



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

April 2025

CENTER STAFF

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CUSTODIAN

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,

Some of you have been asking about the status of our building project: In short, everything is moving forward as planned, although taking a little longer than we thought it might. On March 10th, our conditional use permit application went before the City of Canby's Planning Commission—we need a permit as we intend to change the use of the building, from a church to a senior center. I'm pleased to report that our application was APPROVED, albeit with a couple of conditions that we should be able to iron out. We're reviewing a couple of different agreements with the CUMC community as well as other building users, and hope to finalize the purchase within the next month or so. Then...its on to fundraising...lots and lots of fundraising! We're so very excited at the prospect of having a home of our own.

See you at the Center—Kathy

**MySeniorCenter Automated Calls—
Learn How They Work!**

Do you use your Canby Adult Center keyfob to check in for activities and lunch?

If so you may have received an automated call from MySeniorCenter when we had "snowdays". We've recently learned how to notify our members of pertinent (sometimes last minute) in-



Month At A Glance: See inside for details


- March 31 Trip sign begins at 8:30
- April 2 Genealogy Services
- April 4 "Baseball Day" & Lunch, servers from Canby High School
- April 7 Parkinson's Support Group 1 pm
- April 9 Board meeting 1 pm
- April 9 Red Cross Blood Drive 1 pm
- April 9 Support Group for Alzheimer's Caregivers 3 pm
- April 10 NW Medicare Advisors, 1 pm
- April 10 Conversations on Aging 10:30 "Living Solo as a Senior"
- April 17 Noon—Easter Lunch (reservation required)
- April 17 Easter Egg Coloring Craft 1 pm
- April 20 Happy Easter!
- April 24 Seated Beachball Volleyball 10 am
- April 24 Hamburger Day (reservation Required)
- April 28th Trip sign up begins for May trips at 8:30 am

This month's "Eggsellent" Easter Egg Craft



Join us Thursday, April 17th at 1:00 PM to dye Easter Eggs. Go home with a basket of eggs for yourself or a friend! Sign-up details on page 7.

CANBY ADULT CENTER



**Save the Date for the
2025 Resource Round-Up
MAY 22nd 10-12pm**

**RESOURCE
ROUND-UP**
May 22, 2025
10-12pm

Join us as we host several LOCAL community resources for our annual resource fair! Save the date to learn more and plan now to attend this event!



Center Services

Client Services Available in April

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

Generally offered the 2nd Wednesday of each month, an attorney will meet with you at the Center for a free 30 minute consultation. **This month there are no appointments offered; please check the May newsletter for future appointments.** [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 April 2nd and 16th, 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 April 14th and 28th

Jenelle is a footcare nurse who has lived in the area and worked in the Health/Hospice field for more than 20 years. Jenelle generally offers services on the 2nd and 4th Mondays of each month, from 9 am to 2 pm. This is a nail trim (no foot soak) and the fee is \$40. This month Jenelle's appointments are Mondays— April 14th and 28th. Appointment required.

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

Seamstress Service: April 23rd

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—April 9th

Red Cross blood drives are monthly at the Center—due to the great need! Future blood drives dates for 2025 are: 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.**

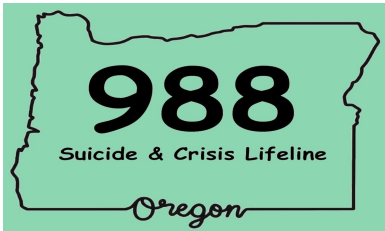
Thank You for your Donations!

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

Caregiver Expressive Writing Circle—Online workshops for those caring for people healing from cancer

The **OHSU Knight Cancer Institute** invites those who are personally or professionally caring for someone living with and healing from cancer to join a free online writing group.

Using the *Amherst Writes & Artists method*, OHSU creates a safe, supportive space for health and healing. Connect with yourself and others, reduce stress and boost confidence through writing. No previous writing experience is needed.



Accessing Veteran Services starts with a VSO—Veterans Service Officer

Oregon has veteran service offices accessible in all 36 counties and on four Tribal lands across the state—enabling veterans to be served in and by their own communities.

Veterans and their families can obtain free, confidential and critically important services.

When you need assistance, a veteran services office is where every veteran should start. Meeting with a local office every four to five years is recommended, even if you have previously been denied. Not only do health conditions develop and change as we age, the but federal VA is continuously implementing new programs and expanding benefits and associated eligibility that could positively impact a disability claim.

For help in Clackamas County, contact the Clackamas County VSO at **503 650 5631** or by email at: veterans@clackamas.us



What is Senior Planet from AARP?

Senior Planet with AARP offers classes, articles, videos and activities to help older adults learn new skills, save money, exercise, make new friends and much more

It is a Learning Community for Older Adults

Senior Planet is about much more than the latest gadgets, apps, and websites. Their non-profit organization's purpose is to enable older adults to come together and find ways to learn work, create exercise and thrive in today's digital age. Senior Planet Programs are designed around five impact areas: financial security, social engagement, creative expression, health and wellness, and civic participation. All five areas represent opportunities in the lives of older adults where technology can have a transformative effect.

Wherever you are in the world, you can subscribe to the Newsletter and join free online classes.

Visit <https://seniorplanet.org/> for more information or to register for an on line class



Do you have a piano that no longer gets played that you would like to donate?

Below you will find some non profit organizations that do **good things** with donated pianos:

Play it forward/Snowman Foundation

<https://pifmusic.org>
Marietta@pifmusic.org 503 746 1080

Piano Santa Foundation

<https://www.pianosanta.org>
info@pianosanta.org 503 245 6269

Other ideas for "re-homing your piano might include" :

Reaching out to your local Goodwill,
Checking with local schools and churches.



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 May newsletter 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— April 2nd, 9th, 23rd, 30th

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”— April 2nd & 16th. 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

kqgalitz@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 February 12, 2025

Directors Present:

Loren Bell, Keith Galitz, Sandra Field, Tim Nichols, Bob McCall, Joyce Peters, Mike Vissers

Directors Absent:

Matt English, Brandon Leonard

Guests:

Jon Bettendorf and Erik Wald, Quest Investment Mgmt. LLC

Quest Investment Management Update: Jon Bettendorf and Erik Wald gave a presentation on the performance of the investment fund through January 31, 2025. Annual Gross Performance earnings at 7.7% with an ending value over \$8M. The Capital Asset Allocation strategy of 60% Equities and 40% Fixed Income is working well for CAC with no recommendations for change as we face upcoming expenditures related to the new building acquisition.

Monthly Reports:

Treasurer: Keith reported that January results were better than anticipated with value up by nearly \$163K. Cash on hand is being closely managed to ensure that upcoming closing and building remodel expenses are covered.

Director Report:

Programming. A new class focused on fall prevention begins on March 12th. This will be a quarterly class co-sponsored by Canby Fire and Dr. Davies. A monthly Alzheimer's Support Group will begin on March 12th at 3:00 pm.

Fundraising and other events. Annual Appeal update: we have received just under \$96K as February 10th well above the budgeted amount of \$80K.

Staffing and Administration: We have a new hire in the kitchen; Asael Serrano is training to back up the cooks as well as other duties.

Old Business:

Property Purchase: The Permitting Process is wrapping up with a City staff report due on February 28th which includes their recommendations to the Planning Commission. A public hearing is scheduled for March 10th at 6:00 pm. .

Final City disbursement of the \$512K was received and deposited.

City approval of the partition requested by the Church is pending proof of funding for restriping of the parking lot, CAC agreed to commit funds to move the process along. It is expected that final partition will occur to accommodate closing date of March 31, 2025.

Loren reported that draft easement agreements are in hand and under review as well as the lease agreement with the Pre-school. Other rental/use agreements are in process. .

Building Update:

JE Design Task II Design Development – A visit by the Mechanical/Electricity/Plumbing structural and kitchen consultants occurred on February 7th to work up costs of the kitchen phase. Awaiting recommendations for external walk-in cooler.

Fundraising - The fate of the Community Development Building Grant is very uncertain because funds are provided for these grants at the Federal level which may be under current administration scrutiny.

Auditor Selection. Kathy reported that Auditor search resulted in two potential providers. We are not required to provide a full audit annually; an annual review is sufficient with a full audit every other year. One firm provided a solid quote for review and a full audit while the other firm provided ranges. The board instructed Kathy to secure additional information for review. Fundraising sources will require that we provide and audit and/or review reports as part of the application process.

Meeting Adjourned:

At 2:15 pm a motion was made to adjourn the meeting. Motion was seconded and passed unanimously. Next meeting will be on Wednesday, March 12, 2025

Respectfully submitted by Sandra Field, Secretary

April Speakers and Activities

Genealogy Services With Fred Gill — April 2nd

If you would you like to know more about your ancestors, we now offer a 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 **April 2nd** between 12:30—3:30 pm. **Sign-up required**; reserve your spot by signing up at the front desk or call 503 266 2970



Baseball Day Friday April 4th at noon

Its that time of year again., baseball season!! Grab your favorite ball cap, t shirt, or baseball themed earrings and join us for a good time. .Let's all sing **"Take Me Out To The Ballgame"** together.

Participate in a baseball toss. You may win a prize . Softball and Baseball players from Canby High School will be here to serve you a ball park themed lunch. Don't strike out OR miss out! Join us for the party! **Plaayy Ball !!**

Parkinson's Resources Support Group 1st Monday each Month at 1:00 pm This month, April 7th



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

American Red Cross Blood Drive April 9, 1:00 pm to 6 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 This Month: April 9th

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 meeting here monthly, the 2nd Wednesday of every month from 3-4 pm 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, April 10th @ 10:30am Conversations on Aging: Living Solo As A Senior (rescheduled from February snow-day)



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

Medicare Meeting April 10, 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

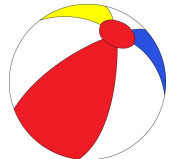
Join us for Easter Egg Coloring on Thursday, April 17th, 1 pm

Join us Thursday, April 17th at 1:00 PM to dye Easter Eggs. Go home with a basket of eggs for yourself or a friend.

No charge— sign up required. Call 503 266 2970 or sign up in person at the front desk Class size limited to 12.

Thursday, April 24th @ 10am

Seated Beachball Volleyball
No experience required! We'll form teams, warm up with some volleys and then play a few games (prizes to the winning team!)—a good time guaranteed! If you're not sure it's for you, spectators are always welcome.



Permanent New Time for Blood Pressure Clinics—now offered 10:30 am to noon! April 2nd and 16th

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.

Trips—April 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 March 31st**. 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.**

Tulip Fest at Wooden Shoe Tulips is back! April 8, 2025

Join the gang as we venture over to Wooden Shoe Tulip festival to experience the magnificent fields of vibrant color and beauty of blooming flowers, train rides, craft vendors, and more. *Bring money for lunch at Country Cottage Restaurant at the golf course in Senior Estates after enjoying the tulips.*

Depart: 9:45am

Cost: Free admission

Return to Center 3:30pm

Bus Fee: Donations Accepted

Dinner at Thai Basil Restaurant Lake Oswego April 17, 2025

We offer authentic Thai "family-style cooking", and dining in a contemporary and relaxing setting. Our cuisine showcases the abundance of aromatic and flavorful spices of Southeast Asia. We blend spices in our cooking, employing pungent roots like galangal, turmeric and ginger; aromatic leaves like lemongrass and kaffir lime leaves, together with other ingredients like coconut, palm sugar and chilies. *Bring money for dinner.*

Depart: 4:30pm

Cost: Free Admission

Return to Center 8pm

Bus Fee: Donations Accepted

Broadway Rose Theatre "Grease" April 18, 2025

Though Grease implies many complex things, it is actually about the ordinary, everyday lives of a group of teenagers. Their chief worries are whether or not they'll have a date to the dance and can they get the car. *Bring money for Dinner before the show.*

Depart Center: 4:30pm

Cost: 35.00 for theatre (pay at sign up)

Return 10:30pm

Bus Fee Donations accepted

BBC Steel Yard Tour and Lunch April 22, 2025

At BBC Steel Corp., we are committed to achieving excellence in the fabrication of metal and various other materials. As a full-service fabrication shop, we cater to both the public and large-scale companies, ensuring that no project is too big or too small for us to handle. For over 50 years, BBC Steel has remained a family-owned and operated business, instilling a sense of pride in the quality of our products and services. *Bring money for Canby Food carts after the tour.*

Depart: 9:25am

Cost: Free Admission

Return to Center 2pm

Bus Fee: Donations Accepted

Mt Hood Train Ride April 25, 2025

Join us on our scenic Spring Train for a unique round-trip experience as the orchard valley will be transformed into a beautiful canvas of blossoming trees, flowers, vines, and plants. The train will travel along the Hood River and past forest, orchards, and vineyards for approximately 45 minutes. Passengers will disembark for approximately 45-minutes where you can visit The Fruit Company and Mount Hood Winery during the layover. Beer, wine, and snacks available for purchase. *Or bring snacks for the ride and money for a late lunch after the train ride.*

Depart: 9:30am

Cost: \$42.50 pay at sign up

Return to Center 5pm

Bus Fee: Donations Accepted

April Movies, Music & More

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

Movie Line-up

Wednesdays at the Movies

April 2nd – **Dare to be Wild**. How does a penniless unknown gardener compete in the Olympics of Gardening when Prince Charles is a rival? Based on the true story of Irishwoman Mary Reynolds.

April 9th – **The Maiden Heist**, starring Morgan Freeman and Christopher Walken. Three museum security guards plan a heist to steal back the artworks to which they have become attached after they are transferred to another museum. Fun comedy!

April 16th – **Hoovey**. High school basketball star Hoovey Elliot collapses on court and is diagnosed with a brain tumor. Hoovey must rely on family and faith to pick himself up and get back in the game. Based on a true story.

April 23rd – **Conclave**, starring Ralph Fiennes, Stanley Tucci and John Lithgow. When Cardinal Lawrence is tasked with leading one of the world's most secret and ancient events, selecting a new Pope, he finds himself at the center of a web of conspiracies and intrigue.

April 30th – **Leap Year**, starring Amy Adams. An American woman plans to propose to her boyfriend on Leap Day in Ireland, but a series of comedic setbacks derails her Dublin trip and opens her eyes to the possibility of a new love.



In memory of Gene Hackman, we offer some of his lesser known (but safely rated) treasures on Fridays this month:

April 4th – **Runaway Jury**, with John Cusack, Rachel Weisz and Dustin Hoffman. A juror, a lawyer and a mysterious woman stand in the way of a man trying to manipulate an explosive trial.

April 11th – **I Never Sang for my Father**. A man living in the shadow of his aging father finds it difficult to start a new chapter by marrying his girlfriend and moving to California. One of Hackman's earliest films.

April 18th - **Welcome to Mooseport**, with Ray Romano. A local plumber is plunged into the national spotlight when he takes on the former US President in the mayoral race for Mooseport, Maine. Hilarious comedy!

April 25th – **Hoosiers**, with Barbara Hershey and Dennis Hopper. A coach with a checkered past and a local drunk train a small-town high school basketball team to become a top contender for the state championship in 1950s Indiana.

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.

Music with Dave, Friday April 4th at 11:15

Dave offers a wide-range of gentle guitar music with favorites from every era — don't miss this great entertainment!

Music with Mickey, April 7th and 21st at 11:30

Join us to hear a fine selection of hits, and oldies & goodies.

Music with Scott: Friday, April 18th at 11:15 A great selection of well known music and "something or everyone"!

Music with Jim - Jim will next join us Thursday, May 15th. Guitar music including patriotic tunes, gospel & more!

Piano with Jonah, this month Wednesdays: April 2nd, 9th, 16th, 23rd and 30th. 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 **Easter Lunch Thursday, April 17th, and Hamburger Day, Thursday, April 24th.**

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:

To everyone who has donated items for the bingo raffle
To all our monthly serving groups in the dining room
To all of our wonderful volunteers
To all our newsletter folders
To our Board of Directors

**Thank
You**

Healthy Body—Healthy You!

Happy spring! Clocks have been set forward, the sun is setting after 7pm....the dark days of winter are behind us. Woohoo! Today's technology is advancing faster than we can keep up. We've got some tips below to help you stay up to date on all the benefits of smart phones, mobile apps and more! Enjoy the sunshine, get outside when you can. I hope to see you at the center soon ~ Mindy

How Technology Can Help Older Adults

Technology offers a wide range of benefits to older adults. Below are just a few of our top reasons why embracing new tech can benefit seniors as they age in place.

- Provides access to transportation and food—there are many apps you can download for arranging yourself a ride or even have food/groceries delivered right to your door.
- Monitors health and wellness—there are many fitness apps and trackers that help monitor your steps, sleep, and activity.
- Informs you about the latest news and trends allowing you to stay up to date with news and current affairs.
- Provides entertainment—games, news, tv....it's easy to get lost in all the possibilities within today's technologies.
- Connects them with friends, family, and healthcare providers—with today's technology, we can facetime our family that lives far away, and/or have an online doctor's appointment, with ease!



Seniors Continue to Adopt New Technology

If new technology intimidates you, you're not alone. But seniors have proven time and time again that they can adjust to the ever-evolving tech landscape as well as any other age group. In 2019, more than half of older adults bought a new tech product, whether it be a smartphone, laptop, or smart home device. Once seniors are connected to the internet, getting online becomes part of their daily routine. In fact, roughly 75 percent of older adults with an internet connection report that they use it daily.

Mobile Apps for Seniors

Mobile applications, or mobile apps, are basically computer programs designed to run specifically on your smartphone or tablet. Smartphones and tablets come preloaded with some mobile apps, just like if you were to purchase a new computer, there would be programs preloaded on it and some you would need to download. Likewise, there are mobile apps you can download for free or purchase through the Apple App Store for Apple devices or Google Play for Android devices.

These days, there's a mobile app for everything! Your favorite stores most likely have a mobile app so you can easily shop via your mobile device. There are apps to keep you connected to friends and family, such as FaceTime and Facebook Messenger. And there's no chance you'll be left twiddling your thumbs with all the games, video, music, and audiobook apps just a tap away.

Exciting Innovations aiming to improve the health and well-being of older adults

The most critical tech advances for older adults exist in the health space. Numerous devices and wearables help monitor physical conditions such as blood pressure, heart rate, and sleep patterns, measure safe sound exposure for hearing, track eating habits, and offer at-home testing for a series of diseases. In some cases, the information can be conveyed to health professionals to enhance medical oversight for ongoing for medical conditions. Most of these health-monitoring and measuring devices are managed with an app using a smartphone, increasing the importance of older adult adoption of wireless communication tools.

One interesting example: Over 30% of people 65 and older and up to 50% of people 75 and older experience some level of hearing loss. The FDA's recent approval of over-the-counter hearing aids and continued improvements in the types, styles, and battery life of prescription hearing aids mean there are now more options than ever for devices to meet the needs of people with hearing loss. To add to ever-evolving hearing aid innovations, an exciting new device addresses hearing loss with a different approach: XanderGlasses. These glasses provide real-time captioning directly on the eyeglass lenses as the conversation is ongoing around you. The innovative glasses will eventually be able to be built with your own prescription glasses. These glasses offer an interesting alternative to traditional hearing aid devices for the future.

Fan Favorite App; Food & Grocery Delivery Services for Older Adults

As we age, maintaining proper nutrition is key to preventing disease and supplying our body with the nutrients it needs to function. Whether you're a pro in the kitchen or would rather have someone else do the cooking, food delivery services make it easy for seniors to have meals brought right to their doorstep.

Local grocery stores in our community (Cutsforth's Market, Fred Meyer & Safeway) all offer home delivery services for your groceries. You can hop on the website or app, place an order with ease and groceries will be delivered RIGHT TO YOUR DOOR, often at no charge (if you plan accordingly).

SOURCE: National Council on Aging

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.

Our Favorite Family Restaurant...

Our family had a routine for church. We would go to mass on Saturday evening and then go to dinner at a restaurant the children liked. While I was stationed in Colorado Springs our family had two restaurants that were favorites. One was, naturally, a pizza place. It was called Fargo's. It had a gay nineties motif and we would sit in the upstairs to eat. Your order number would appear in several large mirrors around the dining area and then the older boys would go down stairs and pick up the pizzas. With five children we always ordered two large pizzas. When she got a little older their sister would help retrieving the pizzas.

Our eldest son visited Colorado Springs a couple of years ago. He said Fargo's is still there. He took his wife there for a pizza.

The other restaurant was a Mexican place called El Burrito. It was owned by a family. We became friends with them. The husband and wife were always there and when we arrived we were invariably seated at a large table in the middle of the dining area. The kids especially liked El Burrito because they all were allowed to order whatever they wanted plus the amount of chips and salsa was generous. I no longer remember their names, but the couple usually visited with us for a few minutes if the restaurant was not busy.

The day we bought our house Sharon and I went to the El Burrito for lunch. The title company was right around the corner from the restaurant. We had just closed on the first house we ever owned. When I suggested lunch, Sharon said, "Can we afford it?"

One particular Saturday evening after church we went to the Mexican restaurant. The meal started out as usual with the family greeting us and seating our clan at the large table. From there it went down hill.

Our waitress was not one who had ever waited on us before. She was abrupt with the kids and borderline rude with us. I do not know why she was in a mood. At the end of the meal I was thoroughly disgusted with her. I left a dime on the table as a tip to send a message.

We were departing and as I paid the bill the waitress yelled across the room, "Hey mister you left your dime on the table". I retorted "No, that is yours you earned it." We left.

The next time we went to the El Burrito the lady who owned the restaurant with her husband greeted us as usual, and then said immediately, "that girl doesn't work here any more."

Mark O'Shea

My Happy Place

The first recollection I have of dancing is standing atop my father's shoes as he led me through the steps of a Strauss Waltz, presented by the Vienna Philharmonic in our living room in Seattle. He also took me to see a movie called "The Red Shoes" about a ballerina when I was about 8. It didn't inspire me to study ballet, but when a friend who was taking lessons offered to teach me the basic positions, I accepted. These lessons took place on the sidewalk in front of our house. This was just down the street from another family whose eldest daughter had already achieved the coveted status of "teenager." She often spent summer afternoons practicing the latest Rock-n-Roll dance moves in front of her house, right next door to the home of my best friend. She would crank up her transistor radio so we could learn by watching the steps to "The Bop." I also recall choreographing a dance, along with my older cousin, to "O, My Papa" during one of our annual summer visits to their home in California.

These informal exposures prompted me to enroll in a summer school dance class between the 5th and 6th grades. We practiced folk dances like the Schottische and simple square dances, followed by some basic ballroom dances. Here, I learned to live with disappointment when Roger Stussy consistently picked Susan with the perky blonde ponytails as his dance partner!

Nevertheless, I went on to take a 2- hour dance class in college that targeted primarily P.E majors. It included units on folk and ballroom dance, as well as an introduction to modern dance. So, I suited up in the requisite black leotard and tights and summarily sprained my knee. But it was also my good fortune to meet a classmate who was a former Arthur Murray Dance Instructor. He taught me some of the finer points of his specialty, the Swing. In Germany I encountered a young man from Honduras who was and remains the best dance partner I ever encountered. On more than one occasion we greeted the dawn while walking home after a full evening of dancing.

As a young mother I decided to take some time for myself, and responded to an ad offering belly-dancing classes. I considered this somewhat risqué at that time. Today it might have been pole dancing. During the 2 years my then husband was stationed in Hawaii, I learned some basics of Hula, but didn't become as proficient at either dance form as I now wish I had. During the "single" time that followed, I joined a group of friends that attended weekly singles dances sponsored by the Servetus Club. This was also the decade of Sunday afternoon Tea Dances at the Embassy Suites Hotel. My husbands each came with their favorite dance style, based on their state of origin. The one from Pittsburgh demonstrated the Pennsylvania Polka and the one from Detroit specialized in Motown. Being from Seattle, I didn't know Motown was its own genre until I met him decades later.

With the passage of time, I decided to pursue other forms of movement to music that didn't require a partner. Our gym offered a Silver Sneakers aerobics class that I enjoyed greatly. My husband and I both attended Tai Chi classes for several years prior to Covid. I also began taking Line Dancing classes until everything was halted. Now, I am back to Line Dancing as time allows and have also joined an aerobic dance class that meets 3 times weekly at 8am. It must be good to get me up that early! I have come to realize that dancing is my happy place, a bright thread that weaves throughout the fabric of my life, and I will continue to do so as long as I am able.

Resi Stockman-Hind

Birthdays & This & That!

April 2025 Birthdays !

2	Betty Haak	15	Sara Brown
2	Doris Mimnaugh	15	Dale Williamson
2	Judie Stone	16	Abby Miles
2	Shelly Taranoff	17	Betty Johnson
3	Julie Curley	18	Laurie Harmon
3	Margaret Gher	18	Cyndy Poppen
3	Marguerite O'Brien	18	Monty Posey
3	Janis Salisbury	18	Diane Davis
4	Jeanne Dinnel	19	Louise Doney
5	Arthur Fillis	19	Mary Harrison
5	Marjorie Irving	19	Sue Marble
5	Charlotte Lawrence	19	Sunya Porter
5	Jean Metzger	20	April Van Tassel
5	Tim Nichols	21	Judy Adams
5	Mitchell Sartin	21	Debby Handy
5	Deb Williams	22	Scott Caufield
6	Dave Fife	22	Diana Keefe
6	Luellen Fife	23	Sue Goetchius
6	Gwen Reymore	24	Sandie Field
6	Nancy Sebastian	24	Bob Jones
7	Lora Heli	25	Linda Schmidt
7	Yoka Noorowijk	26	Suzanne Marshall
7	Natalie Pullella	26	Pauline Templeton
7	Rod Ruger	26	Cynthia Wales
7	Kathy Sievers	27	Michele Hunter
8	Pam Anderson	28	MaryAnn McCann
8	Bill Hill	28	Susan McLean
8	Dennis Richey	29	Marsha Keen
9	Deb DesLaurier	30	Michelle Bayley
9	Harvey Simi	30	Judi Christiansen
9	Ginny Stevens	30	Joe Freeman
12	Marian Hada		
12	Dennis Nolder		
14	Carol Church		
14	Anne Stronko		
14	Belinda Winge		

Happy Birthday



Thank you to our New & Renewing Members

Lori Andersen	Charlotte Hiebert	Rowena Price
Ronald & Carol Bardwell	Karen Hill	Andrew & Betty Jo Rivinius
Kareen Bayless	Jim Hunnicut	Patricia Robertson & Bertha Von Cragh
Roberta Beauchamp	Michele Hunter	Jeannine & Gary Robison
Lionel & Barbara Billeaudeaux	Darrell & Betty Johnson	Roger Rossman
Arendina Brown	Carol Johnson	Albert Roy, Jr
Im Sook Choi	Karen Joy	Linwood & Marilyn Rush
Doris Creedon	Vicki Juneski	John & Brenda Soderlund
Jeannine & Gary Davis	Kathryn Kahele	John & Brenda Soderlund
Deb Deslaurier	Julie Ann Kemp	Gwen Stevens
Lauren & Daniel Dixon	Terry & Jan Kester	Bill & Carla Stevens
Jesse & Roberta Elders	Mike & Penny Kissner	Joan Stuart
Dan & Pat Ewert	Karen & David Kleinke	Angie Turnaciff
Jo Garner	Colleen Light	Robin & Scott Way
Dean & Sue Glaspey	Ken & Annie Lind	Anthony Weber & Karen Merchants
Naomi Gonzales	Peter & Nida Lokteff	Andrea Wiese
Don Guilliford	Kathy & Malcolm Lowery	Ronald & Bonita York
Betty Haak	Beth Luchini	
Deborah Hancox	Dyanne McDonnell	
Mary Harrison	Don Morgan	
William & Julie Hamey	Sharon Mrokowski	
Vicki Harsch	Keith Murphy	
Terri Haworth	Nancy Norberg	
	Cindy Purbaugh	

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!

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!



Bits & Pieces...

My Senior Center Automated Calls

Curious about the new automated calls coming from the Center?



We've recently learned how to notify our members of pertinent (sometimes last minute) information! My Senior Center phone notifications is a wonderful tool that allows us to send ONE recorded message to 500+people at a time!

We are using this new feature for weather delays/closures, and/or any important info you may need prior to coming to the center. Here's how it works:

1. The automated system pulls the **primary number** you have listed on file (from the NAPIS form you have completed).
2. **If you have a cell phone AND a landline, the system will auto-dial the number you've listed as primary.** Please keep your phone number up to date!
3. My Senior Center is based out of state, so the number that shows up on your phone is auto-generated from the company (My Senior Center) and will change every time. The area code may vary.
4. If you don't answer, it will leave you a voice-recorded message in your voicemail inbox.

We love MySeniorCenter, AND we appreciate your patience with the new system!

A Few Reminders About our Very Limited Parking:

1. Spaces directly behind the back of the building, next to the dining room, are **reserved for MOW drivers. Please do not park in those spaces until after 1 pm unless you are a MOW driver.** We mark those spaces with large orange cones—if a cone is on the sidewalk, please do not park in that space. The MOW drivers carry heavy coolers to and from their vehicles so we try to make sure they don't have to carry those coolers too far.



2. As you know, we share the parking lot with the swim center and the school district. If you park in front of our building, please use only the first row of spaces closest to our building. The rest of the spaces in that lot are for the swim center guests. There is generally plenty of parking on the east side of the building near the trees.

3. You are always welcome to call us at 503 266 2970 by 10 am, on meal days, and request a ride to and from the Center for exercise and/or lunch! We pick you up from your home with our bus, and return you to your home after lunch! Free Service!!

Thanks for your help in managing our parking!

Did you know:

April is National Rx Take Back Month!



It is time to clean out those medicine cabinets and dispose of expired medications. Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose, and abuse. **You may take unwanted or unused prescription and over the counter medications to the Canby Police Department at 1175 NW 3rd Avenue, Canby Oregon.** This service is free and drop off can be anonymous.

Items not accepted: Illicit drugs; needles/sharps/EpiPens, Inhalers/Animal Medicines

Suicide Bereavement Support: Suicide Bereavement Support, Inc. is a self-help organization served by trained volunteers offering understanding, support, friendship and education to those bereaved and impacted by the suicide death of a child, spouse, partner, parent, sibling, family member, friend, client or co-worker.

The Suicide Bereavement Group is not an official NAMI program but has been vetted and is hosted by NAMI Clackamas.

Both **Online** and **in Person** groups are offered. For more information call **503-200-0382**

Or log in to [Support Groups | NAMI Clackamas](#)

Save the date: May 1st at 1 pm

Plan now to attend a special presentation by Rose Elder Law—Regarding Long Term



Easter Candy Fun Facts: Did you know...

Chocolate Eggs: Chocolate eggs are a popular Easter candy, with the tradition originating in Germany in the early 19th century. German immigrants brought the tradition of edible Easter eggs to America, initially made of sugar and pastry. By the late 1800s, U.S. candy makers offered hollow and filled chocolate eggs.

Easter Bunny: The Easter bunny is a symbol of the holiday, with the tradition of the bunny leaving eggs for children originating in European folklore. In Germany, an "Easter fox" delivers goods instead of a bunny.

Marshmallow Peeps: Are a popular non-chocolate Easter candy, with more than 1.5 billion eaten every spring.

Reese's Peanut Butter Eggs: This very popular Easter candy is a favorite of many!

Jelly Beans: They became associated with Easter in the 1930s, though their origins reportedly date back to a Biblical-era concoction called a Turkish Delight.

Easter Candy Consumption: Americans spend billions of dollars on Easter candy each year. In recent years, Americans spent over \$22 billion on Easter candy!

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.

Spring Tea, April 2-4, St Patrick's Church, 498 NW 9th, \$20 per person. For tickets and more information, call 818.481.5168

Willamette Valley Big Band, Saturday, April 5, 5:00 pm, Warner Grange Hall, 10100 S New Era Rod

Welcome in Spring with a special concert. Only \$5 admission + donation item of hygiene items, bleach, blankets, pillows, or gently used clothes.

Hope Village Garage Sale, Saturday, April 27th, 9-4pm, Hope Village Senior Living, 1535 S Ivy St., Canby
Join us for our Annual Garage Sale, Tools, books, clothes, collectibles, garden and patio items, furniture and household items. Lunch is available! CASH OR CHECK ONLY!

First Thursday Night Market, Apr 3, 2025, 5:00 PM - 8:00 PM, 222 NE 2nd Ave

As Canby continues to grow, so do the offerings during First Thursday! Join our local businesses as they showcase their offerings with specials and deals, giveaways and more!

"Spring Into Reading" Author Fair, Saturday, Apr 12 & 13, 2025, 10:00 AM - 4:00 PM, Warner Grange, 10100 South New Era Road

Join us for our first annual Authors Fair, where 35 local authors will have their books for sale. Admission is free. There will also be author readings, a free raffle, beverages, and cookies for sale.

Easter Brunch, Sunday, Apr 20, 2025, 12:00 PM - 6:00 PM, Aurora Vineyards, 21338 Oak Lane Northeast, Aurora, (503) 678-3390, autumn@avwine.com

Join us for Easter Brunch on Sunday, April 20th in the Aurora Vineyards Tasting Room. Brunch served from 12:00pm - 6:00pm. Mimosas, Wine, and other beverages available. Join us in celebrating Easter Sunday with delicious brunch, fabulous mimosas, and family and friends. Due to high demand for this event, we ask you stay only within your time slot that is reserved so others may have the opportunity as well. Reservations HIGHLY recommended to ensure a table.

SHRED-IT-DAY, Tuesday, Apr 22, 2025, 12:00 PM - 4:00 PM, Clackamas County Fairgrounds RED LOT 694 NE 4th Ave

Each year the Canby Area Chamber of Commerce hosts "Shred-it-Day" where people come through to drop of documents needing to be shredded. The public and all businesses are welcome to bring their documents in need of shredding! FREE - \$5 donation per box requested with a 4-box maximum! Canby PD will be on hand to accept unused or outdated prescriptions.

Charcuterie Board Workshop (No Food) at Red Chair Farm, Sat, 12 Apr, 2025 at 01:00 pm to 03:00 pm, Red Chair Farm LLC, 27215 South Gribble Road
In this workshop, you will transform a sustainable sourced live edge Oregon Black walnut piece into a charcuterie board which is ready to use when we finish.

All tools, supplies and finishing oil are provided. Your instructor will be there to help and answer any questions throughout the workshop. Food and wine available for purchase!

Just Outside Town...

Annual Spring GardenPalooza, Friday, April 11th, 9am – 5pm & Saturday, April 12th, 9am – 3pm, Baumans Farms, 12989 Howell Prairie Rd. NE, Gervais, OR

The gardeners are coming to Bauman Farms! Now Bigger, Better and 2 Days!

The 21st Annual Spring GardenPalooza®, April 11th & 12th, 2025, is a 2-day gardening extravaganza event with close to 40 vendors to get you excited about gardening and give you a head start on getting your spring & summer garden ready. See and buy hundreds of plants, garden art, gardening tools, soils & fertilizers, books, and more! Get free advice and information! There will be a ton of specials, coupons, and discount savings for those who attend. Admission to this event is free with lots of free on-site parking.

Earth Day, April 19 - 10:00 am - 4:00 pm, Oregon Garden, 879 W. Main St, Silverton

Earth Day at The Oregon Garden is a free day of celebrating our planet! Guests of all ages are invited to grow their environmental stewardship by visiting with environmentally-conscious exhibitors, engaging in educational activities and exploring the Garden!

Out of Town...

Rusty Barn Quilt Craft & Sewing Expo, April 10 to 12, Portland Expo Center

At the Quilt, Craft & Sewing Festival you will find a wide variety of Sewing, Quilting, Needle-Art and Craft supply exhibits from many quality companies. \$10 Admission.

House and Outdoor Living Show 2025, April 4-6, Oregon Convention Center, 777 NE Martin Luther King, Jr. Blvd, Portland

Welcome to the House & Outdoor Living Show, presented at the conveniently located Oregon Convention Center. This comprehensive and expansive home show brings together homeowners and the area's top remodeling and building experts. Every aspect of the home can be explored, from the smallest design detail to the largest house addition. Professionals will be on hand to share their valuable knowledge to bring your ideas to life or inspire you with new ones. This all-encompassing event will surely put you on the path towards making your dream home a reality. For more information, email: info@homeshowcenter.com.



Thank you 2024—2025 Annual Appeal Donors

Sustaining Individual Donors: Donations of \$201+

Patricia Achenbach	Kathleen Hostetler	Roger Skoe & Sharon
Tim & Beckie Anderson	Randall Jenkins	Arrigotti-Skoe
Christine Anderson	Michael & Lucy Kelsay	Carol Laity & Sheldon
Erik & Marilyn Ankney	Dwight & Roberta Knapp	Marcuvitz
Theresa Arena	Chuck & Mary Ann Kocher	Roger & Marilyn Shell
Robert Baguio	Oliver Korsness	Diane & Doug Skille
Florence Ball	Darline Kraxberger	Vicki Smith
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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: _____

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Phone: _____ E-Mail Address: _____

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

Activities— April 2025

Su	Mon	Tue	Wed	Thu	Fri	Sa
		1 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	2 9:00 Quilty Friends 9:00 Tai Ji Quan 10:00 BB&B 10:30 Blood Pressure Clinic 11:00 BingoCize 11:15 Music with Jonah 12:30 Genealogy Svce 1:00 Parkinson's Support Group 1:00 Medi-Carolers 1:00 Movie: Dare to be Wild	3 9:00 Beginning Ukulele 10:00 Ukulele Class 10:00 Memoir/Creative Writing 11:00 GeriFit 1:00 Line Dancing	4 Baseball Day 9:00 Tax Clinic 9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 11:30 Music w/ Dave 1:00 Pinochle 1:00 Movie: Runaway Jury	5
6	7 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 1:00 Parkinsons Support 3:00 Relaxation/ Meditation Class	8 9:30 YOGA 9:45 Trip-Tulip Fest & Lunch 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	9 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 BingoCize 11:15 Music with Jonah 1:00 Board meeting 1:00 No Attorney Consults today 1:30 Blood Drive 1:00 Movie: The Maiden Heist 3:00 Alzheimer's Caregiver Support Gp	10 9:00 Beginning Ukulele 10:00 Ukulele Class 10:30 Conv. On Aging Living Solo as a Senior 11:00 GeriFit 1:00 NW Medicare Advjsors 1:00 Line Dancing	11 9:00 Tax Clinic 9:00 Tai Ji VIDEO 10:00 BB&B VIDEO 11:00 GeriFit VIDEO 1:00 Pinochle 1:00 Movie: I Never Sang for My Father	12
13	14 9:00 Foot Clinic 9:00 Tai Ji VIDEO 10:00 BB&B VIDEO 10:00 Wood Carving 11:00 GeriFit VIDEO 1:00 Hand & Foot 3:00 Relaxation/ Meditation Class	15 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	16 9:00 Tai Ji Quan 10:00 Newsletter Folding 10:00 BB&B 10:30 Blood Pressure 11:00 BingoCize 11:15 Music with Jonah 1:00 Blood Drive 1:00 Medi-Carolers 1:00 Movie: Hoovey	17 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 10:00 Ukulele Class 11:00 GeriFit 12:00 Easter Lunch By Reservation 1:00 Easter Egg Craft 1:00 Line Dancing 4:30 Trip: Thai Basil Dinner	18 9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 11:15 Music with Scott 1:00 Pinochle 1:00 Movie: Welcome to Mooseport 4:30 Trip: Broadway Rose	19
20 Happy Easter!	21 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	22 9:25 Trip: BBC Steel Tour & Lunch 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	23 9:00 Quilty Friends 9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 11:15 Music with Jonah 12:00 Seamstress Svc 1:00 Mandala Project 1:00 Movie: Conclave	24 9:00 Beginning Ukulele Class 10:00 Ukulele Class 10:00 Seated Volleyball 11:00 GeriFit 12:00 Hamburger Day By reservation 1:00 Line Dancing	25 9:00 Tai Ji Quan 9:30 Trip: Mt. Hood Train Ride 10:00 BB&B 11:00 BingoCize 1:00 Pinochle 1:00 Movie: Hoosiers	26
27	28 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 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation	29 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	30 9:00 Quilty Friends 9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 11:15 Music with Jonah 1:00 Movie: Leap Year	31 9:00 Beginning Ukulele Class 10:00 Ukulele Class 11:00 GeriFit 1:00 Line Dancing		

Menu-April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Taco salad Tossed Greens Beans/Rice Fresh Fruit	3 Apple Dijon Pork Loin Rice Pilaf Fresh vegetables Apple Sauce Berry Cobbler	4 Baseball Day Hot dog on a bun Macaroni salad Coleslaw Baked Beans Peanut butter bars	5
6	7 Beef Chili with Beans Cornbread Vegetables Cucumber salad Jello with fruit	8	9 Chicken & Dumplings Mashed Potatoes Steamed Vegetables Carrot & Raisin Salad Fruit	10 Cobb Salad Vegetable Soup Brownies	11 Crab Linguini with Tomatoes Green Beans Marinated Vegetable Salad Fresh baked Roll Fruit	12
13	14 Chicken Enchilada Casserole Black beans Spanish rice Coleslaw Apple sauce	15	16 Turkey Sandwich Veggie Garnish Vegetable soup Cookie	17 Easter Meal Baked Ham with Honey Glaze Macaroni & Cheese Asparagus Tossed Green Salad Warm Roll Lemon bar	18 Breaded Pollock Rice Pilaf Steamed Vegetable Cucumber Salad Fruit	19
20 Happy Easter	21 Baked Ziti Casserole Vegetables Garlic bread Green salad Fruited Gelatin Salad w/ marshmallows	22	23 Vegetable Based Meal Lentil Dahl with Coconut Milk Steamed Rice Roasted Vegetables Pita Bread Peaches	24 Hamburger Day Potato Salad Broccoli & Cauliflower Salad Yellow Cake with Frosting	25 Sweet & Sour Meatballs Buttered Noodles Baked Vegetables Tossed salad Fruit	26
27	28 Shrimp Alfredo Fettuccini Noodles Steamed Vegetable Spinach Salad Fruit	29	30 Breaded Chicken Burger with Lettuce & tomato Sweet Potato Fries Corn Cole slaw Brownie	Thanks to our Serving Groups: Canby Fire Department Canby Police Department Canby Utility LDS Church—First Ward Zion Mennonite Church		

Food Days to Celebrate in April:

April 1st—National Sour Dough Bread Day—no joke!!
 April 11th—National Cheese Fondue Day
 April 26th—National Pretzel Day

April 2nd—National Peanut Butter & Jelly Day
 April 22nd—National Jelly Bean Day
 April 30th—National Raisin Day