



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

## May 2024

### CENTER STAFF

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TRANSPORTATION  
**Scott Goetchius**  
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CUSTODIAN  
**Carol Clark**

BUILDING MONITORS  
**June Nice**  
**Carol Clark**  
**Kathy Levy**

www.canbyadultcenter.org  
503-266-2970  
Fax 503-263-6192  
PO Box 10 1250 S Ivy  
Canby, OR 97013  
M—F 8:30 am—4:30 pm

## Welcome from the Director

Dear friends,

May is almost here, and I'm very excited to announce the return of our Resource Fair for a second year! We had well over 100 attendees and some 20 vendors at last year's event, and we hope to be even bigger and better this year!

This year's theme is a sobering topic: we are focusing on housing and residential living as you age. With the cost of housing going up, up and up, it can seem like there's no help out there to find something affordable. Join us on May 23rd from 10:00 am—2:00 to learn about housing resources available to you. See flyer inside for more information.

See you at the Center—Kathy

### **Trusts and Probate Avoidance, May 16th at 1:00 pm**

Local attorney, Loren Bell will be here to share information on why you might need a trust: possible probate and estate tax avoidance, better control over your assets, etc.

Class size is limited; advance sign up required, beginning April 29th. Join us for this free informational session!

### **American Red Cross Blood Drive Monday, May 20th 12:15 to 5:15**

Don't miss this opportunity to give blood! We are hosting a blood drive on Monday, May 20th. You can sign up on line, or contact Kathy Robinson if you need help signing up.

### **May Day Basket Craft, May 1st at 1 pm with Wendy**

Join us Wednesday, May 1st for a fun May Day Craft! We provide supplies—you come and have fun!! See page 7 for more information.

### **Walking group is BACK—starting May 8th at 1:00 pm!**

Looking for a great way to get some exercise outside? We're starting our weekly walking group back up in May! See page 5 for all the details. Plan now to join us!

### **Mother's Day Lunch—Monday, May 13th**

We are celebrating mothers on Monday, May 13th! This lunch is by reservation only so be sure to sign up beginning Monday, April 29th. The kitchen team is planning a delicious meal for you! If you sign up and realize you cannot be here after all—please let us know in advance that you need to cancel your reservation. Looking forward to seeing you!

**Reminder: We are CLOSED on Monday May 27th to commemorate Memorial Day.**

### Month at a Glance: See inside for details

April 29 Trip sign begins at 8:30  
May 1<sup>st</sup>: May Day craft at 1:00 pm.  
May 2 Stroke Survivor Group 1 pm  
May 6 Parkinson's Support Group 2 pm  
May 8 Board Meeting, 1 pm  
May 8 Walking Group, 1 pm  
May 9 Conversations on Aging: 10 am  
May 9 NW Medicare Advisors 1 pm  
May 10 Medicare 101—Dwayne Scales 2pm  
May 12 Happy Mother's Day!  
May 13 Mother's Day Lunch—reservation only  
May 15 AARP Safe Driving Class Part 1, 1 pm  
May 16 Trusts & Probate with Loren Bell 1 pm  
May 16 Music with Jim 11:30 am  
May 17 AARP Safe Driving Class Part 2, 1 pm  
May 20 American Red Cross Blood Drive 12:30 to 5:30  
May 22 Music with Scott 11:15  
May 22 Seamstress Service 1-4 pm  
May 23 Resource Fair 10 am—2 pm  
May 27 Center Closed—Memorial Day  
May 28 Sign up begins for May trips/events  
May 30 Nutrition & Bone Health Informational Workshop 1 pm

# Center Services

## Client Services Available in May

**Canby Adult Center** prepares and serves nutritious hot meals in our kitchen Monday, and Wednesday thru Friday. Meals are served in our dining room and 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 for guests age 60 and above. **A \$5 fee is REQUIRED for guests under the age of 60.** Musicians provide musical entertainment occasionally; check activity calendar for specific dates.

**Meals on Wheels:** Volunteer drivers deliver freshly prepared, nutritious meals four days each week (Monday, Wednesday-Friday), following a menu prepared in conjunction with the county dietician. Additional frozen meals are available to cover weekend needs. Call 503-266-2970 to sign up!

**Current clients**—if you need to make a change or cancellation to your meals, **call the Center prior to, or no later than, 9:30 am** on the day of delivery.

**Food Allergy?** CAC advises that food prepared in our kitchen may contain or have come in contact with peanuts, tree nuts, soybeans, milk, eggs, wheat, shellfish or fish.

### TRANSPORTATION

**Daily Transport:** If you need a ride to join us for lunch, call 503 266 2970, between 8:30—9:00 a.m. to request a ride to the Center. We will return you safely home after lunch!

### Transportation Reaching People - TRP

Client Services Coordinator Wendy May manages the county Transportation Reaching People (TRP) program for rides qualifying Canby residents residing in the Canby School District Boundaries to destinations in Clackamas, Multnomah & Washington counties. Rides must begin/end between 9 am-4:00 pm, Monday-Friday. Contact Wendy May at 503-266-2970 to see if your trip qualifies for a TRP driver; 5 to 7 business days notice required. Rides are provided by volunteers, so provision of a ride depends on volunteer availability. This service is intended for rides outside of Canby only. [For in-town rides, contact Canby Area Transit at 503-266-4022.]

**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. Often a meal-stop is included as part of the trip. Trip fees vary and bus donations are always gladly accepted. Trip schedule and details on page 8.

### FITNESS & WELLNESS

**Fitness Programs:** We offer a variety of fitness programs including Better Bones & Balance, Geri-Fit, Tai Ji Quan and Yoga (in person!) as well as volunteer-managed Line Dancing.

**We continue to offer Zoom Exercise live with Mindy, Monday, Wednesday and Fridays at 10 am.**

## RECREATION and ACTIVITIES

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

- \* Bingo
- \* Pinochle
- Memoir Writing
- \* Crafting and Quilting groups
- Hand and foot
- \* Woodworking
- Ukulele

See our monthly calendar insert for information on scheduling of these activities.

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

- ♦ Ping Pong
- Pool
- ♦ 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 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 and 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.

**Notary Services Available:** We offer Notary Services. The Notary is not an attorney licensed to practice law and is not allowed to draft legal records, give advice on legal matters, including immigration, or charge a fee. **Appointment required.** Contact Wendy May at 503 266 2970. We reserve the right to refuse service. This is a free service, donations to Canby Adult Center accepted.

**Wellness Programs:** Canby Adult Center offers time-bound workshops and one-time speakers on a variety of fitness and wellness topics. **Relaxation and meditation slight time change, Mondays at 3:00 pm.** See inside for the schedule of guest speakers, which change monthly.

# Center Services (continued)

## 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

Usually the 2nd Wednesday of each month, an attorney will meet with you at the Center for a free 30 minute consultation. This month's appointments are Wednesday, May 8th. Appointment required; call 503-266-2970 to schedule your appointment.

### Senior Health Insurance Benefits Assistance S.H.I.B.A. Virtual or phone meetings only

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.

### Blood Pressure Checks— At the Center. This month May 1st only, 10 am to 11:45

Roger Livengood is an RN who will be providing a blood pressure clinic usually the **first and third Wednesday of every month**. Roger is a RN and is willing to provide you with a medication consultation. He does not give medication advice or prescribe medication, but he can answer questions about side effects, interactions, reasons why a medication is prescribed, etc. This month Roger will be here May 1st only— with extended hours to 11:45.

### Foot Clinics—Jenelle Ediger offers Appointments Twice Each Month

#### This month May 13th & Tuesday the 28th

Jenelle is a footcare nurse who has lived in the area and worked in the Health/Hospice field for more than 20 years. Jenelle generally offers services on the 2nd and 4th Mondays of each month, from 9 am to 2 pm. This is a nail trim (no foot soak) and the fee is \$40. This month Jenelle's appointments are Monday the 13th & Tuesday the 28th. Appointment required.

Jenelle is a trained medical professional providing this critical service; she has provided footcare to several other senior centers in Clackamas County for years, and comes highly recommended.

### American Red Cross Blood Drives

We host American Red Cross blood drives at the Center on a bi-monthly schedule. **Dates for blood drives in 2024 are: May 20th and July 19th.** More dates will follow later. Donor hours are 12:15 pm – 5:15 pm in Classroom 3. Schedule your appointment time on-line or contact Kathy Robinson at 503 266 2970 if you need assistance.

### Lions Club Glasses & Hearing Aid Collection

We offer a collection box in our foyer 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.

### Terracycle Recycling

We offer recycling bins for those hard to recycle items: oral care products and packaging, all brands, used or empty; non-electric blades/razors/and packaging, as well as deodorant containers. Please make sure all items are dry before placing in recycling bin. Funds from these recycled products benefit Canby Adult Center.

### AARP Free Tax Clinic (seasonal)

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

### Bulletin Board

We offer a community bulletin board 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. Our answering machine is updated when we close due to bad weather; call us at 503-266-2970 for updates.

### Center Donations:

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 and use.

We keep a year-round food collection barrel 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 packing peanuts) on our benches. We cannot use those items. Thank You!**

# 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**

**National Suicide Hotline 988**

**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**

## Resources for Women Veterans Women Veterans Call Center:

The Women Veterans Call Center (WVCC) is your guide to VA. It is your resource for information about a variety of services and benefits that you've earned and deserve through your military service.

To get in touch with the WVCC, you can call or text: 855-VA-WOMEN (855-829-6636).

## Refresh Your Driving Skills with AARP Smart Driver Course!

Take the AARP Smart Driver classroom course and you could save money on auto insurance.

- ◆ Learn techniques for handling left turns, right-of-way, following distance, and roundabouts.
- ◆ Understand how to reduce traffic violations, crashes, injury risk, and learn state specific items.
- ◆ Discover proven driving methods to help keep you and your loved ones safe on the road

Course is offered Wednesday May 15th and Friday May 17th 2024—1:00 to 4:30 PM each day. You must attend both sessions to receive a certificate of completion to qualify for an auto insurance discount.

Class is open to the public and limited to 20 persons. To register, call 503 266 2970 or sign up at the Canby Adult Center front desk.

Fee payment to AARP at class; check or exact cash (no debit/credit cards). \$20 for AARP members; \$25 for non-members. Provide your name and phone at the registration for a reminder call prior to the class.

## ALS Northwest ALS Support Groups

Led by professionals, ALS Support Groups provide opportunities for group members to share their personal experiences and to learn more about living with ALS. Participants learn that they are not alone nor without help or hope. Support Group meetings are free and open to all people living with ALS and their caregivers. Support Groups sometimes feature speakers on relevant topics and are designed to share information as well as strategies for preserving the independence and quality of life of both people living with ALS and their caregivers.

Oregon Statewide ALS Support Group Virtual Group for People Living with ALS, Family & Friends 4th Wednesday of every month from 3 pm to 4:30 pm PST.

To attend and for questions call Cassy Adams at 503 238 5559 ext. 100 or [Cassy.Adams@alsnorthwest.org](mailto:Cassy.Adams@alsnorthwest.org)



## Do I qualify?

If your monthly household income meets income guidelines, you may qualify for free weatherization. You could receive a new gas furnace, new gas water heater, home insulation, sealing of air leaks, and more. The average program participant gets several thousand dollars worth of free products and services.

Call Clackamas County at 503 650 3338 to sign up. Learn more at [www.clackamas.us/cfcc/weatherization.html](http://www.clackamas.us/cfcc/weatherization.html)



## OHSU Vision Loss Support Group

Supporting patients and their families experiencing vision loss. OHSU Casey Eye Institute is excited to offer a Vision Loss Support Group for people in the Portland Metro area who are experiencing changes to their vision, vision loss or low vision and want to receive additional support and information.

- Connect with others experiencing similar challenges
- Learn about adaptive skills to manage the impact of changes in vision on functioning
- Share your personal story and strategies for dealing with vision loss and changes to vision
- Learn about helpful tools, resources and tips to live life to the fullest from professionals from Casey and the community

Interested in participating or have questions? Contact Tara Albury, MSW, LCSW at 503 494 1618, leader of the Vision Loss Support Group.

## Prepare for Spring Driving

- ◆ Rainstorms—Standing water can make the roads slick and cause an unexpected loss of control over your vehicle due to hydroplaning.
- ◆ Sun glare impairs vision and creates blind spots
- ◆ Potholes can not only damage vehicles, they can cause serious accidents.
- ◆ Motorcycles and bicyclists take to the streets as the weather warms, demanding extra vigilance for drivers.
- ◆ Children at play can be unpredictable. Always pay extra attention when driving in neighborhoods and school zones.
- ◆ Wildlife activity increases in spring, especially in rural areas.

Source: AAA



# On-going Classes and Activities

## Exercise and Wellness Classes Open to Everyone!!!

**Geri-Fit (Seated Exercise):** We are pleased to offer Geri-Fit classes three times weekly! Class meets every Monday, Wednesday and Friday at 11:00. This class is a great way to start your fitness journey if you're new to exercise. Instructor, Mindy Tilden

*No fee—donations appreciated*

**Better Bones & Balance:** Class meets Monday, Wednesday and Friday at 10:00. Get a great work-out, rain or shine, using dumbbells and your own body weight. Join this class with experienced instructor, Mindy Tilden.

*No fee—donations appreciated*

### Tai Ji Quan

We now offer Tai Chi Quan classes three times weekly. Class meets every Monday, Wednesday and Friday at 9:00. Check out this class—a great way to increase mobility and balance! Instructor, Mindy Tilden

*No fee—donations appreciated*

### Walking Group—We're BACK!

Wear comfortable shoes and bring a water bottle. This group is intended for people who are able to walk up to a half mile comfortably and independently. We leave from, and return to, the Center, walking in local neighborhoods. If you join the group, we ask that you stay with the group until everyone returns to the center – no rogue walkers, please.

Class led by Wellness Coordinator, Mindy. **No Fee**

### Yoga— Tuesdays at 9:30 am

This class is offered every Tuesday at 9:30 am with Yoga Instructor Kathryn Kendorf. Class is intended for older adults and includes some seated work. No charge; donations accepted to help off-set the cost of the instructor's fee.

*No fee—donations appreciated*

### Relaxation and Meditation: Mondays at 3:00 pm—note class time change!

Instructor Robert Baguio leads you through an exercise to fully relax and release tension and stress, redirecting your energy to wellness and healing. *No fee—donations appreciated*

### “Let's Dance” Line Dancing Classes:

#### Every Tuesday & Thursday 1 pm —

No partner needed for this popular and fun line dancing class! New dancers welcome!

*No fee—Donations accepted*



**WEEKLY CARD GAMES:** Open to anyone who wishes to participate. Walk-in's always welcome, no sign-up required.

**Hand & Foot:** Mondays at 1:00 pm This game has 2-4 players at a table and uses 3-5 decks of cards. We have trays to hold your cards and we welcome new players!

**Pinocle:** Tuesdays & Fridays 1:00 pm This is double-deck pinocle and the group is flexible with the number of players; 3 to 6 people at a table and lots of room for new players! New players always welcome!

## MONDAY

### Woodcarving Workshop at 10 am:

Join our woodcarving workshop every Monday at 10:00 am. This is a woodworking group, not a class, so bring your projects and tools and see what others are working on! See Wendy if you have questions. Walk-ins welcome

**No Fee**

## TUESDAY

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

Classroom 2

**No Fee**



**BINGO Every Tuesday: Packet sales 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

### Quilty Friends— May 1, 8, 22 & 29

This group meets several times each month on Wednesdays—all levels of quilters are welcome! You need a portable sewing machine to get started. You can work on individual or group projects (some are for charities). New quilters and walk-ins always welcome!

**No Fee**

### “Medi-Carolers”— May 1 and 15

No experience necessary to join this fun group of other music-lovers. They meet the **first and third Wednesday of each month at 1 pm. Bring enthusiasm and join us for this fun new singing group!**

## THURSDAY

### Memoir Writing Group 1st and 3rd Thursdays 10 am – 11:30 am:

If you enjoy writing, this group is for you! Class facilitator suggests a topic to write about at home and you share your work at the next class. Topics often involve recording memories—a great gift to your family! Consider joining us.

**Drop-ins welcome; no fee.**

### Ukulele Class—Every Thursday 10 am-11 am

#### [Beginner class 9 am—10 am]

Class instructor teaches basics in a step by step series. There is a \$5 charge for the book that you keep. Bring your ukulele and join this fun group! Walk-in's welcome. **The instructor comes from Vancouver to teach this class; a weekly donation of \$5 is suggested for instruction.**

# Board News and Announcements

## BOARD OF DIRECTORS 2022-2023

### CHAIR

#### Loren Bell

[loren@canbylawfirm.com](mailto:loren@canbylawfirm.com)  
(Term ends Sept 2026)

### Vice Chair

#### Matt English

[menglish@canbyfire.org](mailto:menglish@canbyfire.org)  
(Term ends Sept 2024)

### Treasurer

#### Keith Galitz

[kgalitz@canby.com](mailto:kgalitz@canby.com)  
(Term ends Sept 2024)

### Secretary

#### Sandie Field

[s.field289@yahoo.com](mailto:s.field289@yahoo.com)  
(Term ends Sept 2025)

### Robert “Cash” McCall

[cashmccall@canby.com](mailto:cashmccall@canby.com)  
(Term ends Sept 2025)

### Pat Schauer

[pschauer1951@yahoo.com](mailto:pschauer1951@yahoo.com)  
(Term ends Sept 2024)

### Tim Nichols

[ODBGoldFish@web-ster.com](mailto:ODBGoldFish@web-ster.com)  
(Term ends Sept 2025)

### Brandon Leonard

[leonardb@canbypolice.com](mailto:leonardb@canbypolice.com)  
(Term ends Sept 2026)

### Joyce Peters

[joyce4432@canby.com](mailto:joyce4432@canby.com)  
(Term ends Sept 2026)

## A word about our Board ~

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

## Board Meeting Minutes—Excerpts March 20, 2024

### Directors Present:

Matt English, , Sandra Field, Tim Nichols, Joyce Peters, Pat Schauer, Brandon Leonard, Bob McCall

### Directors Excused:

Loren Bell, Keith Galitz

### Staff Present:

Kathy Robinson

**Call to Order and Approval of Minutes:** The meeting was called to order by Vice Chair, Matt English at 1:00 pm. A quorum was established; a motion was made and the minutes of the February meeting were unanimously approved.

**Report from City Council Liaison, Jim Davis:** City Council has been busy with goal setting and developing action plans; five major goals were identified. He reported that the City Council and the City remain committed to doing what can be done for CAC and the property. Chief Davis reported on Parks and Recreation progress on several approved plans for upgrades to several existing parks in the city. Work on getting the 40-acre athletic field to the next step in the approval process continues.

The City has a goal to pursue plans to add a Hotel/Motel in Canby that will encourage visitors to the various events within the City to stay in town and take advantage of the restaurants and merchants in town. Additionally, the City’s annual Budget process is in full swing.

**Treasurer Report:** Treasurer Keith Galitz was not present at the meeting, but submitted a report in advance, showing growth in our investment fund. The Clackamas County’s reimbursement payment was delayed so a draw was made which is well within the transfer amount authorized by the board in the approved budget. Ending balances above projections and well within budget.

**Director’s Report:** Kathy Robinson reported that a Resource Fair is scheduled for May and will focus on housing issues. We are “testing” a new travel company with a fall trip of SW parks that will end with the Hot Air Balloon experience in New Mexico. The Notary service we offer is well received, so we are continuing the training/education to maintain the certification of Wendy May as our Notary. The new monthly seamstress service is fully booked and obviously fulfilling a need within our community.

The Iwo Jima commemoration on February 17<sup>th</sup>, was attended by a small group and honored our World War II Veterans, one of whom was able to attend.

Kathy updated the board on the BRIC grant proposal reporting that after all the hard work, at the final moment the State of Oregon decided against submitting it to FEMA for further consideration. It was discovered that the government designation for the Center is defined as “essential” versus “critical” and therefore apparently does not meet the standard required for this grant, although this was not mentioned as a requirement in the proposal guidance. We will continue to work with the City to program the ARPA funds. A meeting has been scheduled for later this month with the City Administrator and Kathy to discuss this funding option.

New Assistant Cook, Daniel Campo, who joined us on February 8<sup>th</sup> is working out well. Kathy Levy has moved to on-call status and has been assigned to some monitoring duties. The Human Resources Firm, TRUPP presented a proposal to review the existing employee handbook and provide an updated new handbook. At the board’s authorization, Kathy signed a contract with TRUPP to prepare a new employee handbook.

At approximately 1:30 the Vice Chair, Matt English requested a motion to move to Executive Session.

At approximately 2:10 pm a motion was made and unanimously passed to adjourn the meeting. The next board meeting is Wednesday, April 10, 2024, at 1:00 pm.

*Respectfully submitted by Sandra Field, Secretary*

# May Speakers and Activities

## May Day Flower Fun May 1st — 1 pm

Remember the days of picking flowers, assembling a simple paper holder and leaving them on a neighbor's door? We will provide the flowers and the small paper basket and stickers to decorate. Assemble a sweet and simple May Day basket for yourself or to make someone's day. Class size limited to 12

Sign up required—call 503 266 2970 or sign up at the front desk

## First Thursday of Each Month— May 2, at 1 pm Stroke Survivor Support Group

A Stroke Survivor Support Group meets the first Thursday of each month (this month **Thursday, April 4th, at 1:00 pm**). Focus is providing stroke survivors the opportunity to join together, share experiences, as well as provide strength and hope, and offset the social isolation many experience in their recovery.

The group is facilitated by **Mike Long, MSW**, who suffered a hemorrhagic stroke in 2018. If you are unable to attend in person, Stroke Awareness Oregon.org offers a virtual support group via ZOOM on the 2nd and 4th Tuesdays of each month at 3 pm. For more information call 541 323 5641. **No Fee**

## MONDAY, May 6, at 2 pm Parkinson's Resources Support Group



The group meets the first Monday of each month from 2 pm to 3 pm to share, learn, and connect with others navigating Parkinson's. This group is open to people with Parkinson's, care partners, family and friends.

Contact facilitator Shirley at 503-380-1712 if you have questions. *[If the first Monday is a holiday—the group meets on the first Wednesday.]*

## Thursday, May 9th at 1 pm: NW Medicare Advisors

NW Medicare Advisors provide general information and answer questions regarding various medicare plans. They are also able to answer questions for those who may be new and now eligible for Medicare!

If you have questions before May 9th, you can call them at 503-303-7519. Walk-ins welcome; no appointment needed **No Fee**

## Thursday, May 9th @ 10:30am Conversations on Aging: DOWNSIZING

What are the best tips for senior downsizing? Join us as we discuss ways to make your space comfortable. Sign up encouraged, in person at the front desk or by calling 503 266 2970.

## Arm yourself with knowledge! Be in the know! May 10th at 2 pm

It's Almost That Time of The Year for Medicare "pitches". The sales pitches show up in your mailboxes, in robocalls and on your TV. Touting Medicare plans, these advertisements promise everything from low premiums to all kinds of extra benefits. The annual enrollment period is from Oct 15 – Dec 7.

**Dwayne Scales, Medicare Insurance Broker**, will be here on Friday May 10th at 2 pm to share information and plans for the upcoming Medicare Open Enrollment.

**Sign ups strongly encouraged.** Call 503 266 2970 or sign up at the front desk of the Canby Adult Center.

## Trusts & Probate with Loren Bell—May 16th at 1 pm

Loren will address trusts and probate, privacy, and possible estate tax benefits. He will share information on why you might need a trust: possible probate and estate tax avoidance, better control over your assets, etc

Sign up for this informative session beginning April 29th. **Sign up required. No Fee**

## FREE Seamstress Service: May 22, 12 pm to 4 pm

Local seamstress Jennifer Varner offers free sewing services the 4th Wednesday of each month from noon to 4 pm. Services include hemming, buttons and snaps; fixing faulty seams; repairing stuck zippers, mending holes and tears in garments, applying patches, and repairing popped seams. If you are not sure an item can be repaired bring it in and ask Jennifer! Sign up at the front desk or call 503 266 2970 and describe which service is needed. To give everyone an opportunity to take advantage of this service, please do not sign up multiple months in a row—thank you.

## Housing Resource Fair at Canby Adult Center May 23rd 10 am to 2 pm

Find out about housing resources in our community and beyond! State, County and local agencies will be here on Thursday, May 23rd, from 10 am to 2 pm to share helpful information. See the flyer included with this newsletter for more information!

## Thursday, May 30th @ 1pm— Nutrition Education

Join us for Nutrition education! Becky Pruitt will be here to discuss Building Strong Bones: Nutrition Basics: An introductory workshop covering the fundamentals of bone health and the role of nutrition for osteoporosis, including strategies for incorporating calcium-rich and vitamin D-rich foods into daily meals for optimal bone health.

Sign up required: call 503 266 2970.

No Fee

# May Trips—2024

## TRIPS GUIDANCE :

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

Phone Bookings accepted only for trips without pre-payment.

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

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

Please note that we expect travelers with mobility or other health issues to choose wisely when signing up for a trip with us. All travelers must be able to participate in all aspects of the trip independently, or else bring a caregiver.

Trips involving advance ticket booking by the Center **MUST** be paid in advance before your name goes on the list.

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

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

**Travelers are allowed to sign up for a maximum of two trips the first day of sign-ups; come back on subsequent days 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

*CAC reserves the right to refuse service to anyone not complying with all the elements of our Code of Conduct.*

Thank you for your cooperation!

Trip sign-ups are in person beginning **Monday, April 29th**. While you may call on the 29th to sign up for any trip that doesn't require a prepayment, your call will be put through to the Transportation Coordinator's voicemail and your trip request will be processed **AFTER** all in-person sign-ups are processed. **Trip requests that are phoned in may not get a spot on a desired trip if it fills up with in-person sign-ups. Any required pre-payments MUST be paid before a spot can be reserved. You may sign up for two (2) May trips on the first day of sign up, to give everyone a chance to sign up for something special.**

### **Carriage Me Back Brownsville Festival 1923**

**May 4, 2024**

The "Carriage Me Back" event in Brownsville is a historical reenactment of small town life in 1894. It features a tractor-drawn carriage this year (due to the death of one of the horses), actors in period costumes, and educational skits. Enjoy your trip back in time! *Bring money for lunch and snacks for the bus ride there.*

Depart: 9:30 am

Cost: \$16 (pay at sign up)

Return to Center 5pm

Bus Fee: Donations Accepted

### **Portland Spirit From Portland to Astoria**

**May 15, 2024**

Travel from Portland's vibrant harbor through the forest-covered coast range on an adventure-filled day re-tracing the route of Lewis & Clark. The broad waters of the Willamette and Columbia Rivers will carry you along the way. Ocean freighters and tugboats share our route to Astoria, a quaint scenic river town that is filled with history. This day-long adventure covers 60 miles of the Willamette & Columbia River. You'll be treated to freshly prepared Northwest Cuisine and Captain's Narration along the way. Bus transportation is provided from the Center and back to the Center at the end of the day. *Bring money for snacks and drinks along the way.*

Depart: 7 am

Cost: \$150.75 (pay at sign up)

Return to Center: 9pm

Bus Fee: Donations Accepted

### **Sandy Actors Theatre "Some Sweet Day"**

**May 17, 2024**

Ken regrets losing the girl of his dreams 24 years ago. He's obsessed with building a machine that will take him back in time to fix his mistakes. When fate grants his wish, he finds himself 25 years in the past. With the help of his best friend, Greta, he plays Cyrano to himself, desperate to get his younger version to marry Jenny. But his younger self is just as stubborn as the older version and refuses to listen to advice from an old man. As he tries to bring the lovebirds together, Ken falls for Jenny all over again and is now trying to woo the girl away from ... well, himself! *Bring money for dinner before the theatre.*

Depart: 4 pm

Cost: \$18 pay at event

Return to Center: 10:30pm

Bus Fee: Donations Accepted

### **Salem River Front Hike**

**May 21, 2024**

Riverfront Park is a **23-acre** park located along the Willamette River in Salem. This park features the Riverfront Carousel (2001) and Eco-Earth Globe, an outdoor sculpture and community art project completed in 2003 along with a beautiful walking bridge across the Willamette river. *Bring money for lunch.*

Depart: 9:30am

Cost: No cost

Return to Center 3:30pm

Bus Fee: Donations Accepted

### **The Dullahan Irish Pub Dinner**

**May 23, 2024**

True authentic Irish cuisine can be found here! This pub is family friendly and ready to welcome in friendly and hungry folks alike. *Bring money for dinner.*

Depart: 4:30pm

Cost: Pay at event

Return to Center 8:00 pm

Bus Fee: Donations Accepted

### **Butteville Store Bingo Night**

**May 29, 2024**

*Are you ready for a fun way to give back to the Butteville Store? Join us Wednesdays from 5:00-8:00pm for BINGO. The first game starts promptly at 5:30pm. Buy cards for games 1 through 8 for \$1 each. Game 9 is a 50/50 where the card costs \$10 and the winner gets half the pot. All proceeds from BINGO sales goes directly to the Friends of Historic Butteville! Bring money for dinner during bingo.*

Depart: 4:45pm

Cost: \$19.00 for all games (pay at event)

Return to Center: 8:30 pm

Bus Fee: Donations Accepted



# May Movies, Music & More

**Afternoons at the Movies ~ ~  
Wednesday & Friday 1'o clock sharp!**

## **March Movie Line-up**

### **Wednesday Movie Features:**

May 1<sup>st</sup>: **The Boys in the Boat**. A true story about the University of Washington rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics.

May 8<sup>th</sup>: **Mothers and Daughters**. A pregnant photographer captures motherhood on film while re-examining her relationship with her estranged mother. For moms everywhere!

May 15<sup>th</sup>: **The Boy in the Striped Pajamas**. A forbidden friendship forms between Bruno, the son of a Nazi commandant, and Schmueel, a Jewish boy held captive in a WWII concentration camp.

May 22<sup>nd</sup>: **My Big Fat Greek Wedding**. A young Greek woman falls in love with a non-Greek man and struggles to get her family to accept him.

May 29<sup>th</sup>: **The Wolf and the Lion**. A wolf pup and a lost lion cub are rescued by a girl in the heart of the Canadian wilderness. Their friendship will change their lives forever.

### **In honor of Memorial Day, Friday stories of wartime valor.**

May 3<sup>rd</sup>: **The Enemy Below**, starring Robert Mitchum. During WWII an American destroyer captain discovers a German U-boat, and a duel soon follows.

May 10<sup>th</sup>: **Valkyrie**, starring Tom Cruise. Based on the true story of the 1944 assassination and political coup plot by desperate renegade German Army officers against Hitler.

May 17<sup>th</sup>: **Midway** – the 1979 version! Starring Charlton Heston and Henry Fonda. Story of the battle considered a turning point of World War II.

May 24<sup>th</sup>: **Taking Chance**, starring Kevin Bacon. A military officer's life is changed after taking an assignment to escort home the body of a 19-year-old Marine killed in Iraq.

May 31<sup>st</sup>: **Flyboys**, starring James Franco. The adventures of the Lafayette Escadrille, young Americans who volunteered for the French military before the US entered WWI, and became the country's first fighter pilots.

**Lunch service is at noon Monday, and Wednesday thru Friday. You must be seated by noon.**

**Music in the Dining Room:** We are occasionally able to offer live music prior to, and up to 15 minutes after lunch is served. When available, we provide the date and time of our musical guests, however sometimes that is not possible.

**Music with Jim 3rd Thursday—this month— May 16 at 11:30** Jim provides a great variety of music including country, patriotic and much more.

**Music with Scott— Wednesday May 22, at 11:15** Featuring our very own Scott Goetchius! He will play for us from 11:15 to 12:15. A great variety of music for your enjoyment—his repertoire is extensive!

### **Remember Make Reservations for “Special Event”**

**Lunch Dates:** We require reservations for our “special lunch” celebrations and hamburger day. This month we'll celebrate Mother's Day on Monday, May 13th. Your reservation ensures that we can offer appropriate seating for everyone. You don't need to be a member to make a reservation. While everyone is always welcome to lunch (under 60 \$5 fee), we ask that you refrain from inviting under-age guests or out of town friends to our special, reservation only, lunches. We always fill the room to capacity and want to make sure that everyone from our own community has an opportunity to join us. Thank you!

**DO YOU HAVE A “FOB”?** You can use yours to sign in for lunch, trips, movies, speakers and classes! A key fob has nothing to do with membership, it is a way to sign in electronically for services (like lunch and exercise classes) or trips and presentations. **There is no fee to obtain a key fob and all you need to do is complete a purple form from the front desk and wait 7-10 days!** Then you can sign in to the Center electronically!



### **Some Big Thank You's:**

Annual AARP Tax Clinic Ended April 12 — THANK YOU TO OUR WONDERFUL AARP TAX CLINIC VOLUNTEERS!

Thanks to Gretchen R. for picking up the flowers every week.

Thanks to Phyllis H. for arranging beautiful bouquets each week.

Thanks to Mary B. for keeping our library and yarn donations in good order.

Thanks to Wade & Sunya P. for “beautifying” our front garden!

# Healthy Body—Healthy You!

Ahhhhh, May.... The trees are greening up, the flowers are blooming and allergy season is in FULL effect! I'm excited to kick off our walking program this month (details are on page 5). For May, we're talking about ALS aka Lou Gehrig's Disease. Read on for some information to bring awareness about this neurodegenerative disorder. If you can, try to get outside in-between spring showers, soak up some natural Vitamin D! As always, I hope to see you at the center soon ~ Mindy

## What is ALS?

Amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease, is a progressive neurodegenerative disorder that primarily affects the motor neurons in the brain and spinal cord. This condition was first described by the French neurologist Jean-Martin Charcot in the 19th century and has since become a widely recognized and studied disease.

ALS is characterized by the progressive degeneration and death of motor neurons. These specialized nerve cells are responsible for transmitting signals from the brain and spinal cord to the muscles throughout the body. As ALS advances, motor neurons lose their ability to function and eventually die. As a result, individuals with ALS experience muscle weakness, atrophy (shrinking), and a loss of motor control.

Individuals with ALS may experience cognitive and behavioral changes, including frontotemporal dementia (FTD). FTD can lead to alterations in personality, decision-making, and social behavior, though not all ALS patients develop these symptoms. Unfortunately, there is no cure for ALS. The exact cause of the disease remains unclear, although some cases are linked to genetic mutations. While there is no cure, there are therapies and treatments available to manage symptoms and improve quality of life.

## Symptoms of ALS

ALS is a complex disease with a range of symptoms that gradually affect various aspects of an individual's physical and, in some cases, cognitive functioning.

**Muscle Weakness:** One of the earliest and most prevalent symptoms of ALS is muscle weakness. It often begins in a specific part of the body, like a hand or leg, and then spreads.

**Muscle Atrophy:** As the disease progresses, muscle atrophy (shrinkage) occurs. Affected muscles become smaller and visibly weaker, contributing to a loss of muscle mass and overall strength.

**Spasticity:** ALS can lead to muscle stiffness and spasticity. Muscles may become tight and resistant to movement, making it challenging to control them.

**Difficulty Speaking:** Many individuals with ALS experience changes in speech, including slurred or unclear speech.

**Swallowing Difficulties:** Weakened throat muscles can lead to problems with swallowing.

**Breathing Problems:** As ALS progresses, it can affect the muscles used for breathing. When the breathing muscles become affected, ultimately, people with the disease will need permanent ventilatory support to assist with breathing.

**Unintentional Weight Loss:** Due to difficulties with swallowing and eating, many people with ALS experience unintentional weight loss.

**Cramps and Twitching:** Muscle cramps and fasciculations (muscle twitches) are common early symptoms of ALS.

**Cognitive Changes:** Some individuals with ALS may experience cognitive changes, particularly a type of dementia known as frontotemporal dementia (FTD). These changes can manifest as alterations in personality, decision-making, and social behavior.



**Pseudobulbar Affect:** Some people with ALS may exhibit emotional lability, which is characterized by uncontrollable outbursts of laughter or crying that are disproportionate to the person's actual emotional state.

**Pain and Discomfort:** ALS can cause physical discomfort and pain due to muscle weakness and changes in muscle and joint alignment.

## Diagnosis

The diagnosis of amyotrophic lateral sclerosis (ALS) can be a complex and sometimes lengthy process. It typically involves a series of medical assessments, tests, and consultations with healthcare professionals. A diagnosis process may include:

**Clinical Evaluation:** The process often begins with a visit to a primary care physician, neurologist, or neuromuscular specialist. The healthcare provider will conduct a thorough clinical evaluation, which includes reviewing medical history, conducting a physical examination, and discussing the presenting symptoms.

**Electromyography (EMG) and Nerve Conduction Studies:** One of the key diagnostic tests for ALS is electromyography (EMG) and nerve conduction studies. During an EMG, a neurologist or neuromuscular specialist inserts fine needles into various muscles to record electrical activity.

**Blood and Urine Tests:** Blood and urine tests are typically performed to rule out other potential causes of muscle weakness and neurological symptoms.

**Clinical Criteria:** In addition to the above tests, the diagnosis of ALS often relies on clinical criteria and the presence of specific signs and symptoms.

**Second Opinions:** Due to the complexity of ALS and the potential for a delayed diagnosis, seeking a second opinion from a neurologist or ALS specialist is often recommended, especially if there are uncertainties or if the progression of symptoms is unclear..

Source: [www.ALS.org](http://www.ALS.org)

# Memoir Writing—

First and third Thursday of each month at 10 am, Classroom 2. Join us!

**Please Note:** The views and beliefs shared in these memoirs are those of the authors and do not necessarily reflect any policy or position of the Canby Adult Center.

## My Favorite High School Class

~P. Kester

Originally I signed up for a high school Spanish class. Since not enough people signed up—the class was cancelled. My second choice was a journalism class. It became my favorite high school class—and propelled me into a lifetime of writing.

Journalism students in Des Moines high schools were occasionally invited to participate in professional press conferences—along with professional journalists. When an international diplomat was scheduled for a Des Moines press conference, five high school editors were invited to participate. I joined them. And then wrote up the story for my high school newspaper.

It was the year of 1956. My oldest brother pursued a career in the Air Force following World War II. He was chosen to make a cross-country test which set a new record for the transcontinental speed record. It was big news everywhere. He even appeared on the television quiz show, *What's My Line?* As editor-in-chief of the North High School Oracle, I got to write up the story for the newspaper.

Following high school, I entered college and chose a double major of English and Journalism at Grinnell College (Grinnell, Iowa). My first year of teaching in Wheat Ridge, Colorado, I taught English and Journalism. I also participated in a professional association of Denver area women journalists. Because writing was so natural and enjoyable—and women colleagues in journalism were so inspiring—I faced a hard decision: whether to continue as a public school teacher **OR** get a Master's Degree in journalism and pursue a professional career as a writer.

I explored the Boston University Graduate School of Communication—since I was then teaching in the Boston area. However, the cost was prohibitive. So I completed a master's in education degree (which provided me financial aid) and then continued to teach secondary education students.

Throughout my adult life, I also did freelance writing and published three books. All because my Spanish class was cancelled—and I stumbled into a journalism class instead.

## ORCHESTRA

R. Stockman

At the beginning of the fourth grade, my parents asked what type of instrument I'd like to play. After some consideration, I said "I'd like to learn to play the piano." Soon afterwards, they presented me with a violin, and said we could perhaps revisit the subject of the piano "later". I took violin lessons through high school.

Upon entering Junior High school, I joined the orchestra and met the director, Tomas Rodrique, or "Mr. R," as we called him. He was a balding, rotund little man who wielded the baton with a temper as short as his stature and contrasting warm brown eyes.

While I lacked the self-confidence to be a soloist, I always enjoyed playing in a group. Thus, I was a member of the school orchestra though junior high and high school. During that time, he also encouraged us to participate in solo and ensemble contests. In the course of hours of extra practice with other members of a string quartet, sometimes under protest, we experienced how a whole can indeed become much more than the sum of its parts, and formed bonds that extended far beyond the practice room. One couple later married and I remain close friends with the other violinist yet today, having eventually become college roommates.

Not only did we perform the usual school concerts and assemblies, but Mr. R also exposed us to the world of theater by working with the Drama department to mount productions of *Kismet*, *Carousel*, *Carnival* and *Brigadoon* during my high school tenure. Despite the lengthy rehearsals, witnessing the musical score come to life with the addition of singers, dancers and stagecraft in a darkened theater was magical. We even "toured" the Olympic peninsula with engagements in Port Townsend and Port Angeles.

Tomas Rodrique impacted the lives of thousands of music students in the Shoreline district, north of Seattle over more than three decades of teaching. I was one of many who he maintained contact with, and was privileged to attend his 90<sup>th</sup> birthday party some years ago.

After his wife, Evelyn passed away, he began to invite friends to join him at their waterfront summer home on Orcas Island for several days at a time. Throughout the summer, a cavalcade of long-time and long-ago students and colleagues would spend time with him there, reminiscing about the past over good food and wine on the deck while watching for orcas. Our time slot often fell over his birthday, and he celebrated 96 of them before passing. He trained us all to bring provisions and how to do the necessary housekeeping to prepare for the next guests who would arrive within a few days after our departure. That was an assignment no one ever complained about.

# Bits & Pieces

**Hope Village Annual Sale—  
Friday, May 3<sup>rd</sup> & Saturday, 4<sup>th</sup>: 9:00 am to 4:00 pm  
1535 S Ivy Street**

Check out the sale at Hope Village on Friday, May 3<sup>rd</sup> or Saturday, May 4<sup>th</sup>. This is an annual event with plenty of variety. Find what you've been looking for, and 10% of proceeds from the sale will be donated to a charity.

## Just for Fun!!

What 8 letter word can have a letter taken away and it still makes a word? Then take away another letter and it still makes a word, and keep doing that until you have just one letter left which is still a word. What is the word?

**The word is: Starting**

**Starting, staring, string, sting, sing, sin, in, i**

Now that's cool



## “Sign-in When you Stop-in”:

Any time you come to CAC check in at the front desk!

“MySeniorCenter” touch screen is always available for you to sign in. If it's your first time visiting the Center, **ask for a NAPIS form**. Complete the form and turn it in. Within a week or 10 days after turning in your form, you will be assigned a ‘FOB’ (key-card) that you can attach to your key ring. From then on, whenever you come into the Center, whether it's for an activity, lunch, or just to hang out—you'll use your keycard to sign-in! It's just that easy!



## Missing Something?

Are you missing something? We have a collection of “lost” items waiting to be found... by you! These items are at the front desk:

Blue beaded keychain; heart-shaped necklace  
Black water bottle; stereo speaker;  
black zippered skirt; Key found in our parking lot

Please claim by May 15th or they will move to the “FREE” table. Thank you.

**LOST  
AND  
FOUND**

## Did you know...

May is pretty exclusive when it comes to days of the week. No other month in one single year starts or finishes on the same weekday as the month of May. Basically, if the first of May is on a [Friday](#), and the 31<sup>st</sup> of May is on a Sunday, no other months in the year will start or end on a Friday or a [Sunday](#)!

## Do you have a town car that you no longer need?

Are you thinking about giving up driving and not sure how to dispose of your vehicle? The Canby Adult Center is hoping to add to its vehicle fleet with a trustworthy, fuel-friendly, town car for in-town use.

If you have a vehicle that you no longer use, consider donating it to CAC – it's a great tax write-off! See Kathy Robinson if interested!



**Happy Mother's Day**

**Our Mother's Day Lunch is  
Monday, May 13th at noon  
Reservation Required**



# Birthdays & This & That!

## May 2024 Birthdays!



- |                      |                      |                       |
|----------------------|----------------------|-----------------------|
| 1 David McRobbie     | 15 Rebecca Davis     | 27 Patti Busse        |
| 1 Linwood Rush       | 15 Rowena Price      | 28 Dennis Hardy       |
| 2 Ruthella Bauer     | 16 Phyllis Haugh     | 28 Ray Winklebreck    |
| 2 Evelyn McKee       | 17 Juda Hesse        | 28 Shirley Simi       |
| 3 Dick Meissner      | 17 Donna Pierce      | 28 Marie Riley        |
| 4 Betty McRobbie     | 18 Keith Jensen      | 29 Cynthia May        |
| 4 Jeane Nolder       | 18 Carroll Helm      | 30 Everett Helm       |
| 7 Betty Larsen       | 18 Barbara Finch     | 30 Hope McBride       |
| 8 Robert Breitbarth  | 18 Kathy Goodin      | 31 Patricia Achenback |
| 8 Conrad Kristensen  | 18 Ruby Scruggs      | 31 Betty Wynn         |
| 8 Linda Mowry        | 19 Darrell Johnson   |                       |
| 10 George Schmidt    | 20 Noreen Caldwell   |                       |
| 10 Kirk Wade         | 20 Prudy Holzhausen  |                       |
| 10 Joanne Hanson     | 21 Gary Petersen     |                       |
| 11 Yvonne Hepler     | 21 Vicki Williams    |                       |
| 12 Gary Frye         | 21 Sara Urke         |                       |
| 12 Marsha Meyerhofer | 21 Rita Beam         |                       |
| 12 Kathie Roberts    | 22 Don Morgan        |                       |
| 12 Jeannette Blancic | 23 Jean Robison      |                       |
| 13 Ron Berg          | 25 Ron Lindland      |                       |
| 13 Dwight Knapp      | 25 John Meyerhofer   |                       |
| 15 Sue Horton        | 25 Linda Hammons     |                       |
|                      | 25 Charlotte Hiebert |                       |
|                      | 26 Mary Ann Kocher   |                       |
|                      | 26 Norma Sigler      |                       |



### Thank You New & Renewing Members:

- Lauren & Daniel Dixon  
Israel Flores-Carrillo  
Janet Flowers  
Steve & Lois Gustafson  
Shirley Harris  
Carolyn Heininge  
Preston Hiefield  
Mary Hofmann  
John Hunnicutt  
Janet Jeffries  
JoAnn Kempfer  
Cynthia May  
Daniel & Jacie McElhinny  
Neil & Susan McLean  
William & Pamela Moore  
Sharon Mrokowski  
Keith & Nancy Murphy  
Dennis & Jeane Nolder  
Jaii & Gary Petersen  
Rowena Price  
Pat Purcell  
Millie Reser  
Chuck & Pam Reynolds  
Laurie Ritson  
Dave & Gayle Schedler  
Ruby Scruggs  
Jeanne VanMeter  
Mary Walsh  
Kay Walter  
Julie Westphal  
Kathleen Wright

### Memorial Day Facts

- Memorial Day was originally known as Decoration Day and was established on May 5, 1868, to honor fallen soldiers of the Civil War.
- The red poppy is the inspiration for the famous poem, "In Flanders Field" written by Lieutenant Colonel John McCrae in 1915.
- Our nation's flag is raised to half staff from sunrise until noon and then lifted to full staff to signify hope and to honor all our country's war heroes.
- While Memorial Day is to honor soldiers who have died for our country, it is also an appropriate day to thank all veterans. A simple "Thank you for your service" is always appropriate.

**Are you a CAC Member?** Membership to CAC has an annual fee of \$15 for an individual, or \$25 for a couple. Complete the membership form on the last page of this newsletter or print the form from our website; send it, along with your membership fee to: **PO Box 10, Canby OR 97013**

A gift of \$51 or more at any time during the year provides a one year membership, which includes the monthly newsletter for one year, (paper copy or by email) and a discount on building rental. Thank you for your support!

**Bingo Raffle Items Needed:** We have Bingo at Canby Adult Center every Tuesday at 1 pm. We accept new, or gently used items to use as **raffle gifts!** If you wish to donate an item, please bring it to the front desk and we will gladly use it. Thank you!

### Canby American Legion offers Proper Disposal of U.S. Flags

Canby American Legion, Located at 424 NW 1st Street, has a deposit box outside the gate on the Fir Street side, where you can deposit flags in need of disposal. **Look for the mailbox with the VFW logo.** Deposit the flag inside the box and the American Legion will insure that the flag is disposed of properly.

Thanks to Canby American Legion for this service!

### FIDO Animal Food Bank of Clackamas County



The Canby Adult Center is partnering with the Home Delivered Meals AniMeals Program in hosting a donation barrel for pet products. New and unused food, unused medication, leashes, collars, incontinent products, etc. can be donated in the big red barrel in the foyer.

Thank you for your donations!



### Sign up to Donate Your "Community Rewards" to CAC

You can donate your Kroger/Fred Meyer community rewards points to the Friends of Canby Adult Center and each quarter CAC receives a donation from Fred Meyer community rewards program based on a percentage of your shopping purchases. Choose CAC as your non-profit recipient.

To sign up: access your Fred Meyer account using the number on your **rewards card**; you need an email address. Select **Friends of Canby Adult Center** as your non-profit recipient and you can help support the Center as you shop! Let us know if you need help signing up. Rewards points **don't** take away from your personal quarterly points.

Thank you for your support!

### Don't Miss a Newsletter:

If you move please change your mailing address with us! The postal service does not forward newsletters to your new address. If you prefer an electronic copy please let us know your email address.

Thank you!

# Around Town

## In Canby...

**American Legion— Post 122**, NW 1st Street

- ◆ **BINGO** every Thursday —opens at 4:30 pm, games start at 6:00 pm. Snack bar includes: hot dogs, brauts, corn dogs, nachos, cookies, popcorn and soda.
- ◆ **BUNCO**—Last Wednesday of each month at 6:00 pm. There is a \$10 buy in.
- ◆ **BURGER FEED**—every Friday night! Burgers, hot dogs, and French Fries.

**Canby Public Library**— 220 NE 2nd Avenue

- ◆ **The Friends of the Canby Public Library Book Store** will be open late during the 1st Thursday Downtown Night May 2nd, 5-8 pm. The Library will have extra activities too.

**Hope Village Annual Sale— May 3 & 4** 1535 S Ivy St  
Check out the sale at Hope Village 9 am—4 pm. This annual event has plenty of variety. 10% of proceeds from the sale will be donated to a charity.

**Clackamas County Master Gardeners Spring Garden Fair**, May 4 & 5, Clackamas County Event Center  
40 Years and Still Growing: Join us for our anniversary celebration! This is a two-day event with over 100 vendors and 8000 plus gardeners attending each year. For more details on this event check out the website at:

www.springgardenfair.org or check Facebook at: <https://www.facebook.com/SpringGardenFair>. The Fair is a fundraiser for the Clackamas County Master Gardener™ Association, funding projects that benefit your community. Free pH Soil Testing available. Ask an O.S.U. Master Gardener, and other free educational opportunities with your admission fee.

**2024 Canby Brew Fest**, May 10 & 11, Clackamas County Fairgrounds

Over 40 beers on tap, live music and food trucks serving up tasty meals! We are raising funds for the Clackamas County Fair Improvement Foundation—come help make the fairgrounds even better. It's an event that's brewing with so much fun, you won't want to miss it!

**Living Succulent Wreath & Garden Pot Class**, Saturday, May 11, 4:00pm-6:00pm, Red Chair Farm, 27215 S. Gribble Rd. Canby, OR 97013

Seats are limited in this succulent wreath class. All supplies are included and no prior wreath-making experience is necessary. Using an 18" grapevine wreath and variety of terra cotta pots you'll fill the pots and surrounding areas with succulents, living and artificial, so your wreath will stay green year round.

**60th Annual Gem & Mineral Show**, May 25-26, Clackamas County Fairgrounds

This is the 60th annual gem and mineral show in Canby! Enthusiastic rock hounds of all ages and from all walks of life are invited with good fun for everyone. There will be activities for kids, demonstrations for adults, a silent auction, bargain rock sale and various dealer booths.

## Just out of town...

**Oregon Garden Events**, 879 W Main St, Silverton, OR

- ◆ **Digging in the Dirt**, May 11, 10:00 Am - 1:00 Pm, Each year, The Oregon Garden's horticulture staff grows tens of thousands of annuals to be enjoyed by our visitors! Help us kick off the spring planting season and leave your mark on the Garden when you spend the morning planting annuals with us. Your work is rewarded with a bottomless mimosa bar, brunch buffet, and live music.
- ◆ **Art in the Garden**, May 25, 10:00 Am - 4:00 Pm. Every summer, local artists showcase their handcrafted pieces alongside the natural splendor of The Oregon Garden, giving guests an opportunity to not only enjoy but also to purchase new pieces for their home and garden!
- ◆ **Garden University: Oh, My Aching...**, May 25 @ 11:00 Am - 1:00 Pm. Have joint or muscle pain? Learn about the basics of herbal pain relief and first aid, using materials that are quite literally within reach. Your garden, kitchen and yard, are full of analgesics and anodynes! Most of the remedies we will discuss can be purchased inexpensively at the store, grown or made at home. Randi will lead guests in making their own healing salve to take home.

## Out of Town...

**2024 Bloom Season Event**, May 10th - May 31st, Schreiner's Iris Gardens, 3625 Quinaby Road NE, Salem OR 97393

Come visit us at the largest iris farm in the United States. Our Bloom Season Event features expansive display gardens, iris fields, cut flower show, and a gift shop. On the weekends there will be food trucks as well as vineyards offering wine tasting.

**Oregon International Air Show**, May 17-19, Hillsboro Airport

The 2024 Oregon International Air Show at Hillsboro will take place May 17th - 19th at the Hillsboro Airport. The show will feature acts such as the USAF F-16 Viper Demonstration Team, The KC-135 Demo Team and more.

**2024 Mt. Hood Jazz Festival**, May 3-5, Mt. Hood Community College, 26000 SE Stark St, Gresham, OR

Conn-Selmer presents the 2024 Mt. Hood Jazz Festival, to be held May 3-5 on the campus of Mt. Hood Community College and in venues in Gresham and Troutdale. Featured artists include Joshua Redman, Etienne Charles, Camille Thurman, Hailey Niswanger, and more. We will also welcome 83 high school and middle school ensembles to participate in the competitive portion of the festival and will host 14 free masterclasses! Visit [mhcc.edu/JazzFestival](http://mhcc.edu/JazzFestival) for details and tickets.

## Sustaining Individual Donors: Donations of \$201+

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# Activities— May 2024

Su	Mon	Tue	Wed	Thu	Fri	Sat
			<b>May 1st</b> 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 10:00 Blood Pressure Clinic 11:00 GeriFit 1:00 May Day Craft 1:00 Medi-carolers 1:00 Movie: The Boys In the Boat	<b>2</b> 9:00 Beginning Ukulele 10:00 Ukulele Class 10:00 Memoir Writing 1:00 Line Dancing 1:00 Stroke Support Group	<b>3</b> 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: The Enemy Below	<b>4</b> Trip: Brownsville 9:30
5	<b>6</b> 9:00 Tai Ji Quan 10:00 Better Bones & Balance (BB&B) 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot 2:00 Parkinson's Support Group 3:00 Relaxation/Meditation	<b>7</b> 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>8</b> 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 GeriFit 1:00 NEW! Walking Group 1:00 Attorney Consults 1:00 Board Meeting 1:00 Movie: Mothers And Daughters	<b>9</b> 9:00 Beginning Ukulele 10:00 Ukulele Class 10:30 Conversations On Aging: Downsizing 1:00 NW Medicare Advisors 1:00 Line Dancing	<b>10</b> 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 11:30 Music with Dave 1:00 Pinochle 2:00 Medicare with Dwayne Scales 1:00 Movie: Valkyrie	11
12	<b>Happy Mother's Day</b> <b>13</b> 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 10:00 Foot Clinic 11:00 GeriFit 12:00 Mother's Day Lunch Reservation Required 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation	<b>14</b> 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>15</b> <b>7:00 Trip: Portland Spirit</b> 9:00 Tai Ji Quan 10:00 BB&B 10:00 Newsletter Folding 11:00 GeriFit 1:00 Medi-carolers 1:00 NEW! Walking Group 1:00 Movie: The Boy In the Striped Pajamas 1:00 AARP Safe Driving Part 1	<b>16</b> 9:00 Beginning Ukulele 10:00 Ukulele Class 10:00 Memoir Writing 11:30 Music with Jim 1:00 Trusts & Probate with Loren Bell 1:00 Line Deancing	<b>17</b> 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Midway 1:00 AARP Safe Driving Part 2 4:00 Trip: Sandy Theater	18
19	<b>20</b> 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 12:30 American Red Cross Blood Drive 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation	<b>21</b> 9:30 Trip: Salem Riverfront 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>22</b> 9:00 Quilty Friends 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 11:15 Music with Scott 12:00 Seamstress Svc 1:00 NEW! Walking Group 1:00 Movie: My Big Fat Greek Wedding	<b>23 RESOURCE FAIR</b> 9:00 <b>No Ukulele Class</b> 10:00 <b>No Ukulele Class</b> <b>10:00 to 2:00 pm Housing Resource Fair</b> <b>1:00 No Line Dancing</b> 4:30 Trip: Irish Pub Dinner	<b>24</b> 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Taking Chance	25
26	<b>27 MEMORIAL DAY Center Closed</b> 	<b>28</b> <b>8:30 Trip Sign up Begins</b> 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>29</b> 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 NEW! Walking Group 4:45 Trip: Butteville Store & Bingo 1:00 Movie: The Wolf and the Lion	<b>30</b> 9:00 Beginning Ukulele 10:00 Ukulele Class 1:00 Line Dancing 1:00 Speaker: Nutrition Education—Bone Health	<b>31</b> 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Flyboys	

# Menu—May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Thanks to our Serving Groups: Canby Fire Department Canby Police Department Canby Utility LDS Church—First Ward Zion Mennonite Church Student Transportation of America			1  <b>Chicken Caesar Salad</b> <b>Romaine Lettuce</b> <b>Chef's Choice Soup</b> <b>Chocolate Pudding</b>	2  <b>Glazed Pork Roast</b> <b>Sweet Potatoes</b> <b>Steamed Vegetables</b> <b>Carrot Coin Salad</b> <b>Butterscotch Blondies</b>	3  <b>Gumbo with Rice</b> <b>Cornbread</b> <b>Coleslaw</b> <b>Cinnamon roll</b>	4
5	6  <b>Pork Carnitas</b> <b>Mexican Beans</b> <b>Spanish Rice</b> <b>Street corn Salad</b> <b>Churros</b>	7	8  <b>Lasagna with Meat sauce</b> <b>Garlic bread</b> <b>Vegetables</b> <b>Tossed green salad</b> <b>Chocolate Cake</b>	9  <b>Deli Sandwich</b> <b>Carrot Raisin Salad</b> <b>Chef's Choice Soup</b> <b>Vanilla Pudding</b>	10  <b>Baked Salmon</b> <b>Rice Pilaf</b> <b>Mixed Vegetables</b> <b>Chickpea Salad</b> <b>Chocolate Chip Cookie</b>	11
12  <b>Happy Mother's Day</b>	13  <b>Mother's Day Meal</b>  <b>Pasta Primavera With Chicken</b> <b>Steamed Asparagus</b> <b>Spinach Salad Roll</b> <b>Lemon Pie with Cream</b>	14	15  <b>Chicken and Dumplings</b> <b>Mashed Potatoes</b> <b>Carrot Raisin Salad</b> <b>Steamed Vegetables</b> <b>Tapioca Pudding</b>	16  <b>Breaded Chicken Burger</b> <b>Lettuce and tomato</b> <b>Tator tots</b> <b>Coleslaw</b> <b>Brownie</b>	17  <b>Plant Based Meal</b>  <b>Vegetarian Stuffed Pepper Casserole</b> <b>Steamed Vegetable Cornbread</b> <b>Chopped Vegetable Salad</b> <b>Banana Cake with Frosting</b>	18
19	20  <b>Biscuits &amp; Gravy</b> <b>Scrambled Eggs</b> <b>Sausage Patty</b> <b>Apple Sauce</b> <b>Oatmeal Bar</b>	21	22  <b>Tuna Salad</b> <b>Tossed Greens</b> <b>Vegetable Garnish</b> <b>Chefs Choice Soup</b> <b>Chef's Choice Dessert</b>	23  <b>Hamburger Day</b> <b>Potato Salad</b> <b>Broccoli &amp; Cauliflower Salad</b> <b>Apple Crisp</b>	24  <b>Sweet and Sour Meatballs</b> <b>White Rice</b> <b>Vegetables</b> <b>White Bean Salad</b> <b>Oatmeal Raisin Cookie</b>	25
26	27  <b>Memorial Day</b> <b>Center Closed</b>  	28	29  <b>Chicken Salad</b> <b>Sandwich on toast</b> <b>Vegetable soup</b> <b>Cole slaw</b> <b>Chocolate Pudding</b>	30  <b>Spaghetti Pasta</b> <b>Meat sauce</b> <b>Garlic Bread</b> <b>Steamed vegetables</b> <b>Green salad</b> <b>Peach cobbler</b>	31  <b>Sausage &amp; Peppers on a bun</b> <b>Sweet potato Fries</b> <b>Cucumber Salad</b> <b>Jello salad</b>	