



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

## June 2024

### CENTER STAFF

#### DIRECTOR

**Kathy Robinson**  
caccdir@canby.com

### SUPPORT SERVICES

**Timpra McKenzie**  
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### CLIENT SERVICES

**Wendy May**  
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### FOOD SERVICES MANAGER

**Mary Ellis**  
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### MEALS ON WHEELS

**Jeanne Vodka**  
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**Judy Long**  
**Janet Skinner**

### TRANSPORTATION COORDINATOR

**Lynne Bonnell**  
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### WELLNESS PROGRAMS

**Mindy Tilden**  
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### KITCHEN STAFF

**Daniel Campa—**  
**Assistant Cook**

**June Nice**  
**Carol Clark**  
**Beth Millican**  
**Ralene Tennis**  
**Garrett Lisenbee**

### TRANSPORTATION

**Scott Goetchius**  
**Frank Hosford**

### 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,

Summer is almost upon us, and the weather is finally cooperating! I'm a native Oregonian who spent many years living outside of this beautiful state in very different climate conditions, so I am especially appreciative of this time of year, when we see the results of all of our "liquid sunshine" in the form of blooming flowers, green grass and local produce stands. I hope you are able to get out and about to support local farmers—we are SURROUNDED by plant and produce stands, just outside of town. If you are a gardener with excess produce to share, please consider our kitchen—or our "free bench", just outside of the front door. The fruits of your efforts will not go to waste!

See you at the Center—Kathy

### GOLDEN ANNIVERSARY LUNCH CELEBRATION JUNE 27th

We invite all couples who have been together for 50 years or more to take a seat at the head table for a special lunch in your honor! Advance reservations **required**, for Golden couples and for general diners. Please call 503 266 2970 to book your seats early!

While everyone is invited to join us in this special lunch (with a reservation), **"Golden couples" must sign-up by Friday, June 21st, to be guaranteed a seat at the head table.**

### Malnutrition Defined and Steps to Prevent it! June 27th at 1 pm

This informational session will outline risk factors of malnutrition, steps you can take to prevent it, as well as discussing how to stay well-nourished! Speakers are Wendy May and Mindy Tilden. More details on page 7. Don't miss this presentation!

### SNAP Qualified and Medicaid Benefits June 12th at 1 pm

Michelle Ford from the Aging and People with Disabilities Office in Canby will share information on a variety of benefits which you may find you are eligible to receive!

See page 7 for more information on this presentation.

### Fathers Day Lunch Friday, June 14th—

Remember to sign up for our special Father's Day Luncheon on Friday, June 14th. This lunch is by reservation.

AND: **Dress like a Dad** to celebrate Father's Day **June 14th** at noon. Come to the Center to enjoy root beer floats and a hole in one golf competition. We'll honor dads this day—Join us!

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

May 28	Trip sign begins at 8:30
June 3	Parkinson's Support Group 2 pm
June 5	Music with Scott
June 6	Stroke Survivor Group 1 pm
June 12	Board Meeting, 1 pm
June 12	Speaker Michelle Ford from Aging & People with Disabilities Office, 1 pm
June 13	NW Medicare Advisors 1 pm
June 14	Flag Day
June 14	Father's Day Lunch—by reservation
June 16	Father's Day
June 20	First Day of Summer
June 20	Music with Jim 11:30
June 21	Last Day for Golden Anniversary Couples to sign up for lunch
June 27	Golden Anniversary Lunch noon (reservation required)
June 27	Nutritional Education 1 pm
June 24	Trip Sign up for July trips/events
June 26	Seamstress Service 1-4 pm

# Center Services

## Client Services Available in June

**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, June 12. 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 June 5th and 19th, 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.

### Foot Clinics—Jenelle Ediger offers Appointments Twice Each Month This month June 10th and 24th

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 June 10th and Monday June 24th. 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—due to the great need, we are moving to a monthly drive from July 2024.** Dates for future blood drives are **July 19th, August 7th, September 4th, October 9th, November 6th and December 11th.** Appointment available from noon to 5:30 pm. Schedule your appointment time online 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).

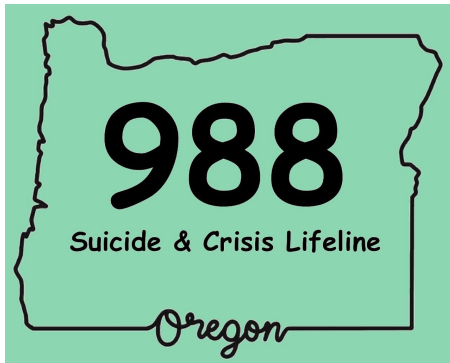
**Please do not leave expired foods, bruised produce, empty boxes or clamshells, or packing materials (including bubble wrap or packing peanuts) on our benches. We cannot use those items. Thank You!**

# 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**  
**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**



**Community Warehouse donation pick up.**

These longer spring days are perfect for organizing and downsizing and Community Warehouse may help you! They offer a sliding scale pick up fee, starting at \$50, to have their team to come to your home and grab your gently-used furniture and household items!

To schedule a pick up or find out more information, you can visit [www.communitywarehouse.org](http://www.communitywarehouse.org) or call **503.349.0098**.

For donation guidelines, go to [communitywarehouse.org/give-furniture](http://communitywarehouse.org/give-furniture)

**USED GOODS TO GOOD USE**

## Oregon Department of Human Services OregonOneEligibility Oregon Health Authority

Your benefits in ONE place! You can now apply for all these benefits online:

- ◆ **Cash**                      **Childcare**
- **Food**                        **Medical**

You can also update your information online for all these programs.  
[benefits.oregon.gov](http://benefits.oregon.gov)

In person appointments can be made for older adults over the age of 60 at the Canby Aging and People with Disabilities Branch 0310 office by calling **971 673 8900 Monday through Friday from 8 am to 5 pm.** The office is located at **214 SW 2nd Ave Canby Oregon 97013**

## Parkinson's Foundation Helpline

Call 1-80-4PD-INFO  
or

[helpline@parkinson.org](mailto:helpline@parkinson.org)

Did you know Canby Adult Center offers a Parkinson Support group the first Monday of each month at 1:00pm. Join us!



## Don't Plug These 15 things into a Power Strip

It is fine to plug in some things into a power strip, such as computers, lamps, phones and other light-load electronics. However, appliances that require a lot of power should not be plugged into a power strip.

**Do not use a power strip with the following appliances**

### In The Laundry Room

- ◆ Washing Machines
- ◆ Dryers

## Do You Qualify for Free Weatherization?



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 receives 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)

## Scrip Talk Do you have trouble reading your prescriptions? Here's a solution!

With En-Vision America's Pharmacy Freedom Program, a Scrip Talk Station Reader is supplied on loan to patients at no cost. This is a FREE program. The pharmacy attaches a small electronic tag to your prescription container, It contains the same data as the printed label. Place the container on the Scrip Talk Station Reader and **hear** the label information spoken aloud. Talk to your pharmacist today about using Scrip Talk. They can help you get started!

### In the Kitchen

- ◆ Refrigerators
- ◆ Microwave ovens
- ◆ Toasters
- ◆ Coffee makers
- ◆ Blenders
- ◆ Slow cookers
- ◆ Rice cookers

### In the Bathroom

- ◆ Hair Dryers
- ◆ Curling Irons
- ◆ Other hairstyling tools

### Anywhere

- Sump Pumps
- Space Heaters
- Portable Air Conditioners

Source:Tillamook PUD [www.tpud.org](http://www.tpud.org)



# 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— June 5, 19 and 26

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”— June 5 and June 19

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 2023—2024

### 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 April 10, 2024

### Directors Present:

Loren Bell, Keith Galitz, Matt English, Sandra Field, Tim Nichols, Joyce Peters, Brandon Leonard, Bob McCall

### Directors Excused:

Pat Schauer

### Staff Present:

Kathy Robinson

**Call to Order and Approval of Minutes:** The meeting was called to order by Chair, Loren Bell at 1:00 pm. March meeting minutes were reviewed and approved.

**Report from City Council Liaison, Jim Davis:** City Council continues with work in the development of the City Comprehensive plan. The city will present the plan in process on June 20<sup>th</sup> and expects lots of citizen input for the next phase. City goals finalized and published. Chief Davis reported on Parks and Recreation progress on several approved plans for upgrades to existing parks in the city. Legacy Park and Walnut Street Park should be completed soon. Work on getting the 40-acre athletic field to the next step in the process continues.

### Monthly Reports:

**Treasurer’s report:** Treasurer, Keith Galitz reported that the investments had another good month, ending the month higher than the previous month. There was a discussion about the Board Imposed Restricted Funds. It was explained that while there is no policy or donor requirement to do so, the CAC Director and The Board voluntarily restrict a certain amount that would ensure sustainable fund availability to operate the Center.

### Director’s Report

**Client Programs:** A Resource Fair for May is planned that will focus on housing issues as availability of affordable living alternatives in Canby are becoming more limited.

**Fundraising and Other Events:** A church group has reversed their plans to return to the Center as a regular renter. Redmond Adult Center visited and shared lunch, they were very impressed with our use of MY SENIOR CENTER and hope to generate the same enthusiasm that we have. OAA amendment for remainder of fiscal year 23/24 will bring in an estimated \$7,000 to \$8,000 in spendable allocations of exercise and transportation services. Kathy reported that she attended a CAT strategic planning meeting, where they looked at different route scenarios, including possible addition of routes.

**Building Remodel Update:** We will continue to work with the City to program the ARPA funds. Kathy met with the City Administrator to discuss this funding option and the process for requesting funds. Awaiting confirmation from the City for next steps.

**Staffing and Administration:** HR consulting firm TRUPP has provided their draft of the Employee Handbook as requested. Kathy to send out the draft for comment from the HR Committee. Four new desktop computers were purchased to replace outdated units. A volunteer IT support person has been engaged to help install that new hardware. He was able to secure a donation of Microsoft 365 licenses free of charge. Annual Audit process has started with initial documents provided, testing work expected to be completed by the end of April.

### New Business

**Election Season Visit Request:** Kathy reported that she has received a request from Representative, Jim Hieb’s office to visit CAC, attend a function and possibly go out on a MOW ride along. The board reviewed the Political Activities policy and instructed Kathy to respond to the representative with a copy of the policy and extend an invitation within the limits of the policy.

### Executive Session:

At approximately 1:345 the Chair, Loren Bell requested a motion to move to Executive Session. Motion was seconded and passed unanimously.

### Meeting Adjourned:

At 2:10 pm a motion was made to adjourn the meeting. Motion was seconded and passed unanimously. Next meeting will be Wednesday, May 8, 2024, at 1:00 pm.

*Respectfully submitted by Sandra Field, Secretary*

# June Speakers and Activities

## **MONDAY, June 3, 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.]*

## **First Thursday of Each Month— June 6, at 1 pm Stroke Survivor Support Group**

A Stroke Survivor Support Group meets the first Thursday of each month (this month **Thursday, June 6th at 1 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.

Call 541 323 5641 for more information.

**No Fee**

## **Canby Aging and People with Disabilities Informational presentation Wednesday June 12th at 1:00 PM**

A representative will be here on Wednesday, June 12th at 1 pm to share information on a variety of benefits you may be qualified to receive!

**You may find you are qualified to get help with your Medicare co pay as well as groceries or in home care.**

Sign up is required for this presentation. Call 503 266 2970 to sign up by phone, or sign up in person at the front desk.

## **Thursday, June 13th at 1 pm: NW Medicare Advisors**

A representative from NW Medicare Advisors is available and provides general information and answers questions regarding a variety of 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 June 13th, you can call them directly at 503-303-7519. Walk-ins welcome; no appointment needed.

**No Fee**

## **FREE Seamstress Service: June 26th, 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.

**Please Note:** Jennifer's seamstress service is popular! In order to give everyone an opportunity to take advantage of this service, please do not sign up multiple months in a row—thank you.

## **Nutrition Education!**

### **Malnutrition Defined and Steps to Prevent it! Presented by Wendy May and Mindy Tilden Wednesday June 26th at 1:00 PM**

Good nutrition is vital at every stage of life, but as you age, staying well-nourished is even more important!

Learn how to spot the symptoms and risk factors of malnutrition and the steps you can take to prevent it.

Sign up required for this presentation. Please call 503 266 2970 to sign up by phone, or sign up in person at the front desk.

Advance sign up required.

**No Fee**

## **Eat, Drink and BE HEALTHY...**

**Eat** seafood, dairy or fortified soy alternatives, beans, peas, and lentils **to help maintain muscle mass.**

With age, you may lose some of your sense of thirst! **Drink water often.** Low- or fat-free milk, including lactose-free options or fortified soy beverage and 100% juice can also help you stay hydrated. Limit beverages that have lots of added sugars or salt.



# June 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 pre-paid trip, 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 may 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 **TUESDAY, May 28th**. While you may call on the 28th 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 travelers. Note: We reserve the right to prioritize travelers over age 60 residing within Canby School District boundaries for trips that are likely to fill up quickly. Limits will be clearly noted in the trip description.**

### FIDO Tour and Project

**June 6, 2024**

Come with us to see the work of FIDO (Friends Involved in Dog Outreach) in Oregon City, that helps so many pets in our area. FIDO was founded in 2004 to establish an AniMeals program in partnership with Clackamas County Social Services and Senior Meals programs. To address a growing local need, they created a Dog Food Bank, later expanded to provide for feline pet companions too, so it is now known as FIDO Pet Food Bank. We'll be invited to help pack food for Canby Adult Center that day. *Bring money for lunch afterwards.*

Depart: 10am

Return to Center 2:30pm

Cost: Free

Bus Fee: Donations Accepted

### Oregon Gardens Walk and Lunch

**June 11, 2024**

The Oregon Garden is a stunning botanical garden encompassing more than 80 acres, featuring specialty gardens which showcase the diverse botanical beauty of the Willamette Valley and the Pacific Northwest. Our gardens are guaranteed to delight guests of all ages, from our Pet-Friendly Garden to our Children's Garden. *Bring money for lunch afterwards.*

Depart: 9:30am

Return to Center 2:30pm

Cost: \$10.00 (pay at event)

Bus Fee: Donations Accepted

### Lou's Kitchen in Mt. Angel

**June 20, 2024**

Remember the Glockenspiel Restaurant in Mt Angel? This location is now the home of Lou's Kitchen serving American food through out the week and German food every Thursday. So, Let's go Thursday and enjoy some German food together. If you'd rather, you can walk across the street to the Mt. Angel German Sausage Company for dinner. *Bring money for dinner*

Depart: 4:30pm

Return to Center 8:00pm

Cost: Bring money for dinner

Bus Fee: Donations Accepted

### Newport 2-night Beach Trip

**June 25-27, 2024**

Here we go to the Beach! We will enjoy the Oregon Coast Aquarium with an added bonus of a behind the scenes guided tour, the Mark Hatfield Marine Science Center, beach walking along with downtown shopping opportunities, a comfortable hotel to lay your head, and friends to share the experience with. **PLEASE NOTE: Additional criteria apply for this trip.** Sign-ups restricted to people over 60 residing within Canby School District boundaries until June 3rd. Trip designed for people with full mobility, able to use bus stairs. Luggage limited to one backpack. If you want a double room, you must find your own roommate and both be present on trip sign-up day unless you are signing up yourself and your spouse. **Additional guidelines for this trip are posted in the transportation display case at the Center or you can see Lynne.**

Depart: 10:15am

Return to Center; 5pm

Cost: **Single room \$340.00 each/double \$193.00 each**

Bus Fee: Donations Accepted

**(Pay at sign up)**

### Michael Allen Harrison Ten Grand Concert

**June 28, 2024**

*If you are a music lover, this is one event NOT to be missed!* *Ten Grands* features ten grand pianos and ten concert pianists playing a variety of classical and modern pieces, simultaneously and individually. Michael created *Ten Grands* as a platform to benefit music education and the Play it Forward Program, which benefits youth service groups, generates scholarships and music lessons for disadvantaged youth, and helps purchase pianos and instruments for schools and organizations in need. **We have purchased only 10 tickets for this concert so don't wait to get your name on the list. Bring money for dinner before the concert.**

Depart: 4:30pm

Return to Center 10:30pm

Cost: **\$49.00 (Pay at sign up)**

Bus Fee: Donations Accepted



# June Movies, Music & More

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

## Movie Line-up

### Wednesday Movie Features:

**June is for weddings and dads – Steve Martin does it all!**

June 7<sup>th</sup>: **Cheaper by the Dozen**, starring Steve Martin and Bonnie Hunt. With his wife on a book tour, Tom Baker finds his life turned upside down when he agrees to care for his 12 children while coaching his new football team.

June 14<sup>th</sup>: **Cheaper by the Dozen II**, starring Steve Martin, Bonnie Hunt and Hilary Duff. The Bakers find themselves competing with a rival family with eight children while on vacation.

June 21<sup>st</sup>: **Father of the Bride**, starring Steve Martin and Diane Keaton. With his oldest daughter's wedding approaching, a father finds himself reluctant to let go.

June 28<sup>th</sup>: **Father of the Bride II**, starring Steve Martin and Diane Keaton. George Banks must deal not only with his daughter's pregnancy, but also his wife's.

### Wonderful Wednesdays:



June 5<sup>th</sup>: **Judy**, starring Renee Zellweger. Legendary performer Judy Garland arrives in London in the winter of 1968 to perform in a series of sold-out concerts.

June 12<sup>th</sup>: **Emma**, starring Anna Taylor-Joy. In 1800s England, a well-meaning but selfish young woman meddles in the love lives of her friends.

June 19<sup>th</sup>: **Red Dog**, based on a true story. The legendary true story of the Red Dog who united a disparate local community while roaming the Australian Outback in search of his lost master.

June 26<sup>th</sup>: **Molokai: The Story of Father Damien**. The true story of the 19<sup>th</sup> century priest who volunteered to go the island of Molokai to care for the lepers.



Hawaiian Islands

**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— June 20th 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 plays for us from 11:15 to 12:15. A great variety of music for your enjoyment—

**Wednesday or Thursdays in June—Piano with Jonah** Featuring an extensive repertoire— Wednesdays or Thursdays at 11:30 each week.

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

**Lunch Dates:** We require reservations for our “special lunch” celebrations and hamburger day. This month we'll celebrate **Father's Day on June 14th and Golden Anniversaries on June 27th**. 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:**

Thanks to Rod Ruger for donating a beautiful, hand-crafted Lazy-Susan for our Mother's Day raffle!

Thanks to Mary B. for keeping our Library organized!

Thanks to Scott, Frank, Lynne, Jonah, Jim W., and Dave G. for providing enjoyable music in our dining room!



# Healthy Body—Healthy You!

As I type this, the sun is out, the forecasted temp today is 90 degrees—summer is knocking on our door! Be sure to get several (at least!) glasses of water in PER DAY, especially as the weather warms up. This month we're talking about Poverty in America and Malnutrition. Please read below for more information about living a well-nourished diet. As always, I hope to see you at the center soon ~ Mindy

## The Intertwined Relationship Between Malnutrition and Poverty

Despite social and economic development, the burden of malnutrition across the globe remains unacceptably high. A vital relationship exists between nutritional status, human capital, and economic standing. Malnutrition adversely affects the physiological and mental capacity of individuals; which in turn hampers productivity levels, making them and their respective countries more susceptible to poverty. A two-way link exists between malnutrition and poverty, creating a vicious cycle with each fueling the other. Malnutrition produces conditions of poverty by reducing the economic potential of the population and likewise, poverty reinforces malnutrition by increasing the risk of food insecurity.



## Malnutrition In Older Adults

Malnutrition can happen to anyone, but older adults are particularly at risk. Malnutrition does not just happen to seniors who suffer from hunger, or who do not have access to healthy food. Older adults are more likely to have chronic conditions that put them at risk for malnutrition. Cancer, diabetes, Alzheimer's disease, and other conditions can impact appetite, make eating difficult, change metabolism, and require dietary restrictions. Older adults are also hospitalized more frequently and are more likely to be in long-term care facilities, both of which put them at heightened risk of malnutrition. As many as 65 percent of hospitalized older adults could face malnutrition.

Good nutrition across the lifespan helps prevent chronic disease — and we know that it's never too late to make improvements to support healthy aging. Older adults are at greater risk of chronic diseases, such as heart disease and cancer — as well as health conditions related to changes in muscle and bone mass, such as osteoporosis. The good news is that this population can mitigate some of these risks by eating nutrient-dense foods and maintaining an active lifestyle.

Older adults generally have lower calorie needs, but similar or even increased nutrient needs compared to younger adults. This is often due to less physical activity, changes in metabolism, or age-related loss of bone and muscle mass. Nutrient needs in this population are also affected by chronic health conditions, use of multiple medicines, and changes in body composition. Therefore, following a healthy dietary pattern and making every bite count is particularly important to this age group.

## Special Considerations for Older Adults

The Healthy Eating Index (HEI) measures diet quality based on the Dietary Guidelines for Americans. Compared to other age ranges, older adults have the highest diet quality, with an HEI score of 63 out of 100. Although this is very encouraging, there's still a lot of room for improvement. Eating more fruits, vegetables, whole grains, and dairy improves diet quality — as does cutting down on added sugars, saturated fat, and sodium. Support from health professionals, friends, and family can help older adults meet food group and nutrient recommendations.

Eating enough **protein** helps prevent the loss of lean muscle mass. But older adults often eat too little protein — especially adults ages 71 and older. Since most older adults are meeting recommendations for meats, poultry, and eggs, it's important to remind them that seafood, dairy and fortified soy alternatives, beans, peas, and lentils are great sources of protein.

The ability to absorb **vitamin B12** can decrease with age and with the use of certain medicines. Health professionals can help older individuals get enough vitamin B12 by ensuring that they're consuming enough through foods, such as breakfast cereals. Older adults should talk with their health care provider about the use of dietary supplements to increase vitamin B12 intake.

## Resources to Help Older Adults Eat Healthy

There are a number of government resources that health professionals can use to support older individuals in accessing and achieving a healthy dietary pattern.

- **Congregate Nutrition Services** provides meals for people ages 60 and older and their spouses in senior centers, schools, and churches.
- **Supplemental Nutrition Assistance Program (SNAP)** provides temporary benefits to help with food purchases for people with limited incomes.
- **Commodity Supplemental Food Program (CSFP)** distributes monthly packages of nutritious foods from the U.S. Department of Agriculture.
- **Home-Delivered Nutrition Services** provides older adults who have trouble leaving home or have certain health conditions with home-delivered meals.

## Improving Nutritional Health With Physical Activity

Being physically active has numerous nutritional benefits for older adults. The extra calories burned during physical activity increase energy requirements. This can help stimulate appetite and increase food intake. Physical activity can also help improve digestion and symptoms of constipation.

Source: Nat'l Library on Medicine [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)

# 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.

## The First House

*M. O'Shea*

The first house I lived in was built after the 1906 earthquake in San Francisco. We moved into it actually when I was six months old. My mother pointed out the apartment my parents lived in when I was born. It was about 4 blocks away on Army street - a major east west thoroughfare in San Francisco. We lived in that house until I was sixteen.

After my mother died my dad remarried and we moved across the city to the sunset district next to Golden Gate Park. The first house was four blocks from my elementary school. It was 2 blocks from a park where we played most of the time. It was also two blocks away in the opposite direction from the park where I played a whole lot of my baseball games while in elementary school. The house had two bedrooms and a third small room off of one of the bedrooms. My brothers had the bedroom next to the small room and the small room was mine until my sister was born.

Sometime around my tenth birthday my parents bought the house. Included was an apartment downstairs which my parents rented. It was small and had a high turnover. My father was very handy with tools and we completed several remodeling projects. The two that stand out in my mind, because I helped my father extensively, were the kitchen remodel and making a separate entrance for the downstairs apartment. I call it an apartment, it really was just an efficiency with a Murphy bed. The kitchen had a lathe and plaster wall separating the eating area from the sinks and stove. We tore out the wall and made the kitchen one big room with a washer, clothes dryer and stove along one wall. A large table sat in the middle of the room. I had fun tearing out the plaster wall. Then my dad taught me how to install sheet rock. My mom was really happy with the result. The separate entry door installation was a big job and my dad got some friends to help. I mostly fetched tools and ran errands on that job.

The house had a back porch which was on the second story. Before we got a clothes dryer one of my chores was hanging and bringing in the wash. We had a clothes line that ran across the yard and was connected to the apartment building next door. Another job of mine was using a mangle to iron clothes. A mangle is a rotary iron. You put the clothes on the rotor bag, clamp down the hot plate and step on a peddle to run the item thru the machine.

I was twelve years old when my sister was born my brothers were seven and eight. I had to give up my room and move in with my brothers. Our parents swapped us into their room, the master bedroom. We were pretty crowded in that bedroom.

My youngest brother and I have talked about that house and the neighborhood. We have fond memories of the place. It was a good time until mom died.

## Memorial Day Fire at the Homestead

Every Memorial Day (formerly known as Decoration Day) our village of Wappingers Falls, NY held a ceremony honoring veterans who gave their lives protecting the United States.

Our little village held the ceremony in our local Mesier Park under the huge fir trees. This park was named after the Mesier family who bought the property and homestead in 1777 from the original owner Adolfuls Brower who built the homestead in 1741.

Our Memorial Day ceremony consisted of reciting the Pledge of Allegiance, a prayer, speeches given by local dignitaries and the firing of the big National Guard guns. These were not just any guns but big 105 mm (4.1 inches) howitzers that made a huge echoing boom heard all over our little village. Women would shriek, babies would cry, and dogs would bark when these guns were fired. My brothers and I looked forward to these big guns making their horrendous noise each Memorial Day as they signaled the beginning of our summertime activities.

On a memorable Memorial Day back in the early 50's, for whatever reason, the gun commander directed the guns be placed on a knoll facing our historic Mesier Homestead building. The troops were given the command and each of the three guns fired their blank shells expelling the wadding from inside the shells toward the homestead. The shell wadding tended to catch fire as it roared out from the gun barrel. It was a thrilling part of the ceremony until someone noticed the smoke wafting up from the tinder dry wood shingle roof. The wadding had landed on the dry shingles and started small fires. People began to shout, "The roof is on fire, the roof is on fire". Soon the crowd of people were almost hysterical because the homestead roof was on fire. The firemen in the audience ran to their cars and sped to the fire hall to hurry back with the fire engine. Some of the firemen were a bit overweight so they were puffing and blowing by the time they reached their cars. A few of the firemen rode to the fire hall standing on the running boards with their hands gripping the inside the car door hanging on for dear life. The cars were driven by experienced firefighters, so everyone arrived at the fire hall safely.

A few of the more athletic firefighters and teenagers in the crowd climbed up the porch railings and shimmied up the tall posts to the roof and made their way over to the burning shingles. These heroes stomped on the burning shingles and put the fires out in quick order. Soon the fire engine came roaring up South Avenue to the homestead with a fireman leaning over cranking the handle on the "organ grinder" siren making it blare loudly to move people out to the way and the engine came to a quick stop by the front door of the homestead. The firemen jumped off the fire engine, engaged the pump and grabbed the hose and soaked the roof with copious amounts of water.

The ceremony abruptly ended, and everyone cheered the heroes of the day because they preserved our historical Mesier Homestead. This entire event was like watching an old time Laurel and Hardy movie only this event took place in our little village. It would have been a tragedy if the homestead roof burned further causing greater damage or heaven forbid, the loss of a very historical hometown building.

The moral of the story is: be very careful where you aim your big guns on Memorial Day.

*B. Roberts*

# Bits & Pieces

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## “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!

## Do you have a town car that you no longer need? CAC is seeking a donation!

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!

## Oregon DMV Update

Oregon DMV offices have been experiencing slowdowns in services due to intermittent delays with their printers. That means your visit may take longer than usual. They appreciate your patience while they work to fix the problem.

In the meantime, the issue continues to slow services at DMV offices. Please plan for extra time if you visit a DMV office.

## ATTENTION WOODWORKERS AND WOODCRAFTERS ... CAN YOU HELP US?

We are looking for a wood-worker who can help us with several projects here at Canby Adult Center.

**Project Number 1:** Refinishing or replacing our Lazy-Susans. Ours are on their last “go-round” and anyone who has the know-how to liven up our old turn-tables would be greatly appreciated! There are 10 that need repair, one for each of our dining room tables, If you have some skills that you can use to help beautify our lazy-susan's we would appreciate it. Please see Kathy Robinson if you are interested in this project.

**Project Number 2:** Making repairs to, or replacing, our MOW reserved parking signs. They are worn and tired and if you can help with this project, please see Kathy Robinson.

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## Airport Travel 101—What is TSA –PreCheck and how can I get it?

**TSA PreCheck** is offered at more than 200 United States airports. Operated by the U.S Transportation Security Administration (TSA), the program gives members access to lanes with a modified screening process, meaning that belts, shoes and light jackets can be worn through screening, and laptops and TSA-compliant liquids and gels can stay in carry-on luggage. The Pre-Check can shave time off of your departure process time. Applicants must complete a five-minute, online questionnaire and a 10-,minute in-person background check at one of 630—plus enrollment centers across the United States. Once approved, members get a Known Traveler Number, which should be added to a flight reservation. TSA PreCheck is perfect for frequent fliers or those who don't like waiting in line. The cost is \$78 for a five-year membership.

Safe travels.

*Source:AAA.com/travel*

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## Things you didn't know you need to know...

Galapagos tortoises can go up to a year without water or food . They also sleep up to 16 hours each day

Sloths can take up to two weeks to digest food, they have the slowest digestion of any mammal. .

Apples and pears are a part of those rose family, and so are peaches and plums.

**Dark chocolate** is actually good for you, it contains antioxidants that fight disease.

Grilled cheese is the most popular sandwich in the United States and is often enjoyed with tomato soup.

Applesauce was the first food astronauts ate in space.

The Country of Greenland is three times the size of the state of Texas, but is the largest island in the world.

The Pacific Ocean is the largest ocean in the world, it covers over 60 million square mile!



# Birthdays & This & That!



## June 2024 Birthdays!

- |                      |                     |                   |
|----------------------|---------------------|-------------------|
| 1 Hank Baker         | 11 Peggy Floreck    | 27 Gina Henderson |
| 1 Karen Willard      | 14 Bill Reif        | 27 Barbara Isom   |
| 1 Lynn LaClef        | 15 Marty Moretty    | 27 John Kiefel    |
| 1 Savina Nelson      | 16 Diane Kadwell    | 28 Pennie Lien    |
| 1 Sue Sheveland      | 16 Anna Phillips    | 28 Brenda Mootz   |
| 1 Lynn Tibbils       | 16 Doris Schnelle   | 28 Nancy Norberg  |
| 3 Marjorie Stathes   | 17 Peg Patterson    | 30 Chuck Dieter   |
| 4 Georgette Kaniho   | 17 Dwayne Snook     | 30 Kay Hauser     |
| 4 Darlene Kauffman   | 18 Junior Hodge     | 30 Ron Patterson  |
| 5 Patricia Robertson | 19 Karyn Fenton     | 30 Larry Yoder    |
| 5 Carol Shiveley     | 19 Gayle Schedler   |                   |
| 6 Burt Aus           | 20 Marilyn Ruger    |                   |
| 6 Stephanie Frye     | 21 Tom Nikirk       |                   |
| 6 Judy Greiner       | 22 Jim Amos         |                   |
| 7 Joe Clarizio       | 24 Ron Burn         |                   |
| 7 Linda Kristensen   | 24 Kim Hosford      |                   |
| 8 Kathryn Kahele     | 24 Jeya Johnson     |                   |
| 9 Helen Cox          | 25 Sharon Henderson |                   |
| 9 Jane Thompson      | 26 Lyle Read        |                   |
| 10 Sally Johnson     | 27 Patricia Fillis  |                   |
| 10 Pat Young         | 27 Bruce Gehrke     |                   |



### 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

### Flag Day ...

Flag Day is a holiday celebrated on June 14th, in the United States.

It commemorates the adoption of the flag of the United States.

Ways to observe flag day include: flying the flag in front of residences, participating in parades, and holding other patriotic events.

The flag may be flown from sunrise to sunset. It may be flown at night only when properly illuminated.

There is an official "Flag Code" that provides proper etiquette for displaying the colors!

**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 Garden Book Store** will be having the annual Book Sale on the Patio with ice cream and activities. Saturday, June 15 from 10 a.m. - 2 p.m. Join the Friends or renew your Friendship.

**The Friends Backyard Gardens and Patio Tour** is on Saturday, June 29 from 11 a.m. - 2 p.m. Tickets will be available June 1 at the Library and Cutsforth's Market Service Desks. Tickets are \$15 per person.

**Oregon Renaissance Faire**, Saturday, June 1-2, 8-9, & 15-16, 2024, Open 10am – 7pm, Clackamas County Fairgrounds

Welcome Thee to the Vale of Dunrose! The Oregon Renaissance Faire welcomes you to the Vale of Dunrose, a Scottish village from the Renaissance era. Witness the jubilation as King James VI of Scotland and his entourage visit, bringing the village to life. Experience authentic Renaissance entertainment, music, and arts. Delight in the rich tapestry of sounds, sights, and scents that recreate Scotland's past. Discover the unique crafts, wares, and lifestyles that define this fascinating period in history.

**Clackamas Kennel Club Dog Show**, June 21-23 | 8:00 am, Clackamas County Event Center, 694 Ne 4th Ave. Canby, 97013

Don't miss your chance to see the best doggos from the area take the stage during the annual CKC Dog Show!

**Live Music At Butteville Store: Rural Acoustic Music**, June 1<sup>st</sup>, 5:30 pm, Historic Butteville Store, 10767 Butte St. Ne Aurora, Or 97002

\$30 – \$50. Enjoy a delightful 3-hour dinner (6 p.m.-9 p.m.) with live music at the Historic Butteville Store in Aurora. Visit [butteville.org](http://butteville.org) for the entire live music + dinner schedule and reserve your spot today!

**The Spring Market at Margie's 2024**, June 14 –15, 12844 Arndt Rd. NE Aurora, OR

Margie's Farm & Garden features a great selection of plants grown at our own greenhouses. We have a wide variety of flowers, vegetables, and hanging baskets. Need supplies to tend to your new plants and vegetables? We also, sell a range of gardening products to assist you this spring season. Come see us!

**Canby Farmers Market**, N Holly Street, between NW 2nd Avenue and NW 4th Avenue, is open May through October with all the flavor of the regional Agricultural community. Local farmers, hand crafters, food artisans and nurseries are all a part of this regional attraction. This Farmers' Market brings the best of what the Canby Area has to offer. The goal of the market is to bring attention of the rich agricultural heritage that makes the Canby area so special. Visitors will find a variety of items to take home and enjoy...fresh produce, quality plants, crafts and much more.

**Black Light Paint Night**, Red Chair Farm, Friday, June 21, 2024, 7:00pm-9:00pm, 27215 S. Gribble Rd. Canby, OR

Come join us for a fun night of black light painting! No art experience necessary and all supplies provided. We'll have multiple ideas and outlines of what pictures to paint, or you can go on your own! We'll help you along the way with guided instruction and you'll walk away with the brightest 16x20 canvas you've ever painted! And although your painting will look great either way, you can purchase with or without a black light bar to take home and display your groovy work of art!

## Just out of town...

**Earthquake Preparedness**, The Oregon Garden, June 1<sup>st</sup>, 11:00 am - 1:00 pm, 879 W Main St, Silverton, OR

Join John Kubasak from the Marion County Health and Human Services Department for a lecture offering tips and tricks on how to be prepared for earthquakes! It is important to know how to keep yourself, and your family, safe during natural disasters. Handouts will be provided.

## Out of Town...

**Grand Floral Parade**, June 08, 2024, 10:00 am - 12:00 pm

A cherished highlight of the Portland Rose Festival, this popular procession is more than just a spectacular floral-filled parade — it's a beloved annual tradition. For more than 116 years, Portland families, visitors and community groups have been making memories at the Grand Floral Parade. A colorful reflection of local, regional and international communities, the parade draws hundreds of thousands of cheering viewers of every age, along a route makes it two-mile march along Portland's east side city streets.

**60th Anniversary of the Cannon Beach Sandcastle Contest**, June 15th

The Cannon Beach Sandcastle Contest began in 1964 when a tsunami washed out the Elk Creek Bridge, and residents were relatively isolated until a new bridge could be built. That spring, local families gathered for a Sandcastle Contest to entertain their children and attract visitors. That Sandcastle Contest became one of the largest sandcastle contests on the West Coast.

# Thank you 2023—2024 Annual Appeal Donors

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

Anonymous	Jeff Feller	Craig & Deone Lewelling	Doug & Diane Skille
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	Robert Larson	Marcuvitz	

### Sustaining Business & Organizational Donors:

#### Donations of \$201+

Anderson Properties  
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 Clackamas County Meals on Wheels  
 Custom Plumbing & Construction  
 Cutsforths Market  
 DirectLink  
 OBC Northwest Inc.  
 Oregon Custom Cabinets Inc  
 Quest Investment Management  
 Roofmasters Inc.

### Thank you on-going Business Partners for your in-kind support

Andrew Kauffman—Attorney at Law  
 Canby Kiwanis Foundation & Thrift Store  
 Custom Plumbing & Construction  
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 Direct Link  
 Hulbert's Flowers  
 Kahut Waste Services  
 Marquis at Hope Village  
 Shimadzu

## April & May Donors

### Financial Donors:

Vicki and Robert Breitbarth, Devin and Shuree Deller, Christie Goebel, Patty Hatfield, Arbie Irwin, Billie Kolsrud, Robert Larson, Nita Larson, Dale Nordlund, Edye Pavlicek, John & Sylvia Pigott, The Rush Family, Karen and Thomas Rustan, Phillip & Linda Schilling, Shirley Schultz, Johni Thayer, Greg Timmons

### In Kind Donors:

Roberta Elders, Joanne Loibl, Robert Meyer, Don Weiss, Jeff & Peggy Wilkinson, Neighbor to Neighbor Women's Day of Service

### Memorial Donors:

Sue Nichols in Memory of Diane Vermillion

Jean Kirkendall in Memory of Gloria Kraft



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New Member  Renewal   
Name \_\_\_\_\_  
*Under 65* \_\_\_ *65-70* \_\_\_ *70-75* \_\_\_ *75-80* \_\_\_ *Over 80* \_\_\_

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

Birth Month \_\_\_\_\_ Birth Day: \_\_\_\_\_

Name \_\_\_\_\_  
*Under 65* \_\_\_ *65-70* \_\_\_ *70-75* \_\_\_ *75-80* \_\_\_ *Over 80* \_\_\_

Birth Month \_\_\_\_\_ Birth Day: \_\_\_\_\_

Address: \_\_\_\_\_ City & Zip \_\_\_\_\_

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

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

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

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

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

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

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

# Activities— June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	<b>3</b> 9:00 Tai Ji Quan 10:00 Betters 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>4</b> 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>5</b> 9:00 Quilty Friends 9:00 Tai Ji Quan 10:00 Blood Pressure Clinic 10:00 BB&B 11:00 GeriFit 11:15 Music with Scott 1:00 Walking Group 1:00 Medi-Carolers 1:00 Movie: Cheaper by the Dozen	<b>6</b> 9:00 Beginning Ukulele 10:00 Ukulele Class 10:00 Memoir Writing 10:00 Trip/Fido 1:00 Stroke Support Group 1:00 Line Dancing	<b>7</b> 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Judy	8
9	<b>10</b> 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 10:00 Foot Clinic 11:00 GeriFit 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation	<b>11</b> 9:30 YOGA 9:30 Trip/Oregon Gardens 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>12</b> 9:00 Tai Ji Quan 10:00 BB&B 10:00 Newsletter Folding 11:00 GeriFit 1:00 Walking Group 1:00 Guest Speaker: Do You Qualify? From Aging & Disability Office 1:00 Attorney Consults 1:00 Board Meeting 1:00 Movie: Cheaper By the Dozen II	<b>13</b> 9:00 Beginning Ukulele 10:00 Ukulele Class 1:00 NW Medicare Advisors 1:00 Line Dancing	<b>14 Father's Day Lunch</b> 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 12:00 Father's Day Lunch—with reservation 1:00 Pinochle 1:00 Movie: Emma	15
16	<b>17</b> 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation	<b>18</b> 9:30 YOGA 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>19</b> 9:00 Quilty Friends 9:00 Tai Ji Quan 10:00 Blood Pressure Clinic 10:00 BB&B 11:00 GeriFit 1:00 Medi-carolers 1:00 Walking Group 1:00 Movie: Father Of the Bride	<b>20 First Day of Summer</b> 9:00 Beginning Ukulele Class 10:00 Ukulele Class 10:00 Memoir Writing 11:00 Seated Volleyball 11:30 Music with Jim 1:00 Line Dancing 4:30 Trip/Lou's Kitchen Mt. Angel	<b>21</b> 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Red Dog	22
23	<b>24</b> <b>8:30 Trip Sign up Begins</b> 9:00 Tai Ji Quan 10:00 Foot Clinic 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation	<b>25</b> 9:30 YOGA 10:00 Handiwork 10:15 Trip/Beach 1:00 Bingo 1:00 Pinochle 1:00 Line Dance	<b>26</b> 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 12:00 Seamstress Svc 1:00 Walking Group 1:00 Movie: Father of The Bride II	<b>27</b> 9:00 Beginning Ukulele 10:00 Ukulele Class 12:00 Golden Anniversary Lunch - Reservation only 1:00 Line Dancing 1:00 Nutrition Education "Malnutrition Defined"	<b>28</b> 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Molokai The Story of Father Damien 4:30 Trip: Ten Grands	29

# Menu—June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Meatloaf with Gravy Sweet potatoes Green Beans Pea and Cheese Salad Tapioca Pudding	4	5 Plant Based Meal Lentil Stew With Quinoa And Mushrooms Crusty Bread Steamed vegetables Blueberry Cake	6 Chicken & Dumplings Mashed Potatoes Steamed Vegetables Carrot & Raisin Salad Apple Spice Cake	7 Breaded Pollock Rice Pilaf Mixed Vegetables Cole Slaw Carrot Cake	8
9	10 Chicken Alfredo Fettuccini pasta Mixed Vegetables Spinach Salad Apple Berry Crisp	11	12 Taco Salad Beans and rice Chef's choice dessert	13 Deli Sandwich Vegetable Garnish Chefs Choice Soup Pumpkin Bread	14 Father's Day Celebration Sausage with Peppers and Onions on Bun Vegetables Pasta Salad Root Beer Float	15
16	17 Apple Dijon Pork Loin Rice Pilaf Fresh vegetables Apple Sauce Berry Cobbler	18	19 Chef salad Chef's Choice Soup Veggie garnish Lemon pudding	20 Hamburger day Hamburger and Bun Potato Salad Broccoli & Cauliflower Salad Chocolate Chip Bars	21 Teriyaki Chicken White Rice Steamed Vegetable Carrot Coin Salad Cheesecake Bars	22
23 30	24 Baked Ham Scalloped Potatoes Mixed Vegetables Three Bean Salad Angle food cake with Berries	25	26 Beef Chili with Beans Cornbread Vegetables Cucumber salad Cookie	27 Golden Anniversary Baked Salmon Wild Rice Roasted Vegetable Warm Roll Bread Pudding with Vaniilla Sauce	28 Baked Ziti Meat Sauce Green Salad Garlic Bread Fresh Fruit	29

Thanks to our Serving Groups:

Canby Fire Department  
LDS Church—First Ward

Canby Police Department  
Zion Mennonite Church

Canby Utility  
Student Transportation of America