



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

March 2025

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 503-266-2970
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 Physical Address: 1250 S Ivy
 Canby, OR 97013
 M—F 8:30 am—4:30 pm

Welcome from the Director

Dear friends,

As I write this, we are making contingency plans for possible icy/snowy weather by the end of the week—hard to think of the month of March and SPRING in this situation! I seem to remember a time when we worried about snow in November; February heralded warmer temperatures and the retirement of tire chains for the year—these days, we're just gearing up in late January! For me, I'd like a snow day, but with actual SNOW on the ground, not random icy patches that keep people inside for fear of a fall.

Speaking of falls; we're so excited about the launch of our new quarterly collaboration with the Canby Fire Department, about falls prevention. This is a particular interest of new Fire Chief Dale, so please plan to join us for this very important topic—read more about it below!

See you at the Center—Kathy

Mark Your Calendars!

Quarterly Offering Starting in March

Fall prevention is an important topic to consider as you get older. Physical changes and health conditions make falls more likely as you age. In fact, falls are a leading cause of injury among adults over 50. Join us as we discuss ways to prevent falls in and around your home. Chief Matt Dale from Canby Fire will be here along with Doc Davies and Mindy Tilden to go over ways to protect yourself. This session is March 12 at 11:00 pm, sign up beginning February 25. More information on page 7.

A New MONTHLY Support Group for Alzheimer's Caregivers now available at CAC!!

We are hosting a support group for people caring for others with Alzheimer's. It is the 2nd Wednesday of each month, beginning this month. Join us March 12th from 3 to 4 pm.

For all of the details, and information on pre-registering for this support group, see page 7 of this newsletter.

HEALTHY PIZZA—Nutritional Education Offering in March!

See page 7 for all the details of our wonderful nutritional education program offering **March 19th at 1 pm**. This class size is limited so sign up on February 25th for this class.

Month At A Glance: See inside for details

February 24	Trip sign begins at 8:30
March 3	Parkinson's Support Group 1 pm
March 5	Blood Pressure Clinic 10:30
March 7	Music with Scott at 11:15
March 10	Music with Mickey 11:30
March 12	Fall Prevention Class at 11:00
March 12	Board meeting 1 pm
March 12	Red Cross Blood Drive 1 pm
March 12	Support Group for Alzheimer's Caregivers 3 pm
March 13	Conversations on Aging 10:30
March 13	NW Medicare Advisors 1 pm
March 17	Happy St. Patrick's Day!
March 17	Pacific University Hearing Students Presentation—10:30
March 19	Blood Pressure Clinic 10:30
March 19	Nutrition Education—PIZZA
March 20	Music with Jim Wilkey 11:30
March 24	Music with Mickey 11:30
March 26	Mandala Class, 1 pm
March 31	Trip sign up begins at 8:30

March Reminders

NO genealogy service in March—
 This service returns April 2nd!

March 9 —	Daylight Saving Time Begins "Spring forward"
March 17—	St. Patrick's Day
March 20—	First Day of Spring



Center Services

Client Services Available in March

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, **March 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 Check – At the Center This month **March 5th & 19th, 10:30 am to Noon**

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 **March 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— March 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: **March 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—March 12th
Red Cross blood drives are monthly at the Center—due to the great need! Future blood drives dates for 2025 are: 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. Look for the blue barrel in our lobby.

We also keep a year-round collection barrel for pet food, to benefit FIDO/Animeal donations. Look for the red barrel in our lobby!

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.**

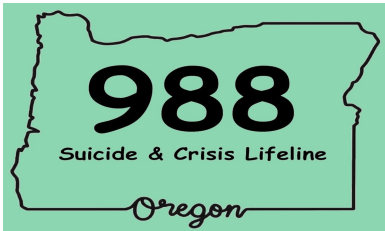
Thank You for your Donations!

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

PROTECT YOURSELF FROM A POWER OUTAGE

Below are some tips, "do's" and "don'ts" in case of power outage:

- ◆ Unplug appliances and electronics to avoid damage from electrical surges.
- ◆ Keep freezers and refrigerators *closed*.
- ◆ Use generators outdoors and at least 20 feet away from building openings.
- ◆ Make a plan for refrigerating medicines and powering medical devices.
- ◆ Stay fire safe. Do not use a gas stove to heat your home.
- ◆ If safe, go to an alternate location for heat or cooling.
- ◆ Keep mobile phones and electronic equipment fully charged before a power outage.

Take an Active Role in Your Safety. Go to Ready.gov/power-outages. Download the FEMA app to get more information about preparing for a power outage.

Source: FEMA. Gov

Social Isolation Technology Project: A program of Access Technologies

Individuals 55 and older, and people with disabilities who are over 18 and meet certain criteria for loneliness and/or isolation, may be eligible to receive free technology! This might include a computer, laptop, tablet, iPad or robotic peg, along with assistive technology services necessary to use the equipment.

This is a time limited project .

Call the ADRC at 1 855 673 2372 to be screened for eligibility.

NAMI Clackamas Peer Connection Support Group Facilitator IN-Person and Online Opportunities

Are you living with and managing a mental health condition?
Are you interested in learning skills to help support others?

Consider becoming a NAMI Peer Connection Support group Facilitator!

NAMI Peer Connection Support Groups are 90-minute, free, peer-based, mutual support groups for any adult living with a mental illness. Connection groups are led by two trained facilitators who are in recovery themselves and are at a point where they want to "give back to others" by offering encouragement and support through their own experiences.

Groups provide a supportive place for people to share their experiences, resources and/or wellness strategies, and learn from others and know they are not alone.

Training is required and provided with this opportunity.



If you want to improve your own health while helping others, this is for you!

For more information contact Sheri at 503 344 5050. or visit <http://www.namicc.org>.

The Clackamas County Senior Companion Program is in need of volunteers..

The program offers support to homebound seniors and adults with disabilities in Clackamas County. The program helps individuals live independently and safely for as long as possible, feel connected and avoid having to move from what is familiar to them. Activities can include visiting, going to an activity at a senior center, grocery shopping, out for coffee. There is no charge for service, but donations are always welcomed.

If this sounds like something you may be interested in doing, please contact the Senior Companion Program of Clackamas County at 503 655 8640 or online at [Senior Companion Program \(SCP\) | Clackamas County](http://www.clackamascounty.org/senior-companion-program)

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”— March 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 January 8, 2025

Directors Present:

Loren Bell, Keith Galitz, Matt English, Tim Nichols, Brandon Leonard, Bob McCall, Joyce Peters, and Mike Vissers

Directors Excused:

Sandra Field

Staff Present:

Kathy Robinson, Timpra McKenzie

Guests:

Jim Davis, City Council Liaison, BJ Schmader

Report from City Council Liaison, Jim Davis:

Jim reported that the City Council meeting is tonight and Scott Sasse will be leaving the Council. Jim has requested to remain liaison to Canby Adult Center. Kathy indicated she thinks it is critical that Jim stay on given our current project. Jim thanked all of those who attended his retirement ceremony.

Jim reported that Parks & Rec Department continues to busy with jobs around town including finishing Maple Street Park, which includes additional parking. The City is putting in a walk-way which will eventually tie into Ivy Street and the bike trail, and continue all around the neighborhood including behind the subdivision.

Monthly Reports:

Treasurer: Keith Galitz reported that the \$512k has officially been approved to CAC by the City. Jim reported that the funds will be transferred immediately. Loren thanked Jim for all of his help with these funds. Keith continued by stating December was not a great month for investments, but that we remain above our self-imposed minimum balance by 1.1 million dollars. The market has not started off well this month but we're still well over 8.3 million.

Director Report: The next extended trip is to tour Tuscany next fall; this is the second time a trip requiring passports has been offered and is more reasonable than some domestic trips. This trip is being offered thru Collette Travel; 22 people have signed up so far. The annual appeal response is excellent; we've received more than \$84,000 as of yesterday, against a budgeted amount of \$80,000.

Auditor Selection. Regarding the Audit for FY2023-24, a firm who responded with a bid, many years ago, has let Kathy know they'll provide a bid.

Permitting Process: The city has confirmed receipt of the CUP application. There were questions and comments regarding parking and sharing of the schedule of activities.

JE Design; Kathy said everyone agreed in December, to move forward to the design stage. The Block Grant was submitted December 20th. Christine Drazen's office has asked that Kathy submit a simple two page application. Kathy mentioned it will be for a general remodel and seismic upgrade. Kathy is asking for 1.4 million. The CDBG grant application is for the kitchen remodel and estimate for a generator. The county CDBG team are visiting next Tuesday, at 1 pm. They want more information on the project and plans; there are many competing proposals. They'll meet at the Holly Street building.

The next meeting is February 12, 2025 at 1 pm.

Respectfully submitted,

Timpra McKenzie, Support Services Coordinator

Welcome to new kitchen staff! We are so very happy to welcome Asael Montania Serrano to our kitchen team! Asael comes to us from Paraguay—he is the very helpful, always smiling, face that you may have seen in the dining room on Mondays and Fridays. He replaces Owen Moffett, who left us last November. Welcome Asael!!

March Speakers and Activities

Parkinson's Resources Support Group
1st Monday each Month at 1:00 pm
This month, March 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 —
Next Meeting in April!

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

Permanent New Time for Blood Pressure Clinics—
now offered 10:30 am to noon! March 5 & March 19

Thanks to Roger and Karen Livengood we offer blood pressure clinics twice each month. Please note that the start time has changed to 10:30 am and runs to noon.

Wednesday, March 12th @ 11am
Fall Prevention Workshop—
Quarterly Offering Starting in March

Fall prevention is an important topic to consider as you get older. Physical changes and health conditions make falls more likely as you age. In fact, falls are a leading cause of injury among adults over 50. Join us as we discuss ways to prevent falls in and around your home. Chief Matt Dale from Canby Fire will be here along with Doc Davies and Mindy Tilden to go over ways to protect yourself.

Signups Required

American Red Cross Blood Drive
March 12, 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!



NEW: Alzheimer's Support Group
Meets every 2nd Wednesday

A new support group for people caring for others with Alzheimer's is starting here at the Center this month! The Canby Caregiver Support Group will meet here monthly, the 2nd Wednesday of every month from 3-4 pm beginning Wednesday March 12th. Please pre-register online or by phone. Current members do not need to register every month. Just the first time you sign up.

If you need help registering, or want to learn more about a class or support group, call the 24/7 Helpline at 800.272.3900 for immediate assistance. Visit the community resource finder at alz.org/crf to register online.

Advance registration suggested; walk ins are welcome

Thursday, March 13th @ 10:30am
Conversations on Aging: Resilience



As we age, we may feel increased vulnerability to the stresses that life presents. Resiliency can help counter this vulnerability and restore our equilibrium in the midst of life's changes. Let's talk about utilizing the building blocks to enhanced resilience.

Medicare Meeting March 13, 2025 1:00 pm with
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

Pacific Ear Clinic—Pacific University—Presentation
Monday March 17th at 10:30 AM

Katy Nawson, Au.D., CCC-A Doctorate of Audiology/Clinical director Pacific Ear Clinic, will be here Monday March 17, at 10:30 AM for an informative presentation. She and two other students will be here to share information on how our hearing changes as we age and what we can do about it. Katy is a Fellow of the American Academy of Audiology. Her passion for audiology and her patients extend to her free time, where she volunteers and serves as the President for the Oregon Academy of Audiology. She loves engaging her patients and their families in her treatment plans and is passionate about serving her community.

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

Nutritional Education. Wednesday March 19th at 1:00
Did somebody say pizza?

Mindy and Wendy will teach you how to transform an otherwise high calorie, high fat, high carb favorite into a healthy, low fat, protein and veggie packed satisfying meal. All supplies are provided.

Sign up required—in person or call 503 266 2970 **No Fee**
Class size limited to 12 That's Amore!

Trips—March 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 February 24**. 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.**

Gresham Reader Theatre

March 3, 2025

Come with us to watch Wendy May performing in "Slow Food". Readers Theatre is a unique experience. There are no flashy costumes or sets, and a minimalist take on lighting and sound. Instead it is the actors, mere feet from the audience, performing with scripts in hand. "And yet those actors can make it all come alive." The play is about a couple who is celebrating their 30th wedding anniversary, are drifting apart, and start to come back together because of their very difficult waiter. Wendy reports it is a cute one! *Bring money for dinner at Heidi's Restaurant of Gresham before the reading.*

Depart: 4:15pm

Cost: \$11.00 for theatre (pay at event)

Return to Center 10:30pm

Bus Fee: Donations Accepted

Mystery Lunch Trip

March 4, 2025

Get ready for another mystery adventure together. *Bring money for lunch* and be ready for some walking on this.

Depart: 11:00am

Cost: Bring money for lunch

Return to Center 3:00pm

Bus Fee: Donations Accepted

Bugatti's Dinner Trip

March 20, 2025

Bugatti's in Oregon City was established in 2002 as the newest addition to the locally owned, Bugatti's family. The casual, comfortable ambiance is enhanced with delicious pastas, 18 taps, and house inspired cocktails. Their bustling dining room feels warm due to their tenured staff. Bugatti's is proud to still be serving memories to our community classic Italian American fare with a smile. *Bring money for Dinner.*

Depart: 4:30pm

Cost: Bring money for dinner

Return to Center 8:15pm

Bus Fee: Donations Accepted

Belmont Firehouse Tour

March 25, 2025

Come with us to learn about how firefighting got its start in Portland. Firefighting in Portland boasts many proud traditions with a long and storied history. In 1851, Colonel Thomas Dryer, editor of the Oregonian Newspaper, decided it was in the best interest of the city to establish a firefighting force, and with that, he founded Pioneer Fire Engine Company No. 1. While it was never officially accepted, the "agitation" for a fire service in Portland had begun. The first official fire company was accepted by the city on August 1, 1853 and steady growth followed. 10am tour time. *Bring money for lunch after the tour.*

Depart: 9am

Cost: Bring money for lunch

Return to Center 3pm

Bus Fee: Donations Accepted

Ceramic Painting Workshop

March 28, 2025

Our "paint your own pottery" studio is the perfect place to come. No experience, paint or tools needed. We supply everything to create your own piece of art! You paint, then we glaze and kiln fire your pottery. Usually ready for pick up in 4-5 days. Come in and socialize, paint ceramics, explore other arts, make crafts, most of all a place to hang out with new friends, and be creative. *Bring money for lunch at Fir Point Farms after painting.*

Depart: 11:00am

Cost: Bring money for lunch and ceramics

Return to Center 3:30pm

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 of the details of this wonderful trip coming up in November!

March Movies, Music & More

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

Movie Line-up

Wednesdays at the Movies

March 5th: **Groundhog Day**, starring Bill Murray and Andie McDowell. A self-centered weatherman finds himself in a time loop on Groundhog Day.

March 12th: **The Choice**. Travis and Gabby first meet as neighbors in a small coastal town and wind up in a relationship that is tested by life's most defining events.

March 19th: **Arthur**, starring Dudley Moore and Liza Minnelli. When alcoholic billionaire Arthur falls in love with a poor waitress, he must decide if he wants to choose love or money. A classic!

March 26th: **Lost on a Mountain in Maine**. Based on a true story – a 12 year old boy is separated from his family during a fast-moving storm, and must fight to stay alive during his 9-day adventure lost in the backwoods of Maine.



Fridays with Harrison Ford – the pre-Indiana Jones years!

March 7th: **Mosquito Coast**, with Helen Mirren. An inventor spurns his city life and moves his family into the jungles of Central America to make a utopia.

March 14th: **Extraordinary Measures**, with Brendan Fraser. Parents John and Aileen Crowley search for a researcher who might have a cure for their two childrens' rare genetic disorder.

March 21st: **Hanover Street**, with Lesley Anne Down and Christopher Plummer. Margaret is a nurse in WWII England, married to a secret agent. Things get complicated when she falls in love with an American pilot.

March 28th: **Sabrina**, with Julia Ormond. An ugly duckling undergoes a remarkable change, but still has a crush on a carefree playboy. His business-focused brother has other ideas...

Lunch service in the Dining Room is NOON sharp 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.

Monday, Music with Mickey, March 3rd and 17th
Join us to hear a fine selection of hits, and oldies & goodies.

Music with Scott: Friday, March 7th at 11:15
A great selection of well known music, "something or everyone"!

Music with Jim at 11:30— March 21st. Join us for some fine guitar music including patriotic tunes, gospel and more!

Piano with Jonah occasional— Wednesday or Thursday
Classical, favorites and show stoppers!

Thanks to our musicians for the live entertainment!

Remember to Make Reservations for "Special Events"

Lunch Dates: We require reservations for our "special lunch" celebrations and hamburger day. This month we offer **St. Patrick's Day Lunch, Monday, March 17th and Hamburger Day, Thursday, March 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!

Some BIG thank you's:

Maxine Elle for the goodie bags for our home delivered meal clients for Valentine's Day. They're really cute!

Special thanks to AARP and Cupid's Crew (Jerry and April Vantassel) who delivered roses to all of the women who attended our Valentine's Day lunch!

Thank you Gretchen R. for picking up our weekly flower donations and thanks to Cheryl for arranging nice bouquets for our dining room each week!

Thank you to our WONDERFUL musicians for the live music you share with us! We are grateful for our wonderful volunteers & our generous community. Thank you!!

Healthy Body—Healthy You!

Your body is a well oiled machine—if you don't fuel it right, it won't treat you right! A well balanced diet rich in vitamins, minerals, proteins and healthy fats ensure that our bodies operate optimally, reducing the risk of illness and promoting longevity! Sign me up for that!!! Read on for more info about where to find the nutrients you need to fuel your body. Remember to get up and exercise when you can and as always, I look forward to seeing you at the center soon ~ Mindy



The Importance of Good Nutrition for Aging Adults

As we age, our bodies undergo a series of natural changes, affecting everything from metabolism to muscle mass, bone density, and organ function. One of the most crucial aspects of maintaining good health and well-being as we age is proper nutrition. For adults aged 65 and older, a balanced diet is essential not only for maintaining physical health but also for mental and emotional well-being. Good nutrition can help prevent chronic diseases, improve energy levels, and contribute to overall quality of life.

Maintaining Bone and Muscle Health — As we age, we begin to lose muscle mass (sarcopenia) and bone density (osteoporosis), which can lead to frailty, increased risk of falls, and fractures. Proper nutrition plays a key role in slowing down these processes. Key nutrients to include in your diet:

- **Calcium:** Calcium is essential for maintaining strong bones and teeth. Older adults need 1,200 mg of calcium per day. Dairy products like milk, cheese, and yogurt are excellent sources of calcium. For non-dairy options, consider fortified plant-based milks or leafy greens like kale and broccoli.
- **Vitamin D:** Vitamin D helps the body absorb calcium and supports bone health. As we age, the skin's ability to produce vitamin D from sunlight decreases. Foods like fatty fish (salmon, mackerel), egg yolks, and fortified foods (like cereals and orange juice) can help maintain adequate vitamin D levels.
- **Protein:** Adequate protein intake helps preserve muscle mass. Aging adults should aim for about 1-1.2 grams of protein per kilogram of body weight each day. Lean meats, poultry, fish, eggs, beans, and legumes are all excellent protein sources.

Supporting Heart Health — Cardiovascular health becomes increasingly important with age. High blood pressure, high cholesterol, and heart disease are common concerns for adults over 65. A nutrient-rich diet can help prevent or manage these conditions. Key nutrients to include in your diet:

- **Fiber:** Fiber-rich foods, such as whole grains, fruits, vegetables, and legumes, help manage cholesterol levels and regulate blood sugar. They also aid digestion and help prevent constipation, which can be a concern for many older adults.
- **Omega-3 Fatty Acids:** Omega-3s, found in fatty fish like salmon, walnuts, and flaxseeds, are beneficial for heart health. They help reduce inflammation, lower blood pressure, and decrease triglyceride levels.
- **Potassium:** Potassium helps balance the effects of sodium, regulating blood pressure. Good sources of potassium include bananas, sweet potatoes, spinach, and beans.

Maintaining Cognitive Function — Aging adults are at risk of cognitive decline, including conditions like Alzheimer's disease and dementia. Nutrition plays a significant role in supporting brain health and may even help reduce the risk of neurodegenerative diseases. Key nutrients to include in your diet:

- **Antioxidants:** Foods rich in antioxidants, such as berries, leafy greens, and nuts, help protect brain cells from oxidative stress, which can contribute to cognitive decline. Blueberries, in particular, have been shown to improve memory and support brain function.
- **B Vitamins:** B vitamins, including B12, folate, and B6, are essential for brain health. Vitamin B12, in particular, is important for nerve function and red blood cell production. Good sources of B vitamins include eggs, fortified cereals, leafy greens, and lean meats.
- **Healthy Fats:** Omega-3 fatty acids, also beneficial for heart health, support brain function by promoting neural growth and communication. Fatty fish, flaxseeds, and walnuts are excellent choices.

Improving Digestive Health — As we age, the digestive system may become less efficient, leading to problems like constipation, bloating, or indigestion. Eating a diet rich in fiber, drinking plenty of fluids, and maintaining a healthy gut microbiome can help improve digestion. Key nutrients to include in your diet:

- **Fiber:** Fiber is essential for promoting regular bowel movements and preventing constipation. Foods like whole grains, fruits, vegetables, and legumes are high in fiber.
- **Water:** Staying hydrated is vital for maintaining digestive health and preventing constipation. Aim to drink plenty of water throughout the day, especially if you are eating fiber-rich foods.

Proper nutrition is crucial for aging adults to maintain their health, independence, and quality of life. By focusing on nutrient-dense foods and ensuring adequate intake of essential vitamins and minerals, seniors can support bone health, heart function, cognitive function, and digestive health. A balanced diet tailored to the needs of older adults helps prevent chronic diseases, manage existing health conditions, and promote vitality in the later years of life. Always consult with a healthcare provider or nutritionist for personalized advice, as individual needs may vary based on age, activity level, and health conditions.

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.

“The Rest is Silence”

T. Strzechowski

She was quiet.

With her straight, light brown hair pulled back into a loose ponytail, her lime-green anime t-shirt, and the designer torn denims, she easily blended into the diversity of her peers in high school hallway traffic. Surrounded by a throng of fellow student faces white, brown, and black, her fair complexion and lack of make-up were a rare departure from most other girls. But what especially defined her look were her headphones, worn daily like two bulbous white shells over each ear, and she would bob into my classroom each morning with a shy smile and a nod, that loud pumping, numbing music faintly discernable as she passed.

But she was quiet.

Instead of being that typical college-app-fixated three-sport athlete in high school, she chose to participate in only one sport each year: swimming. Last year she was my student, and daily announcements were made over the intercom during our class period together, so we all heard her name mentioned several times during the swim season, along with her accomplishments and newly set records. She never wore spirit wear that advertised her participation in the sport; we learned of her accolades only through those announcements.

Like I said, she was quiet.

No doubt because I gave her some positive feedback on a recently submitted essay, she began following my social media toward the end of the first semester, and so I followed back. Now a senior, her Instagram was a flood of photography with purpose, with a sense of composition. No pictures with friends or family; she loved Lamborghini, Ferraris, anything with speed and flash – anything to produce that wave of excited adolescent liberation – and some of her most compelling photography was from a recent visit to the Chicago Auto Show, where she posted pics of vibrant neon vehicles reflected gleaming in her selfies' eyes.

A week before Thanksgiving she killed herself. Don't know how. I got the call from a colleague who this year had the girl in class. Something about cyberbullying. Stunned, I looked up her Instagram to check her last posting, but she must have recently deleted her account. Recalling when she had been my student in class, I remembered her smile and nod as she'd enter my classroom each morning, those bobbing headphones immersing her ears in music. And I reflected.

*Suffer the slings and arrows of daily existence
--- droplets of rain*

We float in doubt and insecurity for much of our lives. Left unchecked, such things can overwhelm and even drown us.

We swim in language our entire lives, often unaware of how our words will ripple and affect our listeners.

And today we wade in a morass of language and doubt combined: social media, contagion of our times.

She is quiet.

Coincidence #1

My life is full of coincidences! Several of them relate to houses I have lived in. When I was ten years old, my family moved from NE Seattle to the suburb of Lake Forest Park, just inside the northern boundary of King County. The house itself was small and unimpressive, but it was situated on an acre of subdividable land.

Our neighbors to the right were an interesting family, a couple with two children. The daughter, Ginger, was a year younger than I, who came with the stereotypical “Dennis-the-Menace” wannabe younger brother, David. Her mother, Joanne, was a model with deep auburn hair, always dressed in jewel tones, looking as if she were on her way to a magazine shoot, mincing around in high heels. Their living room was carpeted in white with all white furniture and an alabaster coffee table. It was off limits to anyone under 30. Since their house wasn't much larger than ours, that limited its practical square footage.

My friend Ginger bore no physical resemblance to either of her parents. Her Father Earl had his private pilot's license and looked dashing in his Aviator sunglasses. He was tanned and fit, and used to fly the family to remote vacation spots like Penticton. I never knew what he did for a living. Ginger and I were friends for about 6 years before I left to attend WSU in Pullman. I don't recall her ever talking about uncles, aunts or family in the area or elsewhere in Washington.

I quickly became immersed in college life. My parents divorced and sold the property soon thereafter, so my contact with Ginger was minimal except for the occasional letter. Spring semester of my sophomore year I was required to venture outside of my liberal arts comfort zone into a Chemistry 101 class. I was never confused by Chemistry. I studied, thought I understood it, and yet couldn't seem to score above a “C” on a test. Fortunately, my lab partner, Dan, was a willing and able tutor. He was also quirky, funny, and shared my fondness for writing. We began to date. As Spring vacation approached, Dan told me of his plans not to return to Spokane, where his folks lived, but to spend it in Seattle, working for his Uncle Gayle who owned an electrical contracting business there. Gayle was one of his mother's two brothers who lived near Seattle. This meant we would be able to see each other during the vacation and perhaps even during the approaching summer if things worked out. I was enthused and when Dan invited me to a Springtime family gathering, where I would meet the uncles and his cousins, I accepted. In preparation, he began to fill me in on those I would be meeting. He described Ginger, her brother David, and their parents Earl and Joanne in detail. What fun we had surprising them when we walked into the family party together! What were the chances that I would meet Ginger's cousin from Spokane at WSU almost 300 miles away and ultimately marry him two years later? I guess it was just one of those “coincidences!”

Submitted by Resi Stockman-Hind

Birthdays & This & That!

March 2025 Birthdays !

1 Keith Galitz	17 Patricia deCarteret
1 LeonaHart	17 Patricia Smith
1 Debbie Kyzer	18 Patricia Naumann
1 Gretchen McCallum	19 Rebecca Davenport
2 Gene Hedrick	19 Mike Long
2 Robin Way	20 Judi Aus
3 Ann McBride	20 Helen Ferguson
4 Thomas Schnelle	20 Ken Kendall
5 Michele Bechtold	20 Lynda Tucker
5 Gerald Hawks	21 Gail Freeman
5 Maggi Mason	21 Roy Wilson
6 Preston Hiefield	22 Lois Brooks
7 Sharon Arrigotti-Skoe	22 Katherine Holt
7 Robert Gibson	22 Mary Walsh
8 Delores Leece-Rider	23 Jan Galitz
9 Sandra Amos	24 Doug Lewis
9 Harold Hopkins	24 Betty Maschke
10 Marilyn Fillis	24 Diana Schaugency
10 Allan Garten	24 Linda Tasker
10 Karen Livengood	24 Judith Zogg
10 Laurie Ritson	25 Kathleen Blanchard
11 Sharon Sample	25 SandyNewman
11 Darrell VanDerZanden	26 Naomi Lawyer
12 Jean A. Moore	26 Beth Luchini
12 Velma Niemann	26 Janine Miller
13 Jeannine Brumley	26 Carol Younger
13 Karen Joy	28 Judy Long
13 Dave Petts	29 Maxine Elle
13 Kathy Robinson	29 Michael McCallum
13 Carolyn Spengler	29 Ernest Winterton
14 Peggy Bartlett	30 Marcella Bennett
15 David Carnahan	30 Patricia Purcell
15 Joe Kalinowski	31 Cherrol Pacholl
16 Betty McDaniel	31 Joan Sartin

Happy Birthday



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 12 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!

Thank you to our New & Renewing Members

Marjie Aranda	Pat Kekua
Jane Bennett	Julie Kemp
Arendina Brown	Dave Lien
Deanna Callaway	Kitty Losch
Mike & Judi Cocco	Gloria McGraw
Carolee Darling	Kathleen Nolin
Deborah Grochol	Gary & Patricia Paddock
Greg Hallgarth	Sandra Peterson
Dennis Hardy	Donna Pierce
Fred & Louann Haynes	Rick & Maggie Riley
Dave & Bette Hester	Karen Saindonw
Donald & Susan Hope	Maria & Andrew Valdez
Carolee Iselin	Cindy Waldron
Darrell & Betty Johnson	Lillibell Welter

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.

Les Misérables - School Edition | February 27, 28, March 6, 7, & 8 - 7 pm, March 1 - 2 pm, Canby High School Fine Arts Center

\$10 adults - \$8 students, CHS students/staff free with ASB card. Save \$1 Purchase tickets in advance: <https://or-canby-lite.intouchreceipting.com/CougarDramaStore>. Flowers and Concessions available to support the theater troupe.

Just Outside Town...

2025 Wooden Shoe Tulip Festival, March 21st: Opening Weekend! Our 41st Annual Wooden Shoe Tulip Festival has begun! located at 33814 S Meridian Rd, Woodburn, OR

The Wooden Shoe Tulip Festival is an annual celebration of spring, showcasing acres of breathtaking tulip fields in bloom. Located in Woodburn, our festival attracts visitors from near and far to experience the beauty of millions of blooming tulips.

March 22nd: Tulip Trail Run (5k, 10k, and 1/2 marathon). Everything is better with friends! So create a team, and get your friends and family to join. Race Website- Additional race information can be found at <http://www.woodenshoe.com/events/tulip-trail-run/>

Triskelee Farm, West Linn, 29700 SW Mountain Road
Weekends starting March 15th-April 19th. 10am-2pm.

Come join us for an Eggciting day at the farm! We'll have egg hunts, farm tours, baby animals, bounce house, kids craft and pictures with the Easter Bunny.

Enjoy a guided educational farm tour that takes you to visit and feed the lovely farm animals like alpacas, ostriches, goats, pigs, peacocks, ponies and more. Check out the farm shop filled with alpaca yarn and hats, homemade jellies, jams, pickled vegetables, goat milk lotions, quail and chicken eggs. There's also the rustic barn that's perfect for events and birthdays.

Out of Town...

67th Annual Spring Portland Metro Dealers RV Show, March 6 to 9, Portland Expo

Discover the ultimate RV experience at the Portland Metro RV Show! Join us for a showcase of the latest recreational vehicles, accessories, and camping gear from top exhibitors. Whether you're a seasoned RV enthusiast or new to the lifestyle, this event offers something for everyone. Don't miss this chance to kickstart your next adventure!

Portland Seafood & Wine Festival, March 1 to 2, Portland Expo

A delicious celebration of the region's finest seafood and wines, bringing together top local vendors for a weekend of tasting and fun. A perfect event for foodies and wine lovers alike to explore the best of the Pacific Northwest's culinary scene.

Enjoy fresh Oregon seafood (during the peak of Dungeness Crab season!) as well as wine, craft beers, cider, & distilled spirits as you browse 175+ booths of wine, food, crafts, and more! Over 40 of Oregon's finest wineries (plus ales, ciders & spirits) offer you tastings of their very best.

The fest is preceded by one of the Northwest's most prestigious wine events, the Portland Seafood & Wine Festival Wine Competition presented by ilani. Vintners from across Oregon submit their finest in hopes of being named among the best. We then make them available (for tasting and for purchase) at the festival.

Thriftapalooza, March 1 to 2, Portland Expo

Join us for a unique thrifting experience! More than just a secondhand shopping event - it's a celebration of conscious consumption and sustainable living. With a diverse range of gently used items available, you're sure to find something you love. Plus, by shopping with us, you're supporting a circular economy and reducing waste. Don't miss out on this opportunity to score great deals and make a positive impact on the environment.

Portland Golf Show, Feb. 28 to March 2, Portland Expo

The Portland Golf Show is the region's top event for golf enthusiasts, featuring the latest gear, apparel, and course information. With exclusive deals, expert tips, and interactive experiences, it's the perfect destination for golfers looking to up their game.

Northwest Horse Fair & Expo, March 21, 22, 23.

Linn County Fair & Expo Center in Albany, Oregon
A horse lovers dream, the expo showcases a wide variety of domestic and foreign breeds all in one place, exhibiting the diversity of horses. Enjoy the Breed Showcase and Stallion Review, host to the high stepping Friesians, adorable Miniature Donkeys, Gaited Horses, Mules and much more.
The Northwest Horse Fair & Expo has become an annual tradition for horse owners and horse lovers in the Northwest. It combines to the highest degree, first rate education, entertainment and shopping. Whether you own horses or are a horse lover at heart, are a beginner or professional, are interested in dressage or trail riding, there is truly something for everyone. It's three days of fun the entire family can enjoy. For more information, visit <https://equinepromotions.net/northwest-horse-fair/>.

47TH Annual Shamrock Run, Sunday | March 16, 2025, SW Naito Parkway & Pine St

The Shamrock Run Fest isn't just a race, it's a rollicking good time filled with music, laughter, and the warm embrace of community spirit (and oatmeal). Plus, where else can you don your most outrageous green getup and not get a second glance? For more information visit <https://www.shamrockrun.com/>



Saint Patrick's Day Word Scramble

See how quickly you can un-scramble these words related to "St Patrick's Day". Good luck!

1. Pleachurne _____
2. Kroamsch _____
3. Brownia _____
4. Top fo Dogl _____
5. Trapkic _____
6. Dineral _____
7. Cyklu _____
8. March _____
9. Loverc _____
10. Slebgins _____
11. Seretaur _____
12. Sneaks _____
13. Libbe _____
14. Yodlhai _____
15. Draape _____
16. Sappegib _____
17. Negre _____
18. Pets Cande _____
19. Gij _____
20. Roosheshe _____

Source: www.flandersfamily.info

Do you have a pet? Do you like movies? Even if you're NOT a pet lover OR a movie-buff, here are some fun facts about well known "PET ACTORS" that you might find interesting!

1. "Rin Tin Tin": This notable **German Shepherd** is the most highly paid animal actor in history, and one of the most famous animal actors too! He was well known in the '50's, and in today's market his salary would have been \$26,000 a week on: *The Adventures of Rin Tin Tin*.

2. "Bart": This Alaskan **Brown Bear** made \$6 million over the course of his career. He lived for 23 years, and passed away in May of 2000. He played in 30 movies, some of which include: "The Life and Times of Grizzly Adams", "White Fang", and "Legends of the Fall". Bart was 8'10" tall, weighed 1,779 pounds and obviously, well-behaved and well-trained!

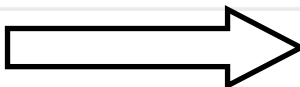
3. Colonel Meow: This **mixed-breed cat** (Himalayan and Persian) gained attention of millions—his face looks like he has a permanent scowl! Although he died in January 2014, his videos and photos are still viewed today and on YouTube, he was making approximately \$5,000 a month!

4. Trigger: Originally named Golden Cloud, this palomino stallion got his big break in the 1938 film "The Adventures of Robin Hood" but you probably know him better as the **horse** used by Roy Rogers who made cowboy films! Roy Rogers purchased the horse, renamed him "Trigger" and the two of them appeared in nearly 90 films and 100 plus episodes of "The Roy Rogers Show".

5. "Crystal": Crystal the **monkey** is a Tufted Capuchin Monkey who was born May 6, 1994. You may have seen her in the 1997 movie "George of the Jungle". She also starred in other popular films such as "Night at the Museum," and "Dr. Dolittle" and the well known TV show "Malcolm in the Middle". In just 5 of her movies, the box-office gross totalled over \$2.5 billion!

6. "Keiko": In 1993 everyone knew this **Orca whale** as "Free Willy" - the name of the movie in which he starred and captured the hearts of the audience. After the movie Warner Bros. created the Free Willy-Keiko Foundation, with plans to protect him and lead to his eventual release. Keiko, in the movie "Free Willy" brought in \$36 million!

Fun Facts!!





Thank you 2024—2025 Annual Appeal Donors

Sustaining Individual Donors: Donations of \$201+

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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: _____

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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!*

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MEMORIAL: In Memory of: _____ Memorial Enclosed \$ _____

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 Phone: 503-266-2970
 Web: www.canbyadultcenter.org

Activities— March 2025

Su	Mon	Tue	Wed	Thu	Fri	Sa
						1
2	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 4:15 Trip: Reader Theatre	4 9:30 YOGA 10:00 Handiwork 11:00 Trip: Mystery Lunch 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	5 9:00 Quilty Friends 9:00 Tai Ji Quan 10:00 BB&B 10:30 Blood Pressure Clinic 11:00 BingoCize 1:00 Medi-Carolers 1:00 Movie: Groundhog Day	6 9:00 Beginning Ukulele 10:00 Ukulele Class 10:00 Memoir/Creative Writing 1:00 Line Dancing	7 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 11:30 Music w/ Scott 1:00 Pinochle 1:00 Movie: Mosquito Coast	8
9 Daylight Savings Time Begins	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 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	12 9:00 Tai Ji Quan 10:00 BB&B 11:00 Fall Prevention Workshop **No BingoCize today 1:00 Board meeting 1:00 Attorney Consults 1:30 Blood Drive 1:00 Movie: The Choice 3:00 Alzheimer's Caregiver Supt Gp 	13 9:00 Beginning Ukulele 10:00 Ukulele Class 10:30 Conv. On Aging 11:00 GeriFit 11:30 Music with Jim 1:00 NW Medicare Advisors 1:00 Line Dancing	14 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 1:00 Pinochle 1:00 Movie: Extraordinary Measures	15
16	17 Happy St. Patrick's Day 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 10:30 Hearing Loss Presentation 11:00 GeriFit Noon Reservation for lunch 1:00 Hand & Foot 3:00 Relaxation/ Meditation Class	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 Newsletter Folding 10:00 BB&B 10:30 Blood Pressure 11:00 BingoCize 1:00 Nutrition Ed. Pizza! 1:00 Blood Drive 1:00 Medi-Carolers 1:00 Movie: Arthur	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: Bugatti's Dinner	21 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 1:00 Pinochle 1:00 Movie: Hanover Street	22
23	24 9:00 Foot Clinic 9:00 Tai Ji Quan VIDEO 10:00 BB&B VIDEO 10:00 Wood Carving 11:00 GeriFit VIDEO 11:30 Music with Mickey 1:00 Hand & Foot Canasta 3:00 Relaxation/ Meditation Class	25 9:00 Trip: Belmont Firehouse 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: Lost on a Mountain in Maine	27 9:00 Beginning Ukulele Class 10:00 Ukulele Class 11:00 GeriFit Noon Lunch reservation Hamburger day 1:00 Line Dancing	28 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 BB&B 11:00 Trip: Ceramic Painting & Lunch 11:00 BingoCize 1:00 Pinochle 1:00 Movie: Sabrina	29
30	31 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/		NO GENEALOGY SERVICE THIS MONTH It will resume April 2 nd .			

Menu—March 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Pork Stew with Roasted Vegetables Roasted Red Potatoes Green Salad Chef's Choice Dessert	4	5 Chicken & Dumplings Mashed Potatoes Green Salad Fruit	6 Chef's Salad Vegetable Soup Sugar Cookies	7 Tater Tot Casserole Steamed Carrots Broccoli Bacon Salad Roll Fresh Fruit	1 8
9	10 Meatballs with Gravy Buttered noodles Steamed Vegetables Green Salad with To- matoes & Cucumbers Jello with Fruit	11	12 Deli Sandwich Vegetable Garnish Chickpea Greek Salad Chef's Choice Soup Brownie	13 Sausage & Cheddar Quiche Hashbrown Potatoes Applesauce Fruit salad	14 Meatloaf with Gravy Mashed Potatoes Steamed Broccoli Fresh Veggie Salad Fruit	15
16	17 St. Patrick's Day Corned Beef Steamed Cabbage Roasted Potatoes and Carrots Roll Watergate Salad Brownies with Mint Topping	18	19 Kielbasa & Sauerkraut Vegetables Cornbread Marinated green Bean salad Fresh Fruit	20 Club Sandwich Lettuce & Tomato Vegetable Soup Oatmeal Cookie	21 Oven Baked Pollock Rice Pilaf Vegetables Coleslaw Peach Crisp	22
23	24 Sweet and Sour Chicken Rice Steamed Vegetable Cucumber salad Fruit	25	26 Shrimp Louie Tossed Greens Vegetable Garnish Chef's Choice Soup Apple Cobbler	27 Hamburger Day Potato Salad Broccoli & Cauli- flower Salad Fresh Fruit	28 Vegetarian Meal Stuffed Pepper Casserole Steamed Vegetable Tomato salad Chef's Choice Dessert	29
30	31 Chicken Fajitas Salsa and Sour Cream Beans and Rice Fruit Tres Leches Cake		Thanks to our Serving Groups: Canby Fire Department Canby Police Department Canby Utility LDS Church—First Ward Zion Mennonite Church			