Address: 1109 SW 1st Ave.
- **Thai Dish** - Phone: 503-263-9898 Address: 108 N Ivy St.

July Trips Suspended—Armchair Travel for your Enjoyment!

Being Safe when we go back out there!

Currently, the [CDC is recommending that we avoid all non-essential travel](#) if possible. However, as we begin moving around the world again, for work or pleasure, we'll all learn how to travel in the new normal and gear up for future travel.

Travel conditions remain fluid at this time and can change quickly, even day to day. To stay up-to-date, it is recommended you go online to:

CORONAVIRUS: COVID-19 INFORMATION FOR TRAVELERS FROM AAA

Below is what you can expect when traveling now and in the near future with AAA travel advisory map. Check it out online and learn more about which destinations are ready for travel. Go to: [AAA COVID 19 TRAVEL RESTRICTIONS](#)

AIRPORTS

Domestic airports are still currently open and operating, but because of the low volume of travel currently, many departures have been changed or cancelled. Airlines are operating with limited flight schedules. Please check with your AAA travel professional or the airline's website to confirm any upcoming flights.

You may find that restaurants and shops within the airports may be closed or have reduced hours.

To protect passengers, airport employees and crew members, all airport locations have increased their cleaning procedures and are strictly enforcing social distancing.

- Plexiglass shields are installed at many TSA security check-point podiums.
- Until further notice, TSA is allowing passengers to bring bottles of sanitizer up to 12 ounces in carry-on bags. You may be asked to take those bottles out of your carry-on for separate scanning, so pack them in an easy-to-access spot.
- You will see airline and airport employees wearing masks.

Many airlines now require passengers to wear a mask when boarding and in flight. Masks may be provided for you, but it is in your best interest to bring a supply of your own.

HOTELS

In addition to their enhanced cleaning programs, hotel brands such as Marriott, Best Western and Hilton are embracing the American Hotel & Lodging Association's industry-wide "Stay Safe" set of health and safety protocols for hotels.

The program guidelines cover everything from signage and employee training to cleaning products and protocols for sanitizing. While reassuring, it is a good idea to use your sanitizing cloths to wipe down door handles, faucets, light switches and the TV remote control once you check into any hotel room.

Speaking of "Travel"

Q: Which U.S. state is famous for its extra-small soft drinks?
A: Mini-soda!

Q: What kind of chocolate do they sell at the airport?
A: Plane Chocolate

Q: What travels around the world but stays in one corner?
A: A stamp.

Q: Why did the librarian get kicked off the plane?
A: Because it was overbooked.

Halfway between New York City and Washington, D.C., the train's engine fell silent. "I've got good news and bad news," the conductor announced. "The bad news is we lost power." My fellow passengers groaned. "The good news," he added, "is we weren't cruising at 30,000 feet.

How can you ever be late for anything in London? They have a huge clock right in the middle of the town!



We are all time travelers moving at the speed of exactly ... 60 minutes per hour.

Fun and Comfort— Try this!!

Are you spending more time outside in the warm summer evenings? If so—you may have been bothered by some pesky mosquitos! Try planting some of these natural mosquito-repellant plants to enjoy a mosquito-free evening:

Basil: This is a great herb to grow for your own use and the alternative use of chasing away mosquitoes

Catnip: Place some catnip in a pot on your deck or patio and this cat-friendly plant will chase away hordes of insects.

Citronella: This is one of the most common ingredients in mosquito repellents thanks to its aroma. Be aware though, these plants can grow up to 6-feet high and take up considerable space in your yard or garden. Consider keeping this plant in a pot or planter.

Garlic: Plant a row of garlic in with some of your patio plants to deter mosquitos from entering your domain.

Lavender: These drought-resistant herbs are easy to grow, smell great, bloom brilliantly, and chase away mosquitos.

Marigold: The smell of marigolds can repel mosquitoes and kill several other bugs. Plus they look great.

Mint: Try growing a clump of mint near your outdoor living space to repel mosquitos as well as ants, mice, and other would-be invaders.

Petunias: While petunias are more known to repel aphids and other insects from gardens, they also keep misquotes at bay.

Rosemary: The unmistakable smell of rosemary drives away mosquitoes as well as flies, moths, and more.

Enjoy those warm summer evenings... without the pests!

Bits & Pieces

TAX REMINDER: Both Federal and State agencies have **EXTENDED the DEADLINE to file and pay taxes to July 15, 2020.** If you haven't already filed your taxes, one option is to file online using TurboTax. If you have access to a computer at home, and make less than \$75K, you can file federal and state taxes online using TurboTax. This is a **free service for both State and Federal Returns** and very user friendly.

2020 Census Update— Response Time Extended to October 31, 2020!

The Coronavirus has caused changes to the timeline of the 2020 Census and the window for self-response is now October 31, 2020. **The safest and most efficient way for you to respond to the Census is online at 2020census.gov.**

To complete the 2020 Census over the phone with a Census Questionnaire Assistance representative, simply call 1-844-330-2020 with your ID card in hand. You should have received a mailing with an ID number unique to you!

If **you** need more information about the **2020 Census**, visit the **2020 Census Contact Us** page.

FIDO Pet Food Bank Continues Weekly Operation!

The FIDO Pet Food bank is still open and practicing strict COVID-19 protocols to keep everyone safe.

They are located in Oregon City at:

14186 Fir Street
Oregon City, OR 97045

Open every Wednesday, 9 am to noon and 3rd Saturday of each month 9 am to 2 pm.

They offer pet food at reduced cost. They offer a senior discounted rate AND they have a Veteran's Program to help Veteran's and active duty personnel and their families obtain dog and cat food at reduced costs. Check them out on the web at: www.FIDOAniMeals.org to read more about their programs.

The "Ride to Defeat ALS" is July 18 & 19, 2020 in a "do it yourself" Ride!

This year the ride to defeat ALS is a "do it yourself" ride on July 18 or 19. The Chapter has put together seven different routes for participants to choose from. All have cue sheets and electronic maps available through Ride with GPS. If you have questions, contact The ALS Association of Oregon and SW Washington at 1 800 681 9851 or visit website webor.alsa.org.

Source: ALS Association Website webor.alsa.org/site/TR/Endurance/OregonandSWWashington

Have you heard about "Zoom" and wonder what it is and how it works?

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users (**you**) to meet online and see the "class instructor". You must have access to a computer, I-pad, tablet or "smart phone" to participate. We are offering some classes in this format. (See above.) Easy to use with a click of a button.

Exercise Live with Mindy!!

Our live, on-line exercise classes with Mindy are now available to you every Monday, Wednesday and Friday at 10 am using "ZOOM". What you need:

- 1) A computer with monitor, or an iPad, with internet access. Smartphones will work in a pinch, but the screen is very small.
- 2) Sound/video - Your computer/laptop/ipad needs to have sound, otherwise you won't be able to hear what's going on!

This on-line class is a blend of Geri-Fit and Better Bones and Balance, with an emphasis on safety since you're working out at home. **If you're interested in trying this live class, please send an e-mail to Kathy at:**

cacdir@canby.com.

Fun, Fun, Fun!!!

Senior Loneliness Line is ...



...a partnership between Lines for Life and Clackamas County. The team of volunteers and staff are specially trained in working with older adults. Any aging adult experiencing loneliness, isolation, depression or anxiety can benefit from a confidential phone call with Senior Loneliness specialists. Someone who cares and wants to listen can be of great help. Call **503.200.1633**

SAVE THE DATE: Wednesday August 12th at 10:00 AM Free Webinar addressing Advanced Directives

Featuring co-presenters Melissa Lindley of Willamette Valley Hospice and Ryan Collier, Attorney with Collier Law, this webinar will focus on how to update and execute an Advance Directive for Health Care in a Covid-19 world. If you have not signed an Advance Directive in the last two years, then it is time to discuss changes. Melissa and Ryan will answer questions such as:

- How will my Advance Directive operate if I contract Covid-19?
- Options regarding life support and tube feeding?
- How do I give my spouse and family authority to make medical decisions for me?

Register on line at <http://www.anymeeting.com/PIID=EF50D982864630> and click on the "workshops" tab.

Memoir Writing—Sharing

Among My Souvenirs~

Barbara Nuxall Isom

Did you bring me anything? And then you hand them the tee shirt that has printed on the front if it, “My Gram enjoyed a great trip and all she brought me was this crummy tee shirt.” Or, as my ex grouchy used to say, “Why would you want something from some place you have never personally been?”

There exists a good number of souvenir shops and stores merchandising souvenirs in every country and every city so I can't be alone in enjoying souvenirs. The seashell I have from our one day short honeymoon to the beach still serves as a keepsake along with my high school class ring in my jewelry box and my high school letterman sweater in the back closet. I wear my grandmother's wedding band and another ring made from both my dad's and my brother's wedding rings.

I have an entire corner cabinet devoted to small souvenirs I've collected over my travels where I often look for something or just look at them to remind me where I was and usually some kind of story that goes along with each item. This is for my own enjoyment and sometimes a conversation piece. I even have souvenirs my daughters brought back from their exchanges with England in their high school years, which I treasure—some commemorating the union of the Prince and Princess of Wales and one of Prince William's birth; I even have a souvenir of Queen Elizabeth's coronation sent to me by my then pen pal at this time. Some of my souvenirs I wear which have included clothing, shoes, and especially jewelry. I brought several rosaries from Rome and they have served as great christening gifts.

I have always bought souvenirs for my family even old grouchy—he's worn a lot of hats with names of places he's never seen. On my first big trip with my daughter I bought him a beautiful expensive all leather satchel in Turkey. When I excitedly presented it to him he said, “I'd rather have had a briefcase.” After our divorce he inquired as to what had happened to that satchel and I informed him I had it reminding him that he didn't like it. My mother had somewhat the same attitude; never understood what she expected. She always commented that the only time she heard from anyone was when they sent a postcard from some trip they were enjoying. I know what an effort sending cards can sometimes be so I am delighted to be remembered by anyone on their travels; they are usually displayed on my refrigerator for a period of time.

Finding souvenirs for my friends has proven to be a great sport. Sometimes I find just the right thing for a close friend, but the most challenging and fun have been finding souvenirs for my quilting group. This means 15 to 20 in number so it has to cost a nominal amount and satisfy everyone. Some of the best that I recall was a special somewhat religious medal from St. Anne's Cathedral in Quebec, Canada; another one was the “worry” stones (they have a thumb-sized indentation) from Greece. I complimented Gladys how

well she spoke for our group in support of Delores at her husband's funeral. Gladys replied with a thank you and continued, “I had that worry stone you gave me in my pocket and I worked it pretty hard to help my nerves in making my deliverance.” There was glass candy from Italy and coasters from Argentina. The funniest item turned out to be small turtle figurines with a painted back and the head and tail that bobbed when touched. We were in Mexico so it was necessary to dicker with the vendor about the price for volume. Being quite proud of my purchase I was quickly informed by those in the know when I returned to our ship that they were considered fertility figures. Laughingly I countered I didn't think that was a problem given the age of the recipients. Everyone liked them and no one steered clear of them in response to the fertility magic.

The most lasting and favorite was also another trip to Mexico when I discovered the big mesh bags they used to shop for groceries; perfect size to carry a quilt and breathable. They wanted \$5 each as I remember which was too much for as many as I wanted. This time even grouchy helped with the dickering and we reached an agreement. They were so popular I had ladies outside of our group inquire if I had any spares. To this day, after many years I still see my friends using these bags. They seem to be indestructible. It always seemed to give license to talk about my trip versus boring them with a bunch of snapshots. And, others began to bring back souvenirs from their trips so we all enjoyed the adventure.

The most unusual souvenir my daughter and I used to share was just before the Christmas holiday when the whole family was together we cooked a dinner of whatever food we had experienced in whatever country we had visited that year. I said we were educating my grandchildren's palate they did learn to try and usually like something they'd never tried before.

We spent a good part of our shopping day in Russia searching for a cook book to make borscht. We overheard discussion over there as to who in their family made the best borscht.

Aren't objects that trigger our memory a good part of what has been our time on this earth, our life? You might be surprised what you would find among my souvenirs.

Souvenir—

“A thing that is kept as a reminder of a person, place, or event.”

Similar:

memento, keepsake, reminder, remembrance, token



Center Services suspended for July

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. 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, 10 am to noon! Walk-in only.

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. Appointment required.

LaVerne Lind, *No appointments for April.* This service includes a foot soak, nail trim and callus removal. \$15

Patty Calcagno, *first Wednesday each month. No appointments for April.* No foot soaking tub is needed; service includes nail trim and callus removal. \$30

Tilly's Mobile Hair Salon Right Here at CAC

Tilly's service fees:

\$17 Haircut for women \$15 Haircut for men

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

Fort Kennedy-Veteran's Assistance and Information

A representative at CAC on the first and third Wednesdays each month from 1 pm to 3 pm. Provide information and services to homeless veterans. No sign-up needed, drop-ins welcome! Check in at the front desk to find their location in our building. Donations accepted for vets include:

Toiletries such as: razors, shaving cream, denture cream (adhesive & cleaner), and deodorant.

Clothing: jeans only, waist sizes 30 – 34 only.

Please give donations directly to Wendy May.

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.

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 are not accepting donations at this time.

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

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

A food collection barrel is available year-round and 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!

Center Services Suspended for July

The activities and classes listed on the following pages are currently suspended because of COVID-19. We are including them in this month's newsletter so that first-time members can see what you have to look forward to, once we are back open for business!

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. Usually you can find the monthly trip schedule and a detailed trip summary of trips on page 6. 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.

On-going Classes and Activities—Suspended for July

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

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 Thursdays noon—1:00 focuses on learning new dances and review of old ones. New dancers welcome!

No fee—Donations accepted

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



Every Tuesday, noon to 12:50pm

Loaner shoes available

Instructor: Ann Skoe 503-266-1321

No fee. No sign up - Just show up!

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 work 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— Monthly on Wednesday,

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!

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

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
10 am. Drop-ins welcome; no fee.

THE POWER OF
Writing

WEEKLY CARD GAMES

Bridge: Mondays 1 pm— 4 pm

Canasta: Tuesdays 1 pm— 4 pm

Pinochle: Tuesday & Friday - 1:00

New players are always welcome!

Donors, Renewing Members & Hometown Heroes

July Birthdays!



1 Linda Allen	16 Hurshall Walls
2 Elizabeth Cho	18 John Pigott
3 Stanley Cullington	19 Marian Howe
3 Daniel Rom	19 Diane Bilotti
3 Alice Clark	19 Mary Bosch
3 Peggy Bigham	19 Doris Eide
3 Anna Adams	20 Judy Riedel
6 Mel Farrington	20 Phyllis Meyer
6 Patty Crussell	21 Joan Doudistel
7 Arnold Collins	22 Jack Faber
7 Richard Hunt	22 Marlene Gooding
7 Bess Milhauser	23 Helen Basinger
8 Connie Bilton-Smith	23 Elizabeth Brown
8 Evelyn Fernau	24 Debbie Bramlage
9 Elaine Clark	26 Marjorie Habiby
9 Joanne Loibl	26 Linda Olson-Avery
11 Peggy Yeats	28 Sandy Eno
12 Bob Grady	30 Arbie Irwin
12 Ronald York	30 Richard Bennett
12 Jean Lessard	30 Gloria Randolph
13 Elsie Stanton	30 Millie Blodgett
13 Marlene Learfield	31 Faye Hallauer
13 Irene Breshears	31 Barbara House
13 Marilyn Micallef	31 Fred Gill
14 Dale Nordlund	
15 Israel Flores-Carrillo	

May/June Donors

Financial Donors: Linda Allen, Lynne Anderson, Vicki Breitbarth, Carolyn Brown, Ron Burn, Clackamas County Meals on Wheels, Patty Hatfield, Toni Hessevick, Toni Hvidsten, Arbie & Bonnie Irwin, Mary Ann Kropf, Betty & Don Larson, Nancy Muller, John & Sylvia Pigott, Leslie Rhodes, Diane & Douglas Skille, Joann & Tim Stoehr, Rackleff Place, Howard Thomas, Andrew & Maria Valdez, Maureen Whitman, Sharon Wright

In Memoriam: Vicki Adamson in Memory of Dick Carroll

In-kind Donors: Ara and Canby School District, The Canby Center, Jane Dahl, Gleaners, Venita & David McClain, Linda Mauzey, Portland Packaging Company

New and Renewing Members

Vicki Adamson, Charles & Suzanne Bird, Jean & Joe Clarizio, Robert & Denise Cooperrider, Kathy Davis, Steve & Lois Gustafson, Mary & Tim Isaksen, Robert Jacobs Darlene Jacobucci, Barb Jones, Karen Joy, Jerry & Janielle Krzmarzick, Walt LaChapelle, Betty & Don Larsen, Sue Ellen Ludlow, Caleb & Alice Lyman, Noreda May, Janet Morton, Dennis & Patricia Naumann, Gary Needham, Russell Newcomer, Velma Niemann, Frank Parmenter & Anne Beckett, Lyle Pierce, Harold Potter, Joyce Prue, Yvonne Recker, Diana Schaugency, Evelyn Schoonover, Patricia Sparks, Elsie Stanton, Maria & Andrew Valdez, Rosemary & Darrell VanDerZanden, Jerry & Martha Vaught, Julie Westphal, Maureen Whitman, Dona Withers, Dean & Ardeth Woods

Home-Town Heroes

We are always so grateful for the generosity and community spirit shown by so many in Canby. The arrival of COVID-19, however, has really given some individuals and organizations an opportunity to shine! We wish to acknowledge the following friends who have helped the CAC community in one way or another during this crisis:

- **“Mask Makers”:** Jane Dahl, Susan Rudolph Sessions and her LDS Church ladies, Susan Hull, Melissa Haskell with Haskell Family Dentistry, Linda Tate, Deb Schauer
- **Mask Extenders:** Martin Lackner

These many masks donations are ALL being put to good use—we started with our volunteer home delivered meals drivers, then were able to offer masks to our clients as more of them became available. Thanks to all of you!

- DirectLink leadership and staff—for tulip donation for our home delivered meals (HDM) clients!
- Dave Stenzel—delivered shelf stable food package to client in need with just a moment’s notice.
- Connie & Joe Kalinowski and Maureen Whitman—tulips for our front desk
- Vicki Breitbarth—dog food donation for HDM pets

- Virginia Brelin, Jenny Hickman and an anonymous donor—toilet paper for HDM clients
- Gloria and Saxxon Montes. Saxxon is a Boy Scout. He was looking for some service projects. He helped a client with her yard and helped deliver a needed item to a client
- George Raney for running errands for the Center.
- Millie Reser and Sue Goetchius for putting together the Father’s Day treats for HDM clients.
- ST Vincent de Paul Food Bank AND the Canby Center, for continued collaboration to ensure food security for the Canby community, and for creative thinking to most effectively use resources available.
- Clackamas County Sheriff’s Office, Oregon Food Bank and County Commissioner Martha Schrader—food boxes
- Canby Fire Department— N95 masks for kitchen staff, forehead thermometer for staff/volunteer checks, and for frequently checking in with us!
- Last but not least: We thank, from the bottom of our hearts, our HDM and kitchen volunteers—without you, we couldn’t make things happen!



Thank you 2019—2020 Annual Appeal Donors

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The Estate of Randall Stewart Pitchford

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