

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

March 2026

CENTER STAFF

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Carol Clark
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MONITORS
June Nice
Carol Clark

Office Hours

M—F 8:30 am—4:30 pm

Welcome from the Director

Dear friends,

Things are REALLY a-bustle here at the Center these days! Between AARP tax clinics, a new Zumba class, some staff transitions and new hires (more on that inside) and general spring fever with this week's blue skies, there's lots of activity in our halls and classrooms. The month of March is shaping up to be more of the same, so please read on to see what interests you!

We are also very close to selecting our general contractor for the new building remodel—yikes, it's getting real! If you drive around in N. Canby, you MAY just see some activity at 1520 N Holly in the coming weeks. Stay tuned for updates!

See you at the center —Kathy

Change in Exercise Class Schedule Effective March 1st



Gerifit and BingoCize class times are flip-flopping beginning March 1st. The new times are as follows:

BingoCize: Monday & Thursday @ 11am
GeriFit: Wednesday & Friday @ 11am

St. Patrick's Day celebration Monday, March 16th



Join us for lunch Monday, March 16th as we celebrate St. Patrick's day. The kitchen team will serve a great menu of corned beef and cabbage, and we'll have our own Canby Adult Center "Medicarolers" performing your Irish favorites.

Signup Req'd

Baseball Day—SAVE THE DATE! Friday April 10th @ Noon

Show your enthusiasm for "America's past time"! Wear your ball cap, jersey, socks.

Enjoy a baseball themed lunch and show off your arm in our friendly baseball throw competition. Canby High School athletes will be here to serve us and show us what they got as well. Play ball!

Month At A Glance: See inside for details

Feb 23	Sign up begins for March trips, and activities.
Mar 2	Parkinson's Support Group 1 pm
Mar 3&17	Women's Grief Support Group 2:30
Mar 4	Genealogy Service
Mar 8	Daylight Savings Time Begins
Mar 9	Speaker: Clackamas County; Seasonal Illness Awareness/ Vacs 1pm
Mar 11	Board Meeting 1 pm
Mar 11	American Red Cross Blood Drive
Mar 11	Attorney Consults 1 pm
Mar 11	Alzheimers Support 3 pm
Mar 12	Let's Talk 10am
Mar 12	NW Medicare Advisors 1:30
Mar 16	Irish Music Favorites with Scott & CAC "Medicarolers"
Mar 16	St. Patrick's Day Lunch Celebration Reservation Required
Mar 17	Happy St. Patrick's Day!
Mar 18	Newsletter Folding 10am
Mar 18	Blood Pressure Check 10:30
Mar 18	Managing Congestive Heart Failure
Mar 25	Ice Cream Social 1pm
Mar 26	Mandala at 1 pm
Mar 26	Seated Beachball Volleyball 10am
Mar 26	Hamburger Day Signup Required
Mar 26	Bunco at 1 pm
Mar 30	Trip sign-up for April events

Remember to Spring Forward March 8th! Daylight savings time begins Sunday March 8th and runs thru October 31st. Remember to move your clocks ahead one hour and enjoy that extra hour of daylight!

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 dietitian. 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, Yoga, and a walking group, as well as volunteer-managed Line Dancing and Zumba!

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

RECREATION and ACTIVITIES

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

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

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

Activities and resources available on a drop-in basis:

◆ Ping Pong	Pool
◆ Books/library*	Puzzles*

*Feel free to help yourselves to books from our library, magazines and puzzles. No check-out required. Donations are also always welcomed.

CLIENT SERVICES

Home Visits: Client Services Coordinator visits clients in their homes to determine eligibility for Meals on Wheels, as well as assess and educate them on other services or programs that may be useful to clients.

Information and Referral: The Client Services Coordinator has extensive knowledge of community resources that are relevant to older adults. Clients can schedule an appointment with the Client Services Coordinator to learn about resources and how to access them.

Canby Adult Center Tours Available: Schedule your personal tour of the Adult Center with Client Services Coordinator, Wendy May. She will give you a full tour of the Center and share with you all the resources and services we have to offer. To schedule your tour, contact Wendy May at 503 266 2970 Monday through Friday.

Notary Services Available: We offer Notary Services. The Notary is not an attorney licensed to practice law and is not allowed to draft legal records, give advice on legal matters, including immigration, or charge a fee.

Appointment required—contact Wendy May at 503 266 2970. We reserve the right to refuse service. This is a free service, donations to Canby Adult Center accepted.

Wellness Programs: Canby Adult Center offers time-bound workshops and one-time speakers on a variety of fitness and wellness topics. Also offered is a Relaxation and Meditation group which meets weekly. See inside for the schedule of guest speakers, which change monthly.

Center Services (continued)

OTHER SERVICES

By way of volunteers and Friends of the Center we are pleased to offer services listed below, free of charge except as noted.

Legal Assistance

Generally offered the 2nd Wednesday of each month, an attorney meets with you at the Center for a free 30 minute consultation. The next consultation appointments are April 8th. Appointment required; call 503-266-2970 to schedule your April appointment.

Senior Health Insurance Benefits

SHIBA (Senior Health Insurance Benefits Assistance) 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

Offered March 18th 10:30 am to Noon

Roger Livengood is an RN who provides a blood pressure clinic each month. Generally the **first and third Wednesday of each month, however this month March 18th only**. He is willing to provide you with a medication consultation; he does not give medication advice or prescribe medication, but can answer questions about side effects, interactions, reasons why a medication is prescribed, etc. No appointment, walk-in only.

Foot Clinics—Offered Twice Each Month with Jenelle Ediger, this month March 9th & 23rd

Jenelle is a footcare nurse who lives in the area and worked in the Health/Hospice field for more than 20 years. She is a trained medical professional providing this critical service and has provided footcare to several other senior centers in Clackamas County for years. She offers services twice each month, from 9 am to 2 pm. This is a nail trim (no foot soak) and the fee for service is \$50.

Genealogy Services With Fred Gill —

March 4, 12:30 to 3:30 pm

This is a free service where Family History consultants provide individualized help with building your family tree, learning about your ancestors lives, helping your extended family feel more connected to their ancestors, and preserving memories to be passed on to your posterity. 30 Minute individual consultations available from 12:30—3:30 pm once per month. Appointment required, sign up at the front desk or call 503 266 2970.

Appointment required

No Fee

American Red Cross Blood Drive—

Red Cross blood drives are monthly at the Center—due to the great need! **Blood drives for 2026** are March 11, April 8, May 6, June 10, July 8, August 5, and September 2. 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 late 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 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.

Monthly Support Groups offered at Canby Adult Center

Parkinson's Resources

Support Group meets this month Monday March 2nd, at 1 pm
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. [If Monday is a holiday, the meeting is the first Wednesday of the month.]



Monthly Support Group

This Canby Caregiver monthly support group meets the 2nd Wednesday each month, this month **March 11th, from 3 to 4 pm** This group is for people **caring for others** with Alzheimer's. Advance registration suggested by calling 1 800 272 3900 but walk-ins are welcome!

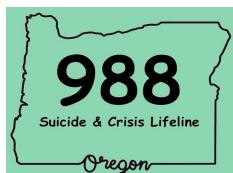
Starting Over Women's Support Group

Widowed? Divorced? Major life changes? Join our women's support group 1st and 3rd Tuesdays of the month at 2:30 pm

For more information contact Chris at 503 278 6324.

Other Resources:

- ♦ 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 & referral: 503 650 5622



Vets Driving Vets Program

Are you a veteran? Do you like to drive? Looking for a volunteer opportunity? Be part of the **Vets Driving Vets Program**. As a volunteer driver, you will provide essential transportation to follow Veterans who are unable to drive themselves or use public transportation. Mileage reimbursement is available. This program is in partnership with Clackamas County Transportation Reaching People.

Vets Driving Vets receive:

- ♦ Mileage reimbursement—ongoing training that may reduce insurance costs—social connection.
- ♦ Contact Clackamas County at 503 655 8875 or email volunteer@clackamas.us.



Tea Talk

An event for grandparents who are raising their grandchildren

Second Monday of the month 11am—12:30 pm

Gladstone Library
525 Portland Ave
Gladstone Oregon 97027

Share challenges and successes, obtain community resources and peer support.

Adobe Stock 117020914



Craft, Chat & Sip Some Tea!

To RSVP text Jen @ 503 505 2031 or email fcsp@clackamas.us

In partnership with Clackamas County, Early Learning Hub of Clackamas County

Spring cleaning? Just in time for Shred It day—March 24th!

Shred It Day will be held **Thursday March 24th from 10 am to 2 pm** at the Clackamas County Event Center—Red Lot. This event is sponsored by **Canby Area Chamber of Commerce and Canby Disposal**.



Volunteer with the Office of the Long-Term Care Ombudsman

The mission of the agency is to protect individual rights, promote independence, and ensure a high quality of life for Oregonians living in long-term care and residential facilities, and for Oregonians with decisional limitations. The program depends on volunteers to advocate for these individuals. There is a high need for more volunteers in the area.

Seeking a new volunteer adventure? Learn more about volunteer opportunities with the Long-Term Care Ombudsman at www.OLTCO.org or by calling 800 522 2602

On-going Classes and Activities

Exercise & Wellness Classes Open to Everyone!!!

Geri-Fit (Seated Exercise): Class meets every Wednesday & Friday at 11:00. This class is a great way to start your fitness journey if you're new to exercise. Instructor, Mindy Tilden
No fee—donations appreciated

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

No fee—donations appreciated

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

No fee—donations appreciated

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

No fee—donations appreciated

Yoga— Tuesday at 9:30 am

This class is offered every Tuesday at 9:30 am with Yoga Instructor Kathryn Kendorff. 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: Monday 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. *No fee—donations appreciated*

Seated Beachball Volleyball — 4th Thursday each month at 10:00am

You've asked, we've answered! Due to the popularity of this class, we're having it EVERY month! No experience needed!

No fee—donations appreciated

Walking Group: This group is on break and resumes Spring 2026

Every Tuesday & Thursday 1 pm — “Let's Dance” Line Dancing

Classes: No partner needed for this popular and fun line dancing class! New dancers always welcome! *No fee—Donations accepted*

Every Thursday 2:15—3:15 pm — “Zumba Gold”:

Try something new— fun moves & choreography and exciting songs! No experience needed.

No fee—donations appreciated

WEEKLY GAMES: Open to everyone; Walk-in's 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!

Pinochle: Tuesdays & Fridays 1:00 pm

This is double-deck pinochle 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!

Bunco: **Last Thursday every month 1 pm.** This group is open to everyone!

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

Needles & Knots Craft 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.

Regular games: 1 packet \$5, 2 packets \$8, 3 packets \$10

Special games: \$2 for four games, 3 cards to a game, and payouts vary by number of games purchased.

Minimum Payout: \$5 per game for 7 – 11 players, \$7 per game for 12-18 players & it keeps going up!

Black-out Bingo: 1 number added every week! Maximum pot \$200, weekly \$20 consolation prize

WEDNESDAY

Quilty Friends— March 4, 11 and 25

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 4, and 18

No experience needed to join this fun group of music-lovers. Meeting **first and third Wednesday each month at 1 pm.** Bring enthusiasm and some music suggestions and join us for this fun singing group!

Mandala Project—4th Wednesday each month, March 25, 1pm,

Enjoy good company and explore how mandalas can unlock your inner creativity and bring you joy! Supplies provided; 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 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 Tigard; weekly donation of \$5 suggested;** Walk-in's welcome.

Board News and Announcements

BOARD OF DIRECTORS 2025—2026

CHAIR
Loren Bell
(Term ends Sept 2026)

Vice Chair
Matt English
(Term ends Sept 2027)

Treasurer
Keith Galitz
(Term ends Sept 2027)

Secretary
Sandie Field
(Term ends Sept 2028)

Robert “Cash” McCall
(Term ends Sept 2028)

Tim Nichols
(Term ends Sept 2028)

Brandon Leonard
(Term ends Sept 2026)

Joyce Peters
(Term ends Sept 2026)

Michael Vissers
(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 Meeting Minutes—Excerpts January 14 2026

Directors Present: Loren Bell, Mike Vissers, Sandra Field, Tim Nichols, Joyce Peters, Brandon Leonard, Bob McCall
Directors Excused: Keith Galitz, Matt English
Guests: Rose City Philanthropy (RCP) - Mark Parker, Caryl Zenker, Jeri Alcock
Staff Present: Kathy Robinson

Rose City Philanthropy presented Capital Campaign Plan: Accomplishments to date were presented including the phasing of the campaign that was approved by the board. Phase One, January – December 2026 represents a 12-month intensive effort through 5 stages. Board members involvement as outlined in the plan is essential to success by making a personal commitment, identifying and introducing prospects from personal and professional networks and serving as authentic advocates who share why CAC matters to them personally.

Monthly Reports:

Treasurer: Keith reported that the investments as of the end of December 2025 are down slightly from the previous month, but the fund remains in strong shape. Comparing the current value of the fund (\$8.876M) to last December (\$8.419M) we gained over \$450K despite the withdrawals of \$200K and monthly debt service on the property mortgage. While we remain in good shape, it is critical that the Capital Campaign move forward to replenish the funds that will be needed to begin the remodel.

Director—Programming: New Zumba Gold class is very popular – spilling out the doors, possibly break into two sessions. AARP tax support starts February 6th.
Administration, finance and staffing: Fire suppression system: 2nd quote almost doubles the amount of the first one. Continue working with Fire Department to find a workaround. Recruiting for three positions, jobs have been posted to Chamber, local Facebook pages and Indeed. Responses have been good for all three positions. Mid-year Budget revision needs consideration for January to address build out.

Old Business: [N Holly Street](#)

Building: Bid process ongoing, third contractor identified to replace Triplett Wellman. Revised deadline Feb 2,2026.

Fundraising: Campaign support needed. Kathy working on job description specific to our needs. Proposal LOI for Pacific Source Foundation due January 23rd— contractor from George Fox working on it. Request for funds to State of Oregon due January 30th. We have received an award letter from the county for the CDBG funds for the kitchen. Kathy is working on an organizational assessment tool required to move forward. The \$175K PIER grant for the generator is in the hands of the County and appears to be moving forward as well.

New Business: NONE

Meeting Adjourned: At 2:20 pm a motion was made to adjourn the meeting. Motion was seconded and passed unanimously. The next regular board meeting is Wednesday, February 11, 2026.

Respectfully submitted by Sandra Field, Secretary

TRANSITIONS

Those of you who are frequently at the Center are already in the know, but for those who aren't—we have some staff changes coming up! First, I'm sorry to report that February 13th will be HDM Coordinator **Jeanne Vodka's** last day, as she moves on to retirement and all things grandbabies. Transportation Coordinator **Lynne Bonnell** is soon to follow, retiring as of April 1st. Wellness Coordinator **Mindy Tilden** is transitioning to a NEW role at CAC over the next couple of months, as our new Activities Coordinator - the good news is that this means she is here more often!

The other good news is that we have some great new people lined up to join our team! **Tiffany Wilson** is already in training to replace Jeanne as our new HDM Coordinator—welcome, Tiffany! Several additional hires are in the works, including a new Exercise Instructor and two new drivers—more on those new team members once we cross the “T’s and dot the “I’s! Rest assured that all of our great services will continue without interruption.

March Speakers & Events

Flu—Covid- RSV- Shingles - Measles Informational Presentation: Monday, March 9th at 1:00 PM

A representative from **Clackamas County Public Health Division** will be here to provide educational information on seasonal vaccines, share information on the rise in measles cases , information on shingles and how to prevent an outbreak, as well as any other questions you may have around these subjects.

Sign up required—call 503 266 2970 or sign up in person at the front desk. **No fee**



American Red Cross Blood Drive March 11, 2026



CAC is pleased to host a Blood Drive each month. You can sign up on line at:

<https://www.redcrossblood.org>

If you need assistance scheduling an appointment, please call Kathy Robinson at 503 266 2970.

Medicare Meeting: March 12, 2026 at 1:30 pm NW Medicare Advisors

A representative is available each month to provide information and answer questions regarding a variety of medicare plans, including questions for those who are new to Medicare or those who are currently on medicare. Call Nola at 503-343-6738 if you have questions.

Walk-ins welcome

No Fee

Let's Talk! (formerly Conversations on Aging) March 12th @ 10am—Families

Family relations are often complex, whether we are referring to parents, children or siblings. How do you get along with family? How do you talk to your adult children? Are you raising adult grandchildren?

Sign-up Required

No Fee



Starting Over Women's Support Group First & Third Tuesday each month, 2:30 pm to 4 pm

Widowed? Divorced: Are major changes to your life forcing you to start over but you're feeling stuck and uncertain about how to heal and move on? Join our women's support group, Starting Over. For more information contact group facilitator Chris Donner directly at 503 278 6324.



Ice Cream Social & Heart Health Presentation Wednesday, March 18th

Join us for a fun and informative afternoon on **Wednesday March 18th, 1 pm**. Enjoy an **ice cream social** followed by special presentation on **managing congestive heart failure**, presented in partnership with **Eden Palliative Care** and **Visiting Angels**.

This educational session will focus on practical strategies for managing heart failure, recognizing symptoms and improving quality of life, designed to empower seniors and caregivers with helpful tools and resources. Ice cream will be provided for congregate guests, Making this both a meaningful and enjoyable community even!

**Presentation begins at 1:00 PM—
Advance Sign up required.**

Parkinson's Resources of Oregon Sing-Along



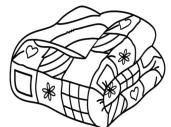
Thursday March 26, 2-3 pm
PRO Office in Beaverton
and Online (Hybrid)

A fun and supportive hybrid in-person and “virtual” song circle to practice projection, voice control, and coordination through the joy of singing! Each session will start with a practice vocal warm-up and then sing your favorite songs with guitar accompaniment.

Registration at www.pro.eventbrite.com or call 800 426 6806

Quilt Raffle—Tickets on sale Now.

Tickets are \$1 each or 6 for \$5 Drawing will be held Thursday April 2nd during the Easter Lunch.



A talented and generous community member donated the beautiful quilt of spring colors. The quilt is on display in the lobby starting March 2nd.

Tickets available at the front desk. You need not be present to win. Include your name and phone number on the tickets. We will call the winner.

Trips—March 2026

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. **If paying cash, please bring small bills to pay for trips—we are unable to break large bills to make change.**

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, February 23rd**. You may call on sign up day for any trip that does not 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. **Phone requests 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 **School District boundaries** for trips that are likely to fill up quickly.

Please note: Given our selection and number of trips, you may sign up for a maximum of two trips when sign-up opens.

The Dullahan Irish Pub Dinner

March 5, 2026

Come celebrate with us St Patty's Day month with a pint of ale and the "baddest Ruben on the lake" or a "Blarney Burger" with all the fixin's and more. This family owned and friendly eatery welcomes everyone in true Irish spirit. *Bring money for dinner and ice cream after.*

Depart: 4:15pm

Return 8:30 pm

Cost: Bring money for dinner

Bus Fee: Donations accepted

Daytrip to Astoria and Beyond

March 17, 2026

Let's take a day road trip along the Columbia Gorge towards the coast. Walk along the Astoria docks and have lunch in one of the many restaurants along the water. Driving to the Astoria tower is an adventure and the views at the top will take your breath away! I vote we also visit Tillamook Ice cream Factory along the way while we drive along our gorgeous coast. *Bring money for lunch, snacks, and airplanes.*

Depart: 8am

Return 6:30 pm

Cost: Free

Bus Fee: Donations accepted

Durant at Red Ridge Farms Tour

March 19, 2026

Durant Olive Mill is the premier purveyor of Oregon milled Extra Virgin Olive Oil and home to the only Olioteca in the Pacific Northwest. Founded in 2008, Durant Olive Mill is home to 17 acres of olive trees and a state-of-the-art Italian mill. On the premises you'll also enjoy all the plants for sale, a wine tasting room, and a retail store to shop in. *Bring money for shopping and lunch.*

Depart: 10:00am

Return 3:30pm

Cost: Free

Bus Fee: Donations accepted

New to You Shopping and Lunch

March 24, 2026

For over 50 years now, NTY has been known as an iconic place to shop from an amazing selection of new and gently loved clothing - while also saving money which earned them the title of "Wine Country's Favorite Closet. We favor a "Resale > Retail" mentality that helps us play a role in limiting textile waste, landfill contribution, & reducing the carbon foot print since 1972. New To You is one of Oregon's largest (& best!) Upscale Consignment shops! *Bring money for shopping and lunch downtown McMinnville.*

Depart: 9:15am

Return 3:30pm

Cost: Free

Bus Fee: Donations accepted

Oregon Rail Heritage Center Visit and Lunch

March 26, 2026

From train lovers to families looking for something memorable to do together, everyone's welcome at the Oregon Rail Heritage Center. Discover our exhibits, our working museum on the move is growing! We continue to actively care for our historic locomotives as well as teach and train about the train world around us. Donations are always welcome here to help us stay open for generations to come. *Bring money for lunch before the heritage center.*

Depart: 11:00

Return 4:00pm

Cost: \$4.00 entrance to heritage center (pay at event)

Bus Fee: Donations accept

March Movies, Music & More

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

Movie Line-up

WEDNESDAY MOVIES AT THE CENTER

March 4th – **Home Again**, starring Reese Witherspoon and Candice Bergen. Live for a single mom in LA changes when she allows three young men to move in with her.

March 11th – **Benny and Joon**, starring Johnny Depp and Mary Stuart Masterson. A mentally fragile young woman finds her love in an eccentric man who models himself after Buster Keaton.

March 18th – **Magnificent Seven** – the original! Starring Yul Brenner, Steve McQueen and Charles Bronson. Seven gunfighters are hired by Mexican peasants to liberate their village from bandits.

March 25th – **A Home of Our Own**, starring Kathy Bates. An overwhelmed but persevering widow moves her six children to a new town in the hope that it will afford them a better life.

Fridays with Lucille Ball – because we could all use some laughs!



March 6th – **Fancy Pants**, with Bob Hope. A fake English butler hired to refine a settler family gets caught in chaos when locals think he's nobility and the President is coming to town.

March 13th – **The Long, Long Trailer**, with Desi Arnez. Nicki wants to save money to buy a house, but fiancé Tacy dreams of starting off with their own home on wheels – a trailer.

March 20th – **Lured**, with George Sanders. British police are after a serial killer who lures his victims through newspaper personal ads and sends cryptic poems clues to the cops.

March 27th – **Mame**, with Robert Preston. Following the death of his father, a boy is sent to live with his free-spirited aunt.

A couple fun facts about Lucille Ball you may not know.....

She wasn't born funny—she worked at it. Lucy studied comedy timing obsessively and was known for rehearsing physical gags over and over until they were *perfect*. The chaos looked effortless, but it was precision-engineered.

She could break anyone. Co-stars constantly struggled not to laugh during scenes with her. Even seasoned comedians would crack because Lucy committed so hard to the bit.

**Lunch service in the Dining Room is NOON sharp
Monday, Wednesday, Thursday & 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.

Mickey Tickles those Ivories, March 2nd and 23rd
Join us to hear a fine selection of hits, and oldies & goodies

Piano with Jonah—Wednesdays in March!
A great variety of classical pieces, favorites & show stoppers!

Music with Scott: March 9th
Scott brings a selection of well known and loved popular music with "something for everyone"!

Music with Scott & "The Medicarolers" - March 16th
Join us for lunch as we celebrate with some Irish tunes!

Music with Jim - March 19th
Guitar music with Jim includes patriotic tunes, gospel & more!

Remember to Make Your Lunch Reservation 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 16th and Hamburger day March 26th. Sign-up required for both of these lunch events!**

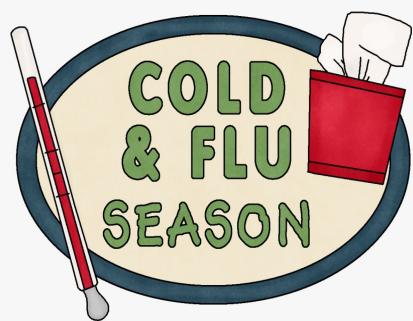
While everyone is always welcome to join us for lunch, a reservation ensures that we can offer appropriate seating for everyone.

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 our dining room to capacity



Healthy Body—Healthy You!

March may bring hints of spring, but unfortunately cold, flu, pneumonia & RSV viruses (among others) are STILL circulating. As weather allows, getting outside for fresh air and gentle movement can support immune health and boost your mood. Even just a short walk down the driveway or out to your mailbox has many benefits. It helps improve circulation, enhance vitamin C and improve lung function—just to name a few. Remember to dress warm and please stay home if you're feeling sick. We'll get through this cold & flu season together! Stay healthy, I hope to see you at the center soon ~ Mindy



Staying Vigilant: Respiratory Illness & Shingles Awareness for Older Adults

As we move through late winter and into early spring, it's important to remember that cold, flu, RSV, COVID-19, and even shingles still remain concerns — especially for older adults. While many people recover from these illnesses without complications, aging immune systems can respond differently, increasing the risk for more serious outcomes. Awareness, prevention, and early action make a meaningful difference.

Why Older Adults Are at Higher Risk

As we age, our immune system naturally becomes less efficient at fighting infections. Chronic health conditions such as heart disease, diabetes, lung disease, or weakened immunity can further increase risk. Respiratory illnesses can lead to complications including pneumonia, dehydration, or worsening of existing medical conditions. Even what feels like "just a bad cold" can escalate more quickly in older adults.

Understanding the Illnesses

Because symptoms often overlap, testing may be needed to know for sure.

- Common Cold: runny or stuffy nose, mild cough, sore throat, usually no high fever
- Influenza (Flu): sudden onset, fever & chills, body aches, fatigue, dry cough
- RSV (Respiratory Syncytial Virus): coughing, wheezing, shortness of breath, can be serious for adults over 60
- Covid-19: fever or chills, cough, fatigue, loss of taste/smell gastrointestinal symptoms

Don't Overlook Shingles

Shingles, unlike the viruses listed above is not a respiratory illness. It is caused by reactivation of the varicella-zoster virus — the same virus that causes chickenpox. Anyone who has had chickenpox carries the virus dormant in their body. As immunity weakens with age, the virus can reactivate as shingles, causing a painful rash that typically appears on one side of the body or face.

Signs of shingles include pain, burning or tingling on one side of the body; a blistering rash and/or a sensitivity to touch. Complications can include long-lasting nerve pain which can persist for months.

Prevention Strategies That Matter

The good news is that simple, consistent habits are highly effective in reducing the spread of illness:

- Wash hands frequently with soap and water for at least 20 seconds.
- Avoid touching your face, especially eyes, nose, and mouth.
- Cover coughs and sneezes.
- Stay home when feeling unwell.
- Clean commonly touched surfaces regularly.

Vaccination remains one of the most effective tools for preventing severe illness from flu, RSV, COVID-19, and shingles. If you have questions about which vaccines are appropriate for you, speak with your healthcare provider or pharmacist.

Support Your Immune System Naturally

In addition to preventive measures, daily lifestyle choices help strengthen the body's defenses:

- Stay physically active. Gentle movement like walking improves circulation and immune cell activity.
- Prioritize sleep. Aim for 7–8 hours per night to allow the body to repair and regulate immune function.
- Eat a balanced diet. Focus on protein, fruits, vegetables, whole grains & adequate hydration.
- Manage stress. Chronic stress can weaken immune response.
- Deep breathing, social connection, meditation or time outdoors can help

Seek Medical Care Promptly If You Experience:

- Shortness of breath
- Chest pain or pressure
- Sudden confusion
- Persistent high fever
- Signs of dehydration
- Painful, blistering rash

Sources: Center for Disease Control, NIH

Birthdays & This & That!

March 2026 Birthdays !

1	Keith Galitz	20	Lynda Tucker
1	Gretchen McCallum	20	Judi Aus
1	Sherry Banks	20	Helen Ferguson
1	Leona Hart	21	Gail Freeman
1	Debbie Kyzer	21	Lila Fillis
2	Gene Hedrick	21	Roberta Beauchamp
2	Robin Way	22	Lois Brooks
3	Ann McBride	22	Katherine Holt
4	Glen Murk	22	Mary Walsh
5	Gerald Hawks	23	Jan Galitz
5	Michele Bechtold	23	Gale Zollo
5	Maggi Mason	24	Doug Lewis
6	Kathi Browning	24	Diana Schaugency
6	Harold Hopkins	24	Linda Rae Tasker
7	Sharon Arrigotti-Skoe	24	Judith Zogg
9	Sandra Amos	25	Kathleen Blanchard
10	Marilyn Fillis	25	Sandy Newman
10	Karen Livengood	25	Jan Wilcox
10	Laurie Ritson	26	Naomi Lawyer
11	Darrell VanDerZanden	26	Beth Luchini
11	Kareen Bayless	26	Janine Miller
11	Sharon Sample	26	Beth Millican
12	Jean A. Moore	26	Carol Younger
13	Kai Galyen	27	Sara Brown
13	Dave Petts	28	Judy Long
13	Jeannine Brumley	29	Daryl Buchanan
13	Karen Joy	29	Michael McCallum
13	Kathy Robinson	29	Maxine Elle
13	Carolyn Spengler	30	Marcella Bennett
14	Peggy Bartlett	31	Cherrol Pacholl



In celebration of Lucille Ball, here are some of her most memorable quotes that reflect her wit and wisdom.

"The secret of staying young is to live honestly, eat slowly and lie about your age."

"I'd rather regret the things I've done than regret the things I haven't done."

"The more things you do, the more you CAN do."

"Love yourself first and everything else falls into line."

"Growing old is mandatory; growing up is optional."



For Your Information:

CAC Membership: Membership 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 it from our website); send it, along with your membership fee to: **PO Box 10, Canby OR 97013**—you will receive a subscription to our monthly newsletter!

Gifts: A financial gift of **\$51 or more at any time during the year** provides a one year membership, which includes the newsletter for one year, (paper copy or by email) and a discount on building rental.

Electronic Donation Gifts: Did you know you can choose to donate to CAC electronically—you may make a one-time gift or a monthly reoccurring gift. Go to the CAC website, choose **support**, then choose **donate** and specify the amount you would like to donate.

"MySeniorCenter" at the reception desk has a touch screen and is available for you to sign in for activities, lunch, speakers, trips, etc. using a key-fob. To sign up for a key fob, simply **ask the receptionist for a NAPIS form; complete it, turn it in** and within two weeks you will receive your "FOB" and you can sign in electronically! It's just that easy!!

Bingo Raffle Items Accepted: Bingo is offered each Tuesday at noon. We accept new, or gently used items for **raffle gifts!** If you wish to donate an item, please bring it to the front desk and we will gladly use it.

Thank You for Your Support!

Canby American Legion offers Proper Disposal of U.S. Flags: The flag disposal box is located at 424 NW 1st Street on the Fir Street side. **Look for the mailbox with the VFW logo**, deposit the flag inside the box and it will be disposed of properly.

Our thanks to Canby American Legion for this service!



Donate your Fred Meyer community rewards points to Friends of Canby Adult Center and each quarter CAC receives a donation from the community rewards program based on a percentage of your shopping purchases. This quarter 62 households participated and their contributions totalled more than \$120. 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 and you can support CAC as you shop! Rewards points **don't** take away from your personal quarterly points.

Thanks for your support!

Memoir/Creative Writing—

First and third Thursdays, at 10 am

“I Am, I Said”

I've always been a sucker for a deep man's voice. Two of my three husbands could well have been professional radio announcers. I'm sure there's a scientific explanation for why sounds in that frequency range apparently short-circuit my brain and transmit directly to my heart.

It applies to professional singers too. Glenn Yarbrough was the first that had that effect on me. Apparently, I'm not the only one with this affliction, as he frequently cited his several ex-wives as his motivation for continuing to tour the country when he would have preferred to be sailing the yacht he kept moored on the Olympic Peninsula. As a college freshman, his voice lulled me to sleep each night from the stereo in the corner of my dorm room. It's probably for the best that he never showed up in person.

I was reminded recently that Neil Diamond is another vocalist whose voice moves me deeply. The opportunity to attend his story presented on stage at the Keller Auditorium recently was too powerful to resist. I've been a loyal fan since the 1970s. Sitting in the darkness listening to the classics like “Cracklin' Rosie,” “Sweet Caroline,” “Shilo,” and so many others brought me to tears. Not because I was sad, but because for that brief time, I was suddenly whisked back 50 years and found myself sitting beside my younger self, just on the cusp of adulthood. His voice was the soundtrack to my life during that time.

About 8 years ago, I spent several days visiting my oldest granddaughter who was living and working in New York City. Because she had never seen a Broadway production, I offered to spring for tickets to “Carousel.” This was meaningful to me because it was one of the 3 musicals I had taken part in while in high school. It was a way to revisit those fond memories and create a new one at the same time, while actually sitting next to a younger part of myself. Again, I was moved to tears.

I should explain that I'm normally quite stoic, and don't easily dissolve into a puddle. But it has happened at other concerts, like Michael Alan Harrison's Christmas Concert in the candle-lit Pioneer Chapel in Canby 6 months after my husband died. Having been raised by German immigrants, I've learned to have a Kleenex nearby when listening to the Vienna choirboys sing German Christmas carols. It seems we retain pieces of our younger selves within, even after our bodies have moved on long ago.

Resi Stockman-Hind
January 2026

A STIMULATING SIGHT

The earliest printed words I remember being exposed to were in *The Book of Knowledge*—a set of about 8 books with dark blue covers full of lots of interesting and random information. At least it seemed interesting to me at the time. They were at my aunt's house so I didn't get to see them very often, but I yearned for a set of my own.

I remember the yearning for more opportunities to read. I'm thinking it was wartime and money was tight and books were not in the family budget. Those books offered me opportunities that were almost unimaginable at that time, probably my earliest grade school years.

Over the years I have seen those same books a few times but not for a long time now. I believe they were sold by door-to-door sales people, not in a store. Whatever their history they led me to a lifetime of love of reading and adventure that I could only have through a good read.

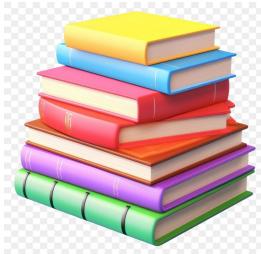
When visiting friends or relatives I am always drawn to their bookshelves to see what they have and is it borrowable. And I have now, in my golden age, finally, the full bookshelves I always yearned for. The problem now is that my mind cannot absorb all I read. But I still love the sight of a book full of adventure or new knowledge. It takes me to new places (or revisits places I have been before).

Currently I have a full bookcase of books, mostly unread. They are waiting until I have “time to read”. But in reality I have the time now but it has become more difficult to retain what I read so I pretty much confine myself to very short reads.

Books have opened my eyes to other cultures, other peoples and how they live and feel and believe. They remind of places I've traveled to, or wanted to travel to. Sometimes they have exposed me to the ugly side of this world also and while that is not always pleasant it is a reminder of how blessed I am.

Even today I can hardly resist a new book.

Yvonne Recker



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

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.
- ◆ **Hamburger Feed**—every Friday night, starting at 5:30. On Nov 7th there will be a silent auction to raise money for roof replacement.
- ◆ **Taco Tuesdays** every other Tuesday. This is an ongoing fundraiser for roof replacement at the Legion

2026 Clackamas County Fair & Canby Rodeo

Queen Coronation, Saturday, March 14, 2026, Clackamas County Event Center

Join us for an evening of crowning, celebrating, and fundraising as we kick off an exciting year with our newly crowned 2026 Queen, Jordyn Quinn!

This special night brings together our community to honor tradition, showcase rodeo royalty, and rally behind Queen Jordyn as she begins her year representing the Clackamas County Fair & Canby Rodeo. Together, we'll help provide the support and resources she needs to shine in the arena, in the community, and across the state.

Paint Pouring Art Class, Saturday, March 7, 2026, Red Chair Farm, Canby

Anyone can pour paint, come have some messy fun with us! No experience necessary and we'll provide all the supplies. You will get multiple canvas and wood panels to design using many colors to choose from and we'll explore some techniques like Grenade Pour, Marble Pouring and Inverted Cup Pour. Paint Pouring can be messy so dress for the mess and come have a great time! (Aprons provided) We'll have silicone for cell applications, glitter and all kinds of tools to experiment with. Art pieces will need to dry overnight and will be available to pick up the following day or at your convenience

Just Out of Town...

Wooden Shoe Tulip Festival, March 20 – April 26, 2026, 33814 S. Meridian Rd., Woodburn

Oregon's favorite springtime event. From hot air balloons, wine tastings, and our specialty gift shop to our food & craft market, children's play area, and endless photo opportunities. The timing of the season is different every year as tulips bloom based on growing-degree days. We generally expect the best overlap of color in mid-April. We suggest keeping your travel plans flexible by about 7-10 days.

Out of Town...

Portland Golf Show, March 6 to 8, Portland Expo Center

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.

68th Annual Spring Portland Metro Dealers RV Show, March 12 to 15, Portland Expo Center

Discover the ultimate RV experience at the 68th Annual Spring Portland Metro Dealers 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!

Roadster Show, March 20 to 22, Portland Expo Center

This iconic event showcases some of the most stunning custom cars, hot rods, and classics from across the country. Car enthusiasts won't want to miss this celebration of automotive craftsmanship, featuring awards, special exhibits, and plenty of family-friendly fun. Whether you're a gearhead or just love beautiful cars, the Portland Roadster Show is the place to be!

Thriftapalooza, March 28 to 29, Portland Expo Center

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's Irish Festival, March 13-17, 2026, 112 SW Second Avenue, Portland

Join us to experience the best of Irish culture at Kells Irish Pub and Tom McCall Waterfront Park. A weekend of music, food, and fun awaits! Bring the whole family for Family Day on Saturday, March 14th, from 11 AM – 5 PM filled with fun, music, and Irish traditions! Enjoy live entertainment, Irish dance performances, and plenty of kid-friendly activities. No COVER until 5pm. 21+ after 5pm. Get your face painted, meet majestic Irish Wolfhounds, and experience the magic of Irish culture together! Don't miss this chance to create lasting memories with your family at the Portland Irish Festival!

Shamrock Run Race Expo, March 13 to 14, Tom McCall Waterfront Park

Showcasing the best of downtown Portland, the Shamrock Run will celebrate 48 years running in 2026. Portland's longest running tradition features multiple distances ranging from the 1km Leprechaun Lap for kids 10 and under, to the half-marathon. All of the races start and finish at Tom McCall Waterfront Park, offering sweeping views of Portland's skyline, Willamette River waterfront, and at least seven unique bridges.

Thank you 2025-2026 Donors

Capital Campaign

We are so grateful to the Canby Rotary Foundation for their paddle raise on behalf of our capital building project at their annual dinner on November 1, 2025. All of the individuals listed here made generous gifts to the campaign either during, before or just after the campaign. We say a very sincere "thank you" to each of the **Capital Campaign Donors**:

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Thank you 2025—2026 Annual Appeal Donors

This Month's Capital Campaign Donors

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Lynda Tucker & Dan Edwards—Designated Kitchen

January & February Annual Appeal Donors

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Swan Island Dahlias
Uptown Medical Billing

January & February Donors

In-Kind Donors:

Kate Black and Cecilia Kenney, Maxine Elle, Sonya Bickford, Kathy Jeskey, Sheila Job, and Herry Schoen

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Judy Yoder in Memory of Arline Herr

Janet Sanders in Memory of Jean Lessard

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Tamara Tofte in Memory of D'Anne Tofte

Stan Withee in Memory of Sherry Withee

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

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Canby Kiwanis Foundation & Thrift Store
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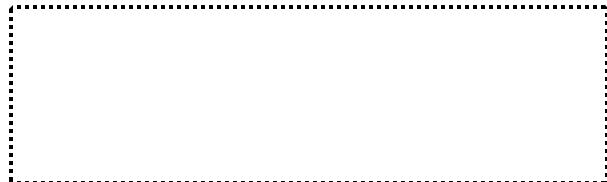
Thank You New and Renewing Members

Marjorie Aranda	Greg & Reni Erk	Vick Juneski	Bonnie Miller	Terri Simmons
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Erica & Robert Dally	Carol Johnson	Bob & Marie Maxwell	Therese Richardson	Gale Zollo
Carol Darling	Linda Josvay	Clay and Jean Metzger	Albert Roy Jr.	
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Friends of Canby Adult Center Inc
PO Box 10
Canby OR 97013-0010

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CANBY ADULT CENTER MEMBERSHIP APPLICATION Date_____

New Member Renewal

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

Name _____
Under 65 65-70 70-75 75-80 Over 80

Birth Month _____ Birth Day: _____

Name _____
Under 65 65-70 70-75 75-80 Over 80

Birth Month _____ Birth Day: _____

Address: _____ City & Zip: _____

Phone: _____

E-Mail Address: _____

Enclosed: Check: \$_____ Cash: \$_____

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

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

DONATION: Donor Name: _____

Donation Enclosed: \$_____

Address: _____

MEMORIAL: In Memory of: _____

Memorial Enclosed \$_____

Acknowledgement Address: _____



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

Activities— March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:30 Music with Mickey 1:00 Parkinson's Support 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation Class	9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:30 Women's Support Group	9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 GeriFit 12:30 Genealogy Svc. 1:00 Medicarolers 1:00 Movie: Home Again	9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 11:00 BingoCize 1:00 Line Dancing 2:15 Zumba 4:15 Trip: Dullahan Irish Pub	9:00 Tax Clinic 9:00 Tai Ji 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Fancy Pants	
8 Daylight Savings	9 9:00 Footclinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:30 Music with Scott 1:00 Hand & Foot Canasta 1:00 Speaker: Seasonal Illness Awareness 3:00 Relaxation/Meditation	10 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	11 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 GeriFit 1:00 Blood Drive 1:00 Attorney Consults 1:00 Movie: Benny & Joon 3:00 Alzheimer's Support Group	12 9:00 Beginning Ukulele 10:00 Let's Talk! 11:00 BingoCize 1:00 Line Dancing 1:30 NW Medicare Adv. 2:15 Zumba	13 9:00 Tax Clinic 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: The Long, Long Trailer	14
15	16 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:30 Music w/ Medicarolers 12:00 St. Patrick's Day Lunch 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation Class	17 Happy St. Patrick's Day! 8:00 Trip: Astoria 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:30 Women's Support Group	18 9:00 Tai Ji Quan 10:00 BB&B 10:00 Newsletter folding 10:30 Blood Pressure 11:00 GeriFit 1:00 Board Meeting 1:00 Medicarolers 1:00 Managing CHF Ice Cream Social 1:00 Movie: The Magnificent Seven	19 9:00 Beginning Ukulele 10:00 Trip: Durant Olive Mill / Red Ridge 10:00 Memoir/Creative Writing 11:00 BingoCize 11:30 Music w/ Jim 1:00 Line Dancing 2:15 Zumba	20 9:00 Tax Clinic 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Lured	21
22	23 9:00 Footclinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:30 Music with Mickey 1:00 Hand & Foot 3:00 Relaxation/Meditation Class	24 9:15 Trip: New to You Shopping 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	25 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 GeriFit 1:00 Mandala 1:00 Medicarolers 1:00 Movie: A Home Of Our Own	26 9:00 Beginning Ukulele 10:00 Seated Volleyball 11:00 BingoCize 11:00 Trip: Oregon Rail Heritage Center 1:00 Bunco 1:00 Line Dancing 2:15 Zumba	27 9:00 Tax Clinic 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Mame	28
29	30 8:30 Trip Sign up Day 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:30 Music with Mickey 1:00 Hand & Foot 3:00 Relaxation/Meditation Class	31 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance				

Menu—March 2026

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