



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

February 2025

CENTER STAFF

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Carol Clark

BUILDING MONITORS
June Nice
Carol Clark

www.canbyadultcenter.org
503-266-2970

Fax 503-263-6192

Mailing Address: PO Box 10

Physical Address: 1250 S Ivy

Canby, OR 97013

M—F 8:30 am—4:30 pm

Welcome from the Director

Dear friends,

I am getting frequent questions on the status of our planned building purchase: In sum, everything is moving forward as it should, but the permitting process takes time. Our conditional use permit application has been accepted by the City of Canby as complete. There are now a couple of steps internal to the City that need to happen, then a public notice of the planning commission meeting at which our application will be discussed. We are hopeful that meeting will take place in early March. In the meantime, our architects are moving ahead with remodel design and securing the expertise we will need for electrical, structural and kitchen work. We have two funding requests in the pipeline with a couple of government bodies—progress is being made behind the scenes!

See you at the Center—Kathy

AARP Tax Clinic Appointments can be scheduled beginning January 13th

AARP tax clinic volunteers will start the tax clinic service on February 7, 2025, and it runs thru Friday, April 11, 2025. Volunteers are here each Friday and meet with you for tax preparation but **you must have an appointment, no walk-ins**. Call 503 266 2970 **beginning January 13, to schedule your appointment**. The volunteers can prepare simple tax returns only.

Iwo Jima Commemoration Saturday, February 22, at 10 am

Join the VFW for the 80th anniversary of the flag raising at Iwo Jima. The ceremony starts at 10:00 am in front of the Canby Adult Center building.

Inclement Weather Reminder:

Winter is officially here and so we want to remind you that Canby Adult Center follows the Canby School District schedule for inclement weather closures. If the schools are closed, so are we! See page 3 for details.

PERMANENT TIME CHANGE TO WEEKLY BINGO GAMES:

We're starting Bingo an hour early! Effective immediately, packet sales begin at 11:00 am and games start at noon-sharp!

Month At A Glance: See inside for details

January 27	Trip sign begins at 8:30
February 3	Chili Cook Off 10:30
February 3	Parkinsons Support Group 1 pm
February 5	Genealogy Service 12:30
February 7	Superbowl Events
February 10	Music with Mickey
February 12	Board meeting 1 pm
February 13	Conversations on Aging 10:30
February 13	NW Medicare Advisors 1 pm
February 19	Red Cross Blood Drive 1 pm
February 20	Music with Jim Wilkey 11:30
February 24	Trip sign up begins at 8:30
February 24	Music with Mickey
February 26	Mandala Class, 1 pm
February 27	Seated Volleyball, 10:00
February 27	Eyecare Presentation, 1 pm

February Holidays:

Sunday, February 2nd—Ground Hog Day
Friday, February 14th—Valentine Day

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

This "chilly" weather is a perfect time to JOIN US FOR A "CHILI COOK OFF" Monday, February 3rd at 10:30 am—

This is a fun event—bring your best chili, all made up and ready to serve— we'll offer samples so guests can be "official taste-testers", and then vote on "the best" chili in the house! Join us for some "hot" competition on February 3rd. **See all the details on page 7.**

Center Services

Client Services Available in February

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.** Guests should be seated by noon. 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—10:00 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, BingoCize 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
- * Memoir Writing
- * Hand and foot
- * Ukulele
- * Pinochle
- * Crafting and Quilting groups
- * Woodworking

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

Activities and resources available on a drop-in basis:

- ◆ Ping Pong
- ◆ Books/library*
- Pool
- 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.

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

Offered 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, January 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 Check – At the Center This month February 5th & 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 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. No appointment needed; walk-in.

Foot Clinics—Jenelle Ediger offers Appointments Twice Each Month This month February 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 Mondays—February 10th and 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.

Seamstress Service: February 26th

Local seamstress Jennifer Varner offers free sewing services each month, noon to 4 pm. Services include hemming, buttons, snaps; fixing seams; repairing stuck zippers; mending holes & tears; applying patches. **Sign up at the front desk or call 503 266 2970** and describe which service is needed. **Note:** Jennifer's 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. Appointment Required

American Red Cross Blood Drive—February 19

Red Cross blood drives are monthly at the Center—due to the great need! Future blood drives dates for 2025 are: February 19, March 12, April 9 and May 21st. If you need assistance scheduling an appointment call Kathy Robinson at 503 266 2970.

Lions Club Glasses & Hearing Aid Collection

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

Terracycle Recycling

We offer a recycling bin 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 box, located at the reception desk.

AARP Free Tax Clinic (seasonal)

This service is provided with 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 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 year-round food collection barrel in our outer lobby to benefit Canby Center, and a pet food collection barrel for FIDO/Animeal donations.

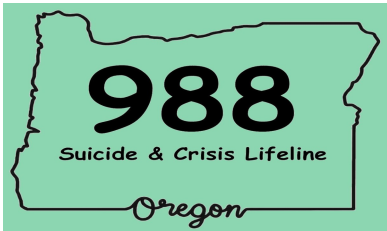
Unfortunately we are not able to accept: Clothing, electronics, exercise equipment, furniture, medical equipment or supplies, VHS tapes, and musical instruments (including pianos and organs). **Please do not leave expired foods, bruised produce, empty boxes or clamshells, or packing materials (including 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
**Clackamas County Aging &
Disability Resource Connection**
Information and referral:
503 650 5622



Canby Area Transit (CAT) Bus Service



CAT and Clackamas County have partnered to expand the Dial-A-Ride Services for people living outside the Urban Growth Boundary of Canby. If you're interested in signing up for the service, contact **Transit Operations Manager** at 503 266 0717 to get an application, or, email mullerh@canbyoregon.gov or www.canbyareatransit.com

Wonderful Widows Social Group

Women with much in common are coming together monthly for fun, chef-prepared food, friendship and conversation! Local resources are available to help you in many ways. Gatherings for 2025 are from 3 to 4 pm on February 12, March 12, April 9, May 14, June 11, July 9, August 13, September 10, October 8, November 12, and December 10, at **Pheasant Pointe Senior Living** 835 E Main St, Molalla OR 97038

For more information or to RSVP, Contact Belinda Godin at 971 488 3280

Sign Up to Get Emergency Alerts

Sign up to get emergency alerts by text, voice, email, or landline when an emergency is happening near you or your loved ones. If your information changes, sign in to update your account.

Each county has an emergency alerting system that allows them to send urgent information to people based on an address. In the Portland-Vancouver Metro Area, these are called "PublicAlerts." They are different from Wireless Emergency Alerts and [other types of alerts](#). You must sign up to receive PublicAlerts.

- Sign up in all of the counties where you live, work, go to school, and play.
- If you change addresses or contact information, don't forget to login and update your accounts in each county where you signed up.

Visit : [Sign Up | PublicAlerts.org](http://SignUp|PublicAlerts.org)

This website (PublicAlerts.org) and the State of Oregon's website (ORAlert.gov) are tools that help direct people to their county's "opt-in" emergency alert system signup pages.

You can receive PublicAlerts by text, voice, email, or landline. Personal information is kept secure and private. The service is free, but message and data rates may apply depending on your phone provider. Texting your zip code to 888777 will not work in the Portland-Vancouver Region, but it might work in some other parts of Oregon and Washington. Learn more [about emergency alerts](#).

Blind and Low Vision Support

Blindskills links people with visual impairments to professional resources and other support systems in their community. Services include:

- ◆ 3 monthly support groups
- ◆ 2 technology classes working with Smartphones and tablets.
- ◆ Support by phone regarding technology and local services.
- ◆ Social outings several times a year

Blindskills serves anyone living with sight loss that is having an impact on their lives as well as those who care about them. Family and friends are welcome to contact Blindskills for help and support.

For more information contact 503 581 4224 or visit www.blindskills.com
Email info@blindskills.com
Source:ADRC of OREGON



Hearing Loss Association of Oregon HLAA Portland chapter

The Portland HLAA chapter is dedicated to providing a supportive atmosphere for you to meet other hard of hearing people and learn about issues related to hearing loss. They have a monthly chapter meetings open to anyone interested in hearing loss. They are one of many local chapters of the HLAA.

If you're just starting to learn about hearing loss, check out hearingloss.org/, the website of the national organization. There is so much useful information there; click on all topics: hearing Help, Support, Online Community Events, Advocacy and Membership.

HLAA Webinars

HLAA regularly offers one-hour webinars on topics of interest to people dealing with hearing loss. They are first shown live, usually on Wednesday afternoons about once a month. For future webinars, and recordings of past webinars, go to <https://www.hearingloss.org/programs-events/webinars/schedule-recordings/>. Webinars are recorded and can be watched later. If you've never



On-going Classes and Activities

Exercise & Wellness Classes Open to Everyone!!!

Geri-Fit (Seated Exercise): **New Times** Class meets every Monday & Thursday 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

Bingocize®—What is Bingocize®? It is a vibrant fusion of fitness and health education that incorporates the beloved game of bingo! Class meets every Wednesday & Friday at 11:00. BEGINNERS WELCOME! Instructor: Mindy Tilden

No fee—donations appreciated

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

Instructor Robert Baguio leads you through an exercise to fully relax and release tension and stress, redirecting your energy to wellness and healing. Please note: No class December 16th, 23rd and 30th. *No fee—donations appreciated*

Walking Group—Suspended during fall and winter months—Check our newsletter in Spring of 2025 for information on when this class will resume.

“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 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 11:00; Games begin at 12 pm. PLEASE NOTE TIME CHANGE

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!

WEDNESDAY

Quilty Friends— February 5, 19 and 26

Quilty Friends meets several Wednesdays each month; all levels of quilters are welcome—bring a portable sewing machine to get started. Work on individual or group projects (some are for charities). New quilters and walk-ins always welcome!

No Fee

“Medi-Carolers”— February 5 and 19. No experience needed to join this fun group of music-lovers. Meeting **first and third Wednesday of each month at 1 pm. Bring enthusiasm and join us for this fun singing group!**

Mandala Project—4th Wednesday each month, 1pm

Enjoy good company and explore how mandalas can unlock your inner creativity and bring you joy! Supplies provided but you are welcome to bring your own gel pens or colored pencils if you prefer. No artistic experience needed; drop-ins welcome!

NO FEE

THURSDAY

Memoir & Creative 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]

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! **Instructor comes from Tigar; weekly donation of \$5 suggested;** Walk-in's welcome.

Board News and Announcements

BOARD OF DIRECTORS 2024

CHAIR

Loren Bell

loren@canbylawfirm.com
(Term ends Sept 2026)

Vice Chair

Matt English

menglish@canbyfire.org
(Term ends Sept 2027)

Treasurer

Keith Galitz

kgalitz@canby.com
(Term ends Sept 2027)

Secretary

Sandie Field

s.field289@yahoo.com
(Term ends Sept 2025)

Robert "Cash" McCall

cashmccall@canby.com
(Term ends Sept 2025)

Tim Nichols

ODBGoldFish@web-ster.com
(Term ends Sept 2025)

Brandon Leonard

leonardb@canbypolice.com
(Term ends Sept 2026)

Joyce Peters

joyce4432@canby.com
(Term ends Sept 2026)

Michael Vissers

DrMike@canby.com
(Term ends Sept 2027)

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. Only CAC members may participate in votes for bylaw changes and board member elections.

Board Minutes—excerpts December 11, 2024

Directors Present: Loren Bell, Keith Galitz, Matt English, Sandra Field, Tim Nichols, Brandon Leonard, Bob McCall, Joyce Peters, Mike Vissers
Directors Excused: none
Staff Present: Kathy Robinson
Guest: Jim Davis, City Council Liaison

Call to Order and Approval of Minutes: The meeting was called to order by Chair, Loren Bell at 12:45 pm. A quorum was established, and a motion was made and seconded to approve the minutes of the November meeting.

Report from City Council Liaison, Jim Davis: Chief Davis reported on the most recent City Council meeting at which the 2nd reading of the conditions of the payment of \$512K in grant funds to CAC was held. There was a lengthy discussion about additional conditions proposed by one of the council members. Final reading is scheduled for December 18th. Design for the new park in Dodds Addition is progressing with the neighborhood association. The Fire Department will host an open house on December 14th with a Transition of Command ceremony from Chief Davis to Chief Dale.

Treasurer: Keith Galitz reported that November was a good month for our investments with the accounts finishing above \$8.6M, well above the minimum the board has set as a goal. December market activity has been positive so far.

Director Report:

Fundraising and other events.

The Holiday Bazaar on Dec. 7th went well, making roughly \$1750. The Center will close early on Christmas Eve and New Year's Eve at 3:00 pm

Annual Appeal update: we have received \$33K as of Dec 10th. \$10,000 received from Clackamas County Meals on Wheels which is more than we received last year, year. The Christmas Lunch is fully reserved for December 19th. Canby High School Catalinas will be singing Friday, December 20th at lunchtime.

Staffing and Administration:

A new driver, Jerry Moss, is on board having completed his first solo day on November 22nd Kitchen Utility working, Owen Moffett resigned effective Dec. 6th.

Building Update: The Permitting Process continues with the submission of the application this week and the payment of the \$3000 fee. Awaiting the traffic analysis to complete the process which is expected by the end of Q1 2025. The Community Development Building Grant is limited to a maximum request of \$500k and to funding only those services to a specific income group. Kathy and staff will complete the grant application which is due Dec. 20th.

Old Business

JE Design Task II Design Development – next phase requires expenditure of \$12,800. Board reviewed and a motion was made to authorize Kathy to move forward with this Phase after January 1, 2025; motion carried and approved unanimously.

Property Purchase: Loren reviewed outstanding items needed to complete the closing of the sale. Partition of the property is delayed into new year and title exceptions need to be cleared and agreements drafted to address easements, shared use and leases. After discussion it was agreed that closing should be extended 90 days, to March 31, 2025.

Auditor Selection. Kathy reported that only one RFP has been received from the firm recommended by Quest. The fee for their service is \$24,000. Several Board members as well as Jim Davis indicated that they would ask around for possible alternatives.

Executive Session: At approximately 1:45 pm, the Board moved to Executive session.

Meeting Adjourned: Meeting adjourned at 2:15 pm. Next meeting will be on Wednesday, January 8, 2025.

*Respectfully submitted by Sandra Field, Secretary
Sandra L. Field*

February Speakers and Activities

Parkinson's Resources Support Group
1st Monday each Month at 1:00 pm
This month, February 3rd



This group meets the first Monday of each month, **1 pm to 2 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. *[When the first Monday is a holiday—the group meets on the first Wednesday.]*

Walk-in

No Fee

Genealogy Services With Fred Gill— February 5th
12:30 – 3:30 pm

Would you like to know more about your ancestors? We now offer a new, free service, which is available by appointment! Family History consultants will provide individualized help with any of the following:

- Building your family tree
- Learning about your ancestors lives
- Helping your extended family feel more connected to their ancestors
- Preserving memories to be passed on to your posterity.

30 minute individual consultations available December 4th between 12:30—3:30 pm. **Sign-up required**; reserve your spot by signing up at the front desk or call 503 266 2970



CHILI COOK OFF:
 Monday February 3rd
 10:30 in classroom 2

Do you have a chili recipe that is a hit with a crowd? Pull out the beans and join us for our second ever Chili Cook Off. Bring your chili premade and in a crock pot along with a copy of the recipe. We will invite guests in to taste test and vote for their favorite chili in various categories. Let's have some fun. Sign up at the front desk—or call 503 266 2970.

Friday February 7th at Noon
SuperBowl Friday Lunchtime fun!

Let's party! The kitchen has a Super-bowl worthy lunch planned of pulled pork sandwiches. Wendy and Mindy will be facilitating a football toss competition. Wear your favorite NFL flair and join us for the celebration.



Valentine Heart Craft
Wednesday February 12th 1:00 pm



Lets have some fun creating a heart made of wine corks. Decorate it with a pretty ribbon. Keep it for yourself or give it to your Valentine. **[WARNING—We will be using a hot glue gun. You may want to bring an apron or covering for your clothes. Glue guns are very hot.]**

Sign up at the front desk or call 503 266 2970
Sign up required.
Class limited to 12

No Fee
Supplies provided



Thursday, February 13th @ 10:30am
Conversations on Aging:
Living Solo as a Senior

As we age, some of us have family or friends who will provide care or support for us if needed and some of us do not. Join us for a discussion on facing aging as a solo senior.

Sign-up Required

No Fee

Medicare February 13, 2025

1:00 pm

NW Medicare Advisors— A representative is available to provide information and answer questions regarding a variety of medicare plans. They can also answer questions for those who are new to Medicare. Call 503-303-7519 if you have questions

American Red Cross Blood Drive
February 19, 1:00 pm to 7 pm:

We host a monthly blood drive due to the great need. Schedule your appointment on-line, or contact Kathy Robinson at 503 266 2970 if you need assistance. See page 3 of the newsletter for blood drives dates in 2025!

February 27th 10:00am

Seated Volleyball—Guarantee you'll have a blast! Stay in your chairs, beachball volleyball, no experience required!



February 27th 1:00pm

Dr. Ashley McFerron, Canby Eye Care

Aging effects our eyes in several ways, often leading to changes in vision. Join us as Dr. McFerron discusses the importance of checkups and signs or symptoms that might be effecting your vision.

Sign up encouraged; in person or call 503 266 2970.

“Stay Tuned”: An audiology student from Pacific University Ear Clinic will join us in March to share information and resources related to age related hearing changes. More information will be provided in the March Newsletter — so stay tuned!

Trips—February 2025

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, payable with check or cash only, no credit cards accepted at this time.

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 2 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-up is in person beginning **MONDAY, Monday January 27**. You may call on sign up day for any trip that doesn't require a prepayment. Your call will be sent to the Transportation Coordinator's voicemail and your trip request will be processed **AFTER** all in-person sign-ups.

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.

Mystery Lunch #2

February 11, 2025

January's *Mystery Lunch* was so popular we are going to try another Mystery Lunch! We'll go out for lunch somewhere special this day...shhhhhh, it's a secret. *Bring money for lunch (\$10-\$20.00) at the restaurant and we'll have a relaxing, scenic drive afterward as we return to the Center.*

Depart Center: 11am

Return: 3:00pm

Cost: (bring money for lunch)

Bus Fee: Donations accepted

OMNI Max Movie and lunch

February 18, 2025

Let's go see a mystery documentary and have some lunch together. Every year we do this trek to an OMSI documentary and every year they are excellent! Come be an adventurer with us. *Bring money for lunch*

Depart Center: 10:45am

Return 3:30pm

Cost: \$7 for movie ticket (pay at event)

Bus Fee Donations accepted

Red Lobster Dinner

February 20, 2025

Everything they do is a celebration of seafood – from how they source the fish and shellfish to serving up new ways for you to enjoy it. Since 1968, they've been committed to bringing you a seafood experience you won't find anywhere else. That's how they Sea Food Differently®.

Depart Center: 4:30pm

Return 8:30pm

Cost: (pay at event)

Bus Fee Donations accepted

Sandy Actor's Theatre Jack of Diamonds

February 28, 2024

Sandy Actors Theatre, serving the local community of Sandy, Oregon and surrounding communities, offers live plays and entertainment year round.

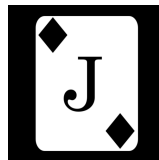
A bit about the play...Jack is a former jeweler who made his living buying and selling diamonds via late-night TV ads. He lives in a rather luxurious, privately-owned retirement home along with his fellow residents: the visually challenged techno-wizard Rose, the artistically gifted but forgetful Flora, and the narcoleptic beauty Blanche. Unbeknownst to the four of them, however, the man to whom they've entrusted their life savings is a smooth-talking financial advisor named Barney Effward who bilks people out of their money.

Depart Center: 4:30pm

Return 10:30pm

Cost: \$18.00 (pay at event)

Bus Fee Donations accepted



Do You Want to Travel to Tuscany with Canby Adult Center, and Collette Travel, in November 2025? If so, see Travel Coordinator, Lynne Bonnell, and she will provide all the details!

February Movies, Music & More

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

Movie Line-up

Wednesdays at the Movies

February 5th: **Life As We Know It**, starring Katherine Heigl and Josh Duhamel. When a baby girl's godparents become all she has left in the world, they must set aside their differences and find a way to raise her together.

February 12th: **Legend of Five Mile Cave**. A mysterious drifter bonds with a boy with tales of the West. Past and present collide when a lawman appears, seeking long-lost gold.

February 19th: **The Samuel Project**. A teenager gets to know his grandfather when he makes him the subject of a school project. The young man discovers his grandfather was saved from Nazi capture in Germany by a young woman when he was a boy.

February 26th: **West Side Story**, starring Natalie Wood and Rita Moreno. Two young people from rival New York City gangs fall in love, but tensions between their respective friends build toward tragedy.



Fridays with Ingrid Bergman!

February 7th: **Indiscreet**, starring Ingrid Bergman and Cary Grant. An actress who has given up on love meets a suave banker and begins a flirtation with him – although he's already married.

February 14th: **Casablanca**, starring Bergman and Bogart. Nazis, intrigue and romance clash at a Moroccan nightclub.

February 21st: **Cactus Flower**, starring Bergman, Walter Mathau and Goldie Hawn. A dentist pretends to be married to avoid commitment, but when he falls for his girlfriend and proposes, he must recruit his lovelorn nurse to pose as his wife.

February 28th: **Notorious**, starring Bergman and Cary Grant. The daughter of a convicted German spy is asked by American agents to gather information on a ring of German scientists in South America. How far will she have to go to gain their trust?

Lunch service in the Dining Room is 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.

Piano with Jonah occasional— Wednesday or Thursday

**Monday, Music with Mickey, February 19th & 24th
Music with Jim at 11:30— February 20th**

Thanks to our musicians for the live entertainment!

Remember Make Reservations for “Special Event”

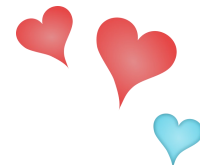
Lunch Dates: We require reservations for our “special lunch” celebrations and hamburger day. This month we offer **Valentines Day Lunch, Thursday, February 14th and Hamburger Day, Thursday, February 27th,**

A 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!

Congratulations to quilt raffle winner...

Deb DesLaurier. On December 19, Deb won the beautiful Christmas Quilt which was donated for raffle by the “QUILTY FRIENDS” quilting group. By the way, in just two weeks of selling raffle tickets, the quilt raffle generated over \$120 in raffle ticket sales! Thank you Quilt Friends.

And ... A big “Thank you” to the St. Vincent de Paul Food Bank for all of the baked good donations which were provided to our guests between the week of Christmas and New Years — We are grateful!



Healthy Body—Healthy You!

We are smack dab in the depth of winter.....but with each day, we get an additional minute of daylight. That's a win in my book! Take advantage of the added daylight, bundle up and get outside when you can. Even 10 minutes of walking is good for your mind, body and soul! This month, we're learning about how aging effects our vision and hearing. Check out the info below. As always, I look forward to seeing you at the center soon ~ Mindy

Understanding the Effects of Aging Your Vision and Hearing

Most older people cannot see, hear, feel, taste, or smell as well today as they did ten, twenty, or thirty years ago. Why? The normal aging process causes gradual losses to the sensory system. Generally, these changes begin around the age of 50 years. Families and caregivers notice that changes have occurred when older family and friends start using bifocals or turn up the sound on the television. All of these symptoms just go along with growing older, and there is no reason to be alarmed. However, if a change occurs suddenly to vision, hearing, taste, smell, or touch it should be a red flag that something may be wrong. It is critical that a doctor checks the problem immediately.



Vision

While all of the senses are important to good health and well being, vision is one of the most important. Significant losses to eyesight can reduce quality of life and threaten ability to live independently at home and in the community. Thus, it is important for persons giving care to older adults to understand how age affects the eye, recognize the most common eye problems, and learn ways to deal with poor eyesight. Here are some of the ways that age affects eyesight:

- Vision slows. Generally, beginning around the age of 50, the lens of the eye becomes less elastic, causing slowed vision. It will take longer for the eye to focus on close objects, and blurring may be bothersome.
- Visual scanning becomes difficult. Because it takes longer for the older eyes to focus, many older adults find it hard to scan an area and find a particular object. For example, at the grocery store older people will have trouble picking out specific items on a shelf.
- The pupil gets smaller. When the pupil gets smaller, the lens gets thicker and less transparent, resulting in less light reaching the retina. Many older adults have trouble seeing at dusk, making out objects in low-lighted areas, or telling one dark color from another. Thus, an older person needs more light to see well.
- The near-vision declines. The majority of older people need glasses for reading. Many use bifocal lenses where the lower portion is for reading and the upper area for seeing at a distance. Distance vision is generally slower to change.

What can I do to help improve my vision?

Good vision depends on a healthy body. Maintaining eye function depends on eating a balanced diet. Vitamins and minerals that are particularly important to vision include the following:

- Vitamin A is necessary for good vision in dimly lighted areas. Vitamin A is found in yellow, dark green vegetables, milk, eggs, seafood, meat, wheat bran, and whole grains.
- Vitamin C supports healthy lenses and is found in fruits and vegetables.
- According to some studies, Vitamin E is a powerful antioxidant with potential to protect the eye from aging.

Hearing

The ability to hear clearly declines with age. Hearing loss often begins at a young age and progresses slowly during the 20s, 30s, and 40s. Most people do not notice hearing loss until they are in their 50s or 60s, when they begin to have a hard time hearing high frequency sounds. For example, the consonants s, z, t, f, and g are high frequency sounds and hard to hear. The low pitched vowels a, e, i, o, and u are easier to hear. It may be hard to distinguish between words that sound alike. For example, dead may sound like "bed" or names like "Park" may sound like Clark. About 50 percent of those 75 or older will have trouble carrying on a conversation.

Are there different kinds of hearing loss?

Basically there are two kinds of hearing loss. One is conductive. Conductive hearing loss occurs when something blocks the sound waves from the outer and middle ear. Early childhood infections, current infections, a simple build up of wax, or a foreign object in the ear often causes this type of hearing loss. Fortunately, this kind of hearing loss can usually be cured by surgery, removing wax, or taking antibiotics. The other is central nerve loss, sometimes called "nerve deafness". Nerve loss is a permanent hearing loss. The cause can be allergies, auditory nerve tumors, noise, or the natural aging process.

What can be done to help a person with poor hearing?

When speaking one-on-one, get the person's attention before speaking to them. Use a normal tone of voice, do not shout. Try talking face-to-face so that the person can see your lips. Speak clearly and distinctly and cut out the background noise (turn off the radio and television). Try using gestures with your hands, facial expressions, and visual aids. Watch for an indication that the person understood your message. Be patient, it's can be frustrating for both of you!

Source: OSU Extension Service

Memoir/Creative Writing—

First and third Thursday, at 10 am

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.

Green Lake House

When I was about to start the first grade, my parents moved into a rental house in Seattle, near Green Lake. It sat atop a hill, overlooking a power station that could best be seen from the upstairs bathroom with its claw-footed tub.

It was a traditional 2-story home with a large front porch, built in the 1920's, framed by beds of St. John's wort enclosed by a rockery. The exterior was grey, but the living and dining rooms had been painted magenta and green by the former tenants. That was quickly remedied.

The basement was inhabited by an old oil furnace that spewed hot air through the floor grate into the dining room above, right next to the pot-bellied woodstove that my father would stoke on cold nights to the point that it glowed red. The dining room table and buffet were of dark wood, large and ornately carved to satisfy the tastes of my European parents. A heavy crystal bowl often graced the center of the table. This was the same crystal bowl that served as the nursery for the polliwogs that I captured in a Mason jar at Green Lake. I was able to nurture them, delighting in their development until they sprouted legs strong enough to expel themselves from their crystal crib and began to explore their surroundings, at which point my mother decreed that it was time to relocate them to a more suitable habitat. Most likely their offspring can still be found in Green Lake today.

There was a small room off the dining room that was designated as my playroom. It held a bookcase with my collection of Golden Books, among others, a school desk and the blackboard that my father had mounted on the wall. There I could instruct my dolls, teddy bears or anyone else who would listen in any chosen subject. I was never ambivalent about wanting to teach, and eventually did.

Outside were a pair of huge oak trees that lent their strong branches perfectly to supporting a beam that allowed my father to suspended a pair of swings. My best friend, Sharon and I wiled away many sunny afternoons swinging and singing the top hits of the day such as "April Love," "The Wayward Wind," "Tammy," "Whatever Will Be, Will Be" and many more. Fortunately for everyone, my desire to teach overpowered my desire to become a professional singer.

Over 40 years after we moved from that house, I was living and working in Vancouver, WA as a Realtor. I invited a co-worker to dinner at our home and said he was welcome to bring a guest. He brought his girlfriend, Patty, who I had never met. In the course of the conversation, over cocktails, Patty mentioned that she was originally from Seattle. I inquired what part of Seattle and she said her family had lived in the south end, but later moved further north, near Green Lake. I said, "So did we!" Then I told her we lived across the street from Fairview Elementary School, which I attended. She said, "So did I!" Incredulously, I said, "We lived in a big old rental house." Once more she said, "So did we!" By this time, the hair on the back of my neck was beginning to stand up. I said, "Our address was 813 NE 78th Street." She said, "So was ours." Then, proving her point, she went on to say, "Do you remember how you could see the power plant from the upstairs bathroom?"

R. Stockman

What Does Love Look Like?

Y. Recker

I used to think I was loved if I received a wanted gift on my birthday or holiday. Of course I knew better, but somehow it was a feeling inside me.

Now I think I can receive those feelings of love in another, better way.

Today I know I am loved when my daughter gives up a day of horseback riding to take me to the dentist.

Today I know I am loved when my other daughter gives me a special gift—a new dishcloth since I am cheap and won't go buy a new one for myself.

It's the little things that make my daily life interesting and special.

I have every physical thing I need and I also know I am loved.



Our Memoir / Creative Writing group meets on first and third Thursdays each month at 10 AM. While we still write memoirs, some members have begun to expand their efforts to more creative writing. Sharing with our group is fun and encouraging. Do not be fearful it is a friendly and pleasant experience.

We encourage writers wanting to participate in either genre to come and join us!

Birthdays & This & That!

February 2025 Birthdays !

1	Pat Kekua	17	Oliver Korsness
1	Nida Wigowsky	17	Donna Lebold
2	Linda Foos	17	Kathy Lowery
2	Greg Kaufman	17	Margo Uhre
2	Gary Paddock	17	Barbara Walter
3	Roberta Howard	19	Shirley Schultz
3	Beverly Jones	20	Jan Folger
4	Jim Yeager	21	Loran Hagen
5	Kathleen Jordan	21	Betty Weedman
5	Mary McWilliams	22	Larry Ball
5	Denise Stinson	22	Walt Daniels
6	Chuck Reynolds	22	Kathi Dotson
6	Dale Rushton	22	Sylvia Wiegand
7	Dana Landers	23	Jane McFadden
7	Bob Sheveland	24	Bonnie Johnson
8	Ken Brisky	25	Melanie Clem
8	Sheila Brown	25	Deloris Reed
8	Gloria Coats	25	Gerald
8	Kay Fisher		Van Tassel
8	Ray Means	26	Dan Mowry
9	Barbara	26	Roger Sprague
	Billeaudeaux	27	Larry McBride
10	Ernie Cowan	27	Edgar Wales
10	Elaine Daniels	28	Patt DeLaney
10	Jai Petersen	28	Christine Ehler
11	Carol Brisky		
12	Jim Clark-Luse		
12	Dave Williams		
13	Gary Davis		
13	Susan		
	Williamson		
14	Jacie McElhinny		
14	Wilbur Shell		
14	Al VanHorn		
15	Mardeen		
	Hultgren		



Thank You New & Renewing Members:

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Deanna Callaway
Edith Cato
Erica & Robert Dalley
Susan Doney
Catherine Greene
Debby Handy
Lowell & Grace Herr
Dale & Bette Hester
Susan & Don Hope
Harold & Fran Hopkins
Allan Kawada
Dave Lien
Gary & Patricia Paddock
Robert Rikken
Mickey & Kathy Sievers
Pauline Templeton
Katherine Thompson
Linda Tucker
James Wolfe

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!

Do you want a key-fob? When you come to CAC you can check in at the front desk using your "FOB" (key card)! **"MySeniorCenter"** computer at the reception desk has a touch screen and is available for you to sign in for activities, lunch, speakers, etc. Just **ask for a NAPIS form; complete it, turn it in** and within two weeks you will receive your "FOB" and you can sign in electronically!

Bingo Raffle Items Accepted: We offer Bingo at Canby Adult Center each 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

Located at 424 NW 1st Street, the Canby American Legion provides a deposit box outside the gate on the Fir Street side, where you

may deposit flags in need of disposal. **Look for the mailbox with the VFW logo,** deposit the flag inside the box and it will be disposed of properly.

Thanks to Canby American Legion for this service!

FEBRUARY FUN FACTS

Groundhog Day is a holiday celebrated on February 2nd. People in Punxsutawney, Pennsylvania, gather in Gobbler's Knob to watch as an unsuspecting furry marmot is plucked from his burrow to predict the weather for the rest of the winter.

But ... anyone who bought a copy of the *Farmers' Almanac*, has known what's most likely in store for the rest of the winter!

And by the way, The Old Farmer's Almanac has been published continuously since 1792, making it the oldest continuously published periodical in North America. It offers a blend of long-range weather predictions, humor, fun facts, and valuable advice on gardening, cooking, fishing, conservation, and much more.

The coldest day ever recorded in the month of February, in Oregon was in 1933. Seneca AND Ukiah, Oregon, recorded the state's all time record low temperature of -54°F.

The warmest day ever recorded in February, in Oregon, was February 11, 2022, when Portland reached 67°F.

You May Choose to Donate Your "Community Rewards" to CAC

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. To Choose CAC as your non-profit recipient, 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. Thanks for your support!



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 available until after break time. Bar/lounge has food also.

Valentine's in Canby - Michael & Aaron, Feb 16, 1:00 PM – 3:00 PM & Michael & Julianne, Feb 16th, 5:00 -7:00 pm. Canby Pioneer Chapel, 508 NW 3rd Ave

Michael Allen Harrison, Aaron Meyer & Julianne Johnson return to Canby for a Valentines special show.

Book Club - The Book Nook – 6:00pm - 7:00pm – 200 NW 1st. Visit <https://booknookcanby.com/events/tags/book-club> for more information.

Feb 11th – “None of This is True” (Mystery)
Feb 18th – “The Secret War of Julia Child”

Canby Public Library Adult Writing Group, Feb 13th (Second TH of each month), 5:00 pm, 220 NE 2nd Avenue – Willamette Room

Come for support, ideas, motivation, and a place to talk about the challenges and achievements that come with writing. Ages 18+ only, please.

Wood Burning (Pyrography) Workshop, Feb 8th, 6:30-8:30pm, Red Chair Farm, 27215 S Gribble Rd, Canby

In this workshop we'll teach you the basics of pyrography art, with a handful of samples already made to inspire you! No Experience necessary! We'll provide a selection of subjects to choose from and have a laptop nearby to print more if you have come with a specific idea! Feel free to bring your own picture too, we'll show you how easy it is to transfer your subject onto wood! Live edge basswood measures @ 8"x11" and you'll also get a wood disc ornament to burn too! Makes a great gift idea - the class or the finished products!

Stained Glass Window Workshop, Feb 1, Red Chair Farm, 27215 S Gribble Rd,

This will be about a 2-1/2 hour class and you will walk away with a stained glass window installed with hooks and small chain to hang. We will provide you a large rustic barnwood window for you to design using MANY varieties of beautiful glass and sea glass pieces. If you have a special gem or piece of your own you'd like to add, bring it with you! We will walk you through the process of designing, grouting and cleaning your work of art, ready to hang when you leave! This is a bit of a messy activity but we will provide aprons, gloves and all tools needed to utilize your work station and make this a great experience with a gorgeous souvenir to take home!

Out of Town...

Pacific Northwest Sportsmen's Show, Feb. 12 to 16, Portland Expo Center

Explore the latest in fishing, hunting, and outdoor recreation with a variety of exhibits, interactive activities, and expert presentations. Connect with fellow adventurers and discover new gear to elevate your outdoor experiences. Don't miss this opportunity to dive into the world of sports and recreation

Newport Seafood & Wine Festival, February 20-23,

This four-day event draws thousands of visitors to Newport during the last full weekend in February, boasting over 140 vendors: seafood, craftspeople, and Northwest wineries all under a tented venue adjacent to the Rogue brewery in South Beach. The event also offers the longest-running wine competition in the Northwest, open to all participating wine vendors at the festival. The Festival also includes an Amateur Wine Competition, where amateur winemakers are invited to submit their craft for feedback and judging. The 2nd Annual Seafood Chowder Competition will be back this year with cash prizes for the best of the best. Some newer elements include a music tent with beer garden, a stage with demonstrations in the main tent that will feature talks with wine makers, and other live entertainment.

Portland Spring Home & Garden Show, Feb. 20 to 23, Portland Expo Center

Discover vendor exhibits, attend informative presentations and demonstrations, wander through showcase gardens, shop for plants, and more. With spring being the ideal season to kickstart home and garden projects, the Portland Spring Home & Garden Show is the ultimate destination for inspiration and expert guidance to bring your vision to life.

2025 Oregon International Auto Show, Feb 20-23, Oregon Convention Center

The Oregon International Auto & Motorcycle Show is the largest in the Pacific Northwest. With the latest in-car design and technology plus exotics from around the world. Get behind the wheel in one of our many Ride & Drives, watch live custom car builds, and explore the latest advancements in electric vehicles and autonomous technology that will be here before we know it. There is something for all ages including a kid's zone, virtual reality simulators, motorcycles and so much more. As always, an opportunity to win a new car and talk with industry expert.

Cultural Pass Express—Enjoy 16 venues and beautiful scenery for inexpensive cost savings or free options. With Cultural Pass Express, library card holders may reserve 1 pass per calendar day. You can get instant online passes that provide free admission to museums, gardens, and other local venues. Log in with your LINCC barcode and PIN to make a reservation at <https://culturalpassexpress.quipugroup.net/?LINNCC>.

- Crystal Springs Rhododendron Garden
- End of the Oregon Trail Interpretive Center
- Evergreen Aviation Museum
- Gilbert House children's Museum
- Hallie Ford Museum of Art
- Lan Su Chinese Garden
- Leach Botanical Garden
- Oregon Garden
- Oregon Historical Society
- Oregon Jewish Museum & Center for Holocaust Education
- Pittock Mansion
- Portland Art Museum
- Portland Japanese Garden
- Portland Opera

Thank you 2024—2025 Annual Appeal Donors

Annual Appeal— Silver Donors \$1 to \$50

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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: \$ _____

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

Activities— February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Ground Hog Day	3 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 10:30 Chili Cook-off 11:00 GeriFit 1:00 Hand & Foot Canasta 1:00 Parkinsons Support 3:00 Relaxation/ Meditation Class	4 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	5 9:00 Quilty Friends 9:00 Tai Ji Quan 10:00 BB&B 10:00 Blood Pressure Clinic 11:00 BingoCize 12:00 Genealogy Svc 1:00 Medi-Carolers 1:00 Movie: Life as We Know It	6 9:00 Beginning Ukulele 10:00 Ukulele Class 10:00 Memoir/Creative Writing 1:00 Line Dancing	7 Super Bowl Celebration 9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 1:00 Pinochle 1:00 Movie: Indiscreet	8
9	10 9:00 Foot Clinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 11:30 Music with Mickey 1:00 Hand & Foot Canasta 3:00 Relaxation/ Meditation Class	11 9:30 YOGA 10:00 Handiwork 11:00 Trip: Mystery Lunch 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	12 9:00 Tai Ji Quan 10:00 Blood Pressure 10:00 BB&B 10:00 Newsletter Folding 11:00 BingoCize 1:00 Heart Craft 1:00 Board meeting 1:00 Attorney Consults 1:30 Blood Drive 1:00 Valentine Craft 1:00 Movie: Legend of Five Mile Cave	13 9:00 Beginning Ukulele 10:00 Ukulele Class 10:30 Conv On Aging: Living Solo 11:00 GeriFit 11:30 Music with Jim 1:00 NW Medicare Advisors 1:00 Line Dancing	14 Valentine's Day 9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 1:00 Pinochle 1:00 Movie: Casablanca	15
16	17 President's Day Center Closed 	18 9:30 YOGA 10:00 Handiwork 10:45 Trip: OMNI Max Movie 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	19 9:00 Quilty Friends 9:00 Tai Ji Quan 10:00 BB&B 10:00 Blood Pressure 11:00 BingoCize 1:00 Blood Drive 1:00 Medi-Carolers 1:00 Movie: The Samuel Project	20 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 10:00 Ukulele Class 11:00 GeriFit 11:30 Music with Jim 1:00 Line Dancing 4:30 Trip: Red Lobster Dinner	21 9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 1:00 Pinochle 1:00 Movie: Cactus Flower	22
23	24 8:30 Trip Sign up Begins 9:00 Foot Clinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 11:30 Music with Mickey 1:00 Hand & Foot Canasta 3:00 Relaxation/ Meditation Class	25 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	26 9:00 Quilty Friends 9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 12:00 Seamstress Svc 1:00 Mandala Project 1:00 Movie: West Side Story	27 9:00 Beginning Ukulele Class 10:00 Ukulele Class 10:00 Seated Volleyball 11:00 GeriFit 1:00 Speaker: Canby Eye Care; Your Aging Eyes 1:00 Line Dancing	28 9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 1:00 Pinochle 1:00 Movie: Notorious 4:30 Trip: Sandy Theatre	

Please note: Bingo games now begin at noon; packet sales begin at 11 am.

Menu—February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Creamy Shrimp Pasta w Sundried Tomatoes Bread Steamed vegetable Green salad Fresh Fruit	4	5 Chicken & Dumplings Mashed Potatoes Green salad Chocolate cake	6 Vegetarian Meal Chickpea Curry Soup with rice Steamed vegetables Pita Bread Fresh Fruit	7 SUPERBOWL CELEBRATION Pulled Pork Sandwich Baked Beans Coleslaw Brownie	8
9	10 Beef Stroganoff Butter noodles Mixed Vegetables Cole Slaw Fruit	11	12 Teriyaki Pork With Vegetables White Rice Oriental Vegetable Chickpea Salad Chef's Choice Dessert	13 Deli Sandwich Carrot Raisin Salad Chef's Choice Soap Fruit	14 Happy Valentine's Day Chicken Cordon Bleu with mustard sauce Cheesy Potatoes Asparagus Fresh roll Red Velvet Cake	15
16	17 Presidents Day Center Closed 	18	19 Tuna Salad Tossed Greens Vegetable Garnish Chefs Choice Soup Fruit	20 Happy Mardi Gras Authentic Jambalaya with Rice Cornbread Steamed Vegetable Mini King Cakes	21 Open Faced Hot Turkey Sandwich Sweet Potatoes Vegetables Apple Crisp	22
23	24 Chicken Fried Steak Mashed Potatoes Vegetables Tossed Salad Fruit	25	26 Chicken Caesar Salad Romaine Lettuce Chefs Choice Soup Strawberry Mousse	27 Hamburger Day Hamburger Baked Beans Potato Salad Broccoli & Cauliflower Salad Fresh Fruit	28 Oven Baked Pollock Rice Pilaf Vegetables Coleslaw Cookies	

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 Canby Police Department
 Canby Utility
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 Zion Mennonite Church