

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

April 2026

CENTER STAFF

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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,

What blustery, wet weather we're having! This year has brought some really bad bugs around the center—for just the 2nd time in 17 years, we even had to close our kitchen for a day, as there was no one healthy enough to cook (except me, and trust me, you don't want me in the kitchen). While April SHOULD see a slow-down in seasonal viruses, colds and other such nastiness, please help us to keep everyone healthy and stay home if you are feeling unwell.

If you're the gardening type, this is the month to start plotting out your plot! For me, its time to put in snap peas, kale, lettuce and beets. The peas in particular are a crunchy favorite for the humans AND canines in my household.:). What's going into YOUR garden?

See you at the center —Kathy

Join Us For Lunch to Celebrate Easter Thursday, April 2nd



Sign up for Easter Lunch beginning Monday, March 30th. This lunch is by reservation so be sure to sign up early.

Friday April 10th is Baseball Day!



There's no better way to kick off spring than baseball season! Wear your favorite baseball team "gear" (a hat, shirt) and come prepared to show us your best pitch for our official baseball lunch. Canby High School athletes will serve lunch this day. Join us for some fun! (No reservation needed.) Plaaaaaaay ball !!

Lynne's Retirement Celebration—

To those of you who know and love Lynne, join us Friday April 10th at 1:30 pm as we send her off to begin her retirement!. **Reservation required**—please RSVP at the front desk. See you there!

Coming NEXT Month! Thursday, May 21st Resources for Today & Tomorrow



It's that time again! Mark your calendar for our 3rd annual health and resource fair. See you there!

Month At A Glance: See inside for details

| | |
|----------|---|
| Mar 30 | Sign up begins for April trips, and activities. |
| April 1 | April Fool's Day! |
| April 1 | Genealogy Service 12:30 |
| April 2 | Easter Lunch, Signup required |
| April 3 | Music with Dave 11:15 |
| April 5 | Easter |
| Apr 6 | Parkinson's Support Group 1 pm |
| Apr 7&21 | Women's Grief Support Group 2:30 |
| Apr 8 | Board Meeting 1 pm |
| Apr 8 | Amer. Red Cross Blood Drive 1pm |
| Apr 8 | Attorney Consults 1 pm |
| Apr 8 | Alzheimer's Support 3 pm |
| Apr 9 | Let's Talk 10am |
| Apr 9 | NW Medicare Advisors 1:30 |
| Apr 10 | Baseball Day |
| Apr 13 | Music with Scott |
| Apr 15 | Blood Pressure Check 10:30 |
| Apr 16 | Music with Jim |
| Apr 22 | Mandala at 1 pm |
| Apr 22 | Nutrition Education 1pm |
| Apr 23 | Seated Beachball Volleyball 10am |
| Apr 23 | Hamburger Day Signup Required |
| Apr 27 | Trip sign-up for May events |
| Apr 30 | Bunco at 1 pm |
| Apr 30 | Speaker: Wire/Bank Fraud 1pm |

AARP Smart Driver Classroom Course Save the Date:

Wednesday May 20th and Friday May 22nd
1:00-4:15 each day. \$20 for AARP members -
\$25 for non-members. Class is open to the
public and limited to 20 people. Call Wendy
May at 503 266 2970 to register.

Quilt Raffle Drawing Monday, April 2nd at Noon! Remember to purchase your tickets for the beautiful quilt on display in our lobby—the drawing is at noon at our Easter Lunch—April 2nd!

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.

Home Delivered Meals: 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, 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 | * Bunco |

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 the 1st & 3rd Wednesday @ 10:30

Roger Livengood is an RN who provides a blood pressure clinic each month. Generally the first and third Wednesday of each month. 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 April 13th & 27th

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.

Appointment required.

Genealogy Services With Fred Gill —

April 1, 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 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 April 6th, 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 **April 8th, at 3pm**. 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**



How Do I Find Help in Obtaining Dental Care?

Low Cost Dental Care:

- If you have insurance, contact your dental insurance plan for the names of participating dentists.

For emergency care and Oregon Health Plan (OHP) Open Card, call: [1-800-723-3638](tel:1-800-723-3638).

If not currently enrolled, apply for the Oregon Health Plan by calling: [1-800-359-9517](tel:1-800-359-9517) or TTY [1-800-621-5260](tel:1-800-621-5260) (Must meet eligibility criteria).

For problems with eligibility and service, call the Oregon Health Plan Client Hotline at [1-800-273-0557](tel:1-800-273-0557)

Tired of Robocalls?

If you answer the phone and hear a recorded message instead of a live person, it is a robocall.

Why are you getting so many robocalls? Often, it is scammers. The internet makes it cheap and easy for them to call from anywhere in the world.

What can you do about robocalls?

1. Hang up. If you press any numbers, you might get more calls.
2. Use call blocking. Review the call blocking features built into your smartphone. Certain phone calls are still allowed under Oregon law, even if you are on the National Do Not Call List. These include but are not limited to calls from:
 - ◆ Charitable organizations to which you belong, have previously donated or expressed an interest in supporting.
 - ◆ Companies you have established a relationship with because you bought products, services or conducted business with them in the past.
 - ◆ Political campaigns asking for your opinion or vote

JUST HANG UP IF THE CALLER....

- ⇒ Asks you to wire money or buy a prepaid card;
- ⇒ Says you have won a prize or a gift but you need to pay fees or taxes first;
- ⇒ Asks you to visit websites or download software;
- ⇒ Asks for usernames, passwords, account numbers, or your home address;
- ⇒ Says the offer is only good for today; or
- ⇒ Asks you to keep the call a secret,



Just hang up!!

To report illegal robocalls or learn more about robocalls online visit www.oregonconsumer.gov or contact 877 877 9392

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.

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.

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!

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 Kindorff. 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 and 2nd & 4th Tuesday @ 2:15—3:15 pm “Zumba Gold”: Try something new— fun moves & choreography and exciting songs! No experience needed.

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!

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!

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— April 1st, 8th and 22nd

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 1st & 15th

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 April 22nd, 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 February 11, 2026

Directors Present:

Keith Galitz, Matt English, Mike Vissers, Sandra Field, Tim Nichols, Joyce Peters, Bob McCall

Directors Excused:

Loren Bell

Directors Absent:

Brandon Leonard

Staff Present:

Kathy Robinson

Guests:

None

Monthly Reports:

Treasurer: Keith reported that investment funds as of end January 2026 are up from the previous month by \$76,767. Quest continues to do an excellent job, navigating an uncertain market.

Director—Programming: New Zumba Gold class has a great response. Planned Giving with Mitch Magenheimer of Cornerstone Wealth Management on January 21st. was attended by roughly 10 participants. Plan to continue this presentation by combining it with upcoming estate planning workshops. AARP tax support starts February 6th—all appointments filled within 3 days of opening registration. .

Administration, finance and staffing: Two employees are on leave/limited duty because of illness or injury. Dining room freezer unit is out of order; repairs are estimated at \$1K; since we will not be moving this unit to the new building, we will not repair it. Jeanne Vodka’s last day is February 13th. A small party is planned with her volunteers for 1:30 pm. Board members invited.

New Hires: Tiffany Wilson – HDM and Information Management Coordinator started February 5th. She will be responsible for the “backend” maintenance of our new donor management system. Two driver candidates have been identified for possible employment, following completion of background checks and required training.

Old Business: N Holly Street

Building: Bids received from three contractors—under review with JE Design.

Fundraising: A second campaign support person tentatively identified. Formation of capital campaign committee underway. Proposal LOI for Pacific Source Foundation submitted on January 22nd. Request for funds to State of Oregon submitted January 30th. Senator Drazan has endorsed this request. We have received multiple gifts from donors’ individual IRA distributions, which are not taxable if they come directly to CAC.

City Liaison Report: No Report at this meeting as Jim Davis could not attend.

Meeting Adjourned: At 1:45 pm a motion was made, seconded and passed unanimously to adjourn the meeting. The next regular board meeting is Wednesday, February 11th, 2026.

Respectfully submitted by Sandra Field, Secretary

Special Board Meeting Minutes February 24, 2026

Directors Present:

Loren Bell, Keith Galitz, Matt English, Sandra Field, Tim Nichols, Joyce Peters,

Directors Excused:

Mike Vissers, Bob McCall

Directors Absent:

Brandon Leonard

Staff Present:

Kathy Robinson

Guests:

None

Old Business: N Holly Street Building

Kathy presented a detailed comparison analysis of the three bids received from Grant Co. Construction, Paradigm Construction and R&H Construction. Board members reviewed the information and discussed variances between each bid. Kathy answered questions and explained the differences in each bid.. After some discussion, a motion was made and seconded to move forward with the proposal from R&H Construction with instructions to the Director to move forward with contract negotiations. The motion was carried unanimously.

Meeting Adjourned: At approximately 12:30 pm a motion was made, seconded and passed unanimously to adjourn the meeting. The next regular board meeting is Wednesday, March 11th, 2026.

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

April Speakers & Events

American Red Cross Blood Drive April 8, 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.

April 22, @ 1pm— Nutrition Education

Join Wendy and Mindy for a Fun-filled hour learning about how eating light can mean eating right!

You don't have to eat a heavy meal to meet your dietary needs. So join us for some helpful meal tips! **Sign-up Required**



No Fee

Let's Talk! April 9th @ 10am— What's on Your Mind?



"What's on your mind?" is an opportunity for people to offer topics they want to discuss. When folks are assembled, we would assign a number to each participant and then draw the number to select the topic(s); essentially, an open forum.

Sign-up Required

No Fee

Medicare Meeting: April 9, 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



Informational Presentation Friday April 30th—1 pm Insights about Bank Fraud and How to Safeguard Your Accounts

Join us **April 30th at 1:00 PM** for an informative seminar focused on protecting your home and finances.

Jamal Abdullah from Embold Credit Union will be sharing important insights about **bank fraud, scams, and how to safeguard your accounts and personal information** in today's digital world.

This session will provide practical tips to help you recognize warning signs, avoid common fraud schemes, and take simple steps to better protect yourself and your finances. Bring your questions and join us for this important conversation. Hosted by **Bobbi Bryan from Next Chapter Senior Home Solutions**.

Advanced Sign up Required— call 503 266 2970 or sign up in person at the front desk. **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.

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.

SAVE
the
DATE

Thursday, May 21st
10:00 am—12 pm

Resources for
Today & Tomorrow

Join us for our 3rd annual health and resource fair in May!

Our Health & Resources fair features local partners sharing information on:

- ◆ health & wellness
- ◆ housing
- ◆ other valuable local services

Don't miss this chance to connect with these helpful community resources all under one roof. Join us for the resources fair and stay for lunch!

No sign up—walk in only

No Fee

Trips—April 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, March 30th**. 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 Canby 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.

Columbia Gorge Discovery Center Museum April 7, 2026

The Columbia Gorge Discovery Center & Museum located near Dalles Oregon is located on a 54-acre point of land adjacent to the Columbia River and is the interpretive center for the Columbia River Gorge National Scenic Area. This area includes one of the oldest continuously occupied places in North America and parts of the Lewis and Clark and Oregon Trails. You'll tour exhibits of: Ice Age animals, including a full-size Columbian mammoth; the Lewis & Clark Corps of Discovery; native peoples of the area; and a life-size exhibit featuring a wagon-raft braving the Columbia River's current. *Bring snacks and money for admission to museum and late lunch.*

Depart: 8:30am
Cost: \$6.50 each

Return 6pm
Bus Fee: Donations accepted

Wooden Shoe Tulip festival April 14, 2026

Wooden Shoe Tulip Farm was founded with a passion for growing tulips! The family farm has expanded over the years, to share their love of flowers, family, and farm life with visitors from near and far. Their farm is located just a short, scenic drive from Canby! *Bring money for lunch and shopping at the tulip festival.*

Depart: 9:30am
Cost: Free

Return 3pm
Bus Fee: Donations accepted

Gambino's Italian Café—Dinner in King City April 16, 2026

Gambino's invites you to Stop by and indulge in delicious pasta, pizza, and more...Buon appetito! Owners Chris and Janelle Johnson pride themselves on exceptional food, customer service and building relationships with their customers. *They LOVE their customers! Bring money for dinner.*

Depart: 4:15pm
Cost: Free (Bring money for dinner)

Return 8:30pm
Bus Fee: Donations accepted

B-17 Bomber Tour and Lunch April 21, 2026

Welcome to the B-17 Alliance Foundation—home of the Lacey Lady, the historic B-17 bomber under restoration, and a living museum that honors the Greatest Generation through education, preservation, and volunteerism. Whether you're there to support the rebuild, engage with their educational programs, or step into WWII history, they invite us to be part of something extraordinary. *Bring money for the museum and lunch at the Airport Café right across the tarmac.*

Depart: 9:15am
Cost: \$10 entrance (pay at event)

Return 3:30pm
Bus Fee: Donations accepted

Canby High School Alumni Choir Concert April 30, 2026

It's that time again to be entertained with sweet and engaging music by the alumni of Canby High Choir, together with the blue ribbon Concert Choir. Our very own Kathy Robinson may be spotted in the alto section—a music experience to be enjoyed! *Bring money for dinner before the concert at Langdon's Grill and entrance fee to concert.*

Depart: 4:15pm
Cost: \$8 entrance (pay at sign up)

Return 9pm
Bus Fee: Donations accepted

April Movies, Music & More

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

Movie Line-up

WEDNESDAY MOVIES AT THE CENTER

April 1st – Mully The true story of Charles Mully, whose meteoric rise from orphaned poverty in Kenya leads him on an unimaginable journey of selflessness. Inspiring!

April 8th – Friday Night Lights Based on the true story of Permian, Texas, a town that lives and dies with its football team.

April 15th – The Jazz Singer starring Neil Diamond and Laurence Oliver. Against his traditional father's wishes, the son of a Jewish cantor becomes a pop singer.

April 22nd – An Unfinished Life with Robert Redford, Morgan Freeman and Jennifer Lopez. Desperate to provide care for her daughter, down on her luck Jean moves in with her father-in-law, from whom she is estranged. Through time, they learn to forgive each other and heal old wounds.

April 29th – Storm Boy A retired businessman remembers his youth, when he rescued and raised an orphaned pelican. Set in Australia.



Fridays with Gregory Peck

April 3rd – Moby Dick Captain Ahab searches the seas for the crafty whale that caused him to lose his leg.

April 10th - NO MOVIE. Goodbye party for Lynne Bonnell.

April 17th – Snows of Kilimanjaro A writer reflects on his life as he lies dying from an infection while on safari in the shadow of Mt. Kilimanjaro.

April 24th – MacArthur Peck plays General Douglas MacArthur, tracing his career as a war strategist and presidential hopeful.

Did you know.....

Gregory Peck famously played Captain Ahab in the 1956 film adaptation of Moby Dick, written by Herman Melville. But here's the surprising part: —> Gregory Peck later said he thought he was completely WRONG for the role. After the movie came out, Peck admitted in interviews that he felt he was too young and not intense enough to portray the obsessed, weathered Captain Ahab. He believed someone older and more rugged might have fit the character better. Some critics agreed, but many admired the film's ambition and direction by John Huston.



**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 Tickle those Ivories, April 6th and 20th
Join us to hear a fine selection of hits, and oldies & goodies

Piano with Jonah—Wednesdays in April!

A great variety of classical pieces, favorites & show stoppers!

Music with Dave - April 3rd at 11:15

Join us as Dave and his guitar, offer a nice selection of your favorites!

Music with Scott: April 13th at 11:15

Scott brings a selection of well known and loved popular music with "something or everyone"!

Music with Jim - April 16th at 11:30

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 **Easter Lunch, Thursday April 2nd and Hamburger day April 23rd. 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!

April showers bring more.....showers. Or so it seems! Rain, rain GO AWAY!! The days are getting longer, albeit wetter! Try lacing up those rainboots and find a puddle to stomp in—YES! Stomping is good for your bones. Get outside, go for a walk, breathe in that beautiful, fresh spring air. If you're new to the area, come to the center and try one of our many exercise class offerings and stay for lunch! Social activity is JUST as important as physical activity. I look forward to seeing you at the center soon ~ Mindy

Healthy Mouth, Healthy You: Oral Health and Whole-Body Wellness in Later Life

As we age, many of us focus on preventing heart disease, managing blood sugar, and staying active — and understandably so. But there's another vital part of our health that's often overlooked: our teeth and mouth. Good oral health isn't just about a bright smile — it's an integral part of overall well-being, especially for aging adults.

Oral Health Changes with Age

It's a common misconception that dental problems are just a normal part of getting older. In reality, the aging process itself doesn't inherently cause cavities or gum disease — but the health conditions, medications, and lifestyle changes that often accompany aging do. Older adults are at higher risk of dental caries (cavities), gum disease (periodontitis), dry mouth, and tooth loss. Up to half of adults older than 75 have decay affecting at least one tooth surface, and many experience increased gum recession that exposes root surfaces to decay. Dry mouth (xerostomia) is especially common — affecting upwards of 30% of adults over 65 and more in those taking multiple medications — and it significantly increases the risk of decay, cracked lips, infections, and difficulty swallowing.

Why It Matters — Beyond Teeth and Gums

Good oral health is much more than a cosmetic issue — research over the past several decades has repeatedly demonstrated strong links between oral conditions and systemic health:

1. Nutrition and Chewing Ability

Missing teeth, loose dentures, or painful gums make it harder to chew a balanced diet. Seniors who can't eat well may avoid tougher, nutrient-rich foods like fresh fruits, vegetables, lean meats, and nuts. Over time, this can lead to poor nutrition, weight loss, and diminished energy, affecting immune function and overall well-being.

2. Cognitive Health

Recent studies suggest a connection between oral health and brain function. Older adults with worse dental health — especially advanced periodontal disease or significant tooth loss — often show higher rates of cognitive decline and subjective cognitive difficulties. Regular dental visits and preventive care may be linked with lower risk of cognitive challenges.

3. Heart and Systemic Inflammation

Inflammation is a common pathway connecting gum disease to chronic conditions. The same bacteria and inflammatory responses that damage gums can also contribute to cardiovascular issues like heart disease and stroke. While research is ongoing, multiple studies show that better oral hygiene is associated with reduced inflammatory markers and potentially lower systemic risk.

4. Quality of Life and Longevity

Poor oral health — from untreated cavities to extensive tooth loss — correlates not only with chronic disease but with reduced quality of life, social isolation, and even higher mortality risk. Some large population studies suggest that seniors with more remaining healthy teeth have lower all-cause mortality than those with few or none.

Practical Tips for Maintaining Oral Health

Most oral health problems are preventable or manageable with consistent care:

✓ **Daily Oral Hygiene Habits** Brush at least twice a day with a soft brush and fluoride toothpaste. Floss daily or use interdental tools to clean between teeth.

✓ **Visit Your Dentist Regularly** Annual or twice-yearly professional checkups can identify issues before they become serious. Even if you use dentures, oral exams are essential for monitoring gum health and early signs of oral cancer.

✓ **Mind Your Diet and Habits** Limit sugary snacks and drinks, eat a balanced diet with plenty of calcium and vitamins, and if you smoke — quitting will benefit both oral and overall health.

✓ **Caregiver Support When Needed** If daily hygiene is hard due to physical or cognitive impairments, caregivers can be trained to assist with brushing, denture care, and mouth checks.

Did You Know?

- ◆ Adults over 65 take an average of 5 or more prescription medications — and many of them can cause dry mouth, increasing the risk of cavities and gum disease.
- ◆ Nearly 1 in 5 adults age 65+ has untreated tooth decay, and almost half have some form of gum disease.
- ◆ Gum disease has been linked to increased risk of heart disease and stroke due to inflammation in the body.
- ◆ Tooth loss isn't just cosmetic — difficulty chewing can lead to poorer nutrition and even weight loss in older adults.

Birthdays & This & That!

April 2026 Birthdays !

| | | | |
|----|--------------------|----|-------------------|
| 2 | Betty Haak | 18 | Cyndy Poppen |
| 2 | Janet Haskins | 18 | Monty Posey |
| 2 | Doris Mimnaugh | 18 | Laurie Harmon |
| 2 | Judie Stone | 19 | Sunya Porter |
| 3 | Janis Salisbury | 19 | Diane Davis |
| 3 | Marguerite O'Brien | 19 | Louise Doney |
| 3 | Julie Curley | 19 | Mary Harrison |
| 3 | Margaret Gher | 20 | April Van Tassel |
| 4 | Vera Miller | 21 | Judy Adams |
| 4 | Jeanne Dinnel | 21 | Debby Handy |
| 5 | Tim Nichols | 22 | Scott Caufield |
| 5 | Jean Metzger | 23 | Sue Goetchius |
| 5 | Deb Williams | 24 | Bob Jones |
| 6 | Dave Fife | 24 | Sandie Field |
| 6 | Luellen Fife | 25 | Lary Drake |
| 6 | Nancy Sebastian | 25 | Sue Nanson |
| 6 | Gwen Reymore | 25 | Linda Schmidt |
| 7 | Rod Ruger | 26 | Cynthia Wales |
| 7 | Yoka Noorowijk | 26 | Suzanne Marshall |
| 7 | Natalie Pullella | 27 | Michele Hunter |
| 7 | Kathy Sievers | 29 | Bob Westcott |
| 7 | Lora Heli | 29 | Marsha Keen |
| 8 | Bill Hill | 30 | Joe Freeman |
| 8 | Dennis Richey | 30 | Judi Christiansen |
| 8 | Pam Anderson | 30 | Michelle Bayley |
| 9 | Ronald Engman | | |
| 9 | Harvey Simi | | |
| 9 | Deb DesLaurier | | |
| 9 | Ginny Stevens | | |
| 12 | Marian Hada | | |
| 14 | Belinda Winge | | |
| 14 | June Wong | | |
| 14 | Carol Church | | |
| 14 | Anne Stronko | | |
| 15 | Dale Williamson | | |
| 16 | Abby Miles | | |
| 17 | Betty Johnson | | |



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!



Thanks to Quilty Friends Quilty Group for donating a beautiful Valentine quilt for a raffle fundraiser! The quilt raffle drawing was held February 12th, at our Valentine Lunch, and the lucky winner was... **Roger S.— Congratulations Roger!** And thanks again to our **Quilty Friends!**



Special thanks to Jerry VanTassel for providing and distributing beautiful roses to those who attended our Valentine Lunch on February 12th!

Easter Quilt Drawing

New Quilt Raffle Drawing is April 2nd at our Easter Lunch. Quilt Raffle tickets are available for purchase—\$1 each or 6 tickets for \$5. The quilt is on display in the lobby

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

Kittens and Bummer Lambs

I grew up on a 20 acre farm in Salinas California and was around animals as early as I can remember. First were the wild kittens my two brothers and I tried to tame. Boy did we learn a lot about kittens! If you haven't experienced how feisty a little wild kitten is, you have really missed something! We managed to tame a few then we had to keep feeding them but we got to pick them up and hold them a little. As we grew up our neighbor Mrs. Morasca gave each of us one of her kittens. Rob got a black kitten he named Sootie, Nick got a grey kitten, I got a yellow one. Can't remember their names now, but we loved on those little critters until they were no longer around. Tame kittens were so much easier to love and hold onto. I learned a lot about cats from them.

As I grew, my dad would bring in sick animals for me to care for. We had a mud/laundry room and he first brought me baby chicks who were not doing well. I would feed them with an eye dropper but I didn't save very many. I was heartbroken every time a chick died. My relationship with God was tested when baby animals died.

My second experience with sick animals was two bummer lambs my dad brought home. Their mother ewe was killed by dogs running wild and these two lambs needed to be fed until they could eat on their own. My dad got replacement milk and a large bottle with a huge nipple on it and taught me how to feed the male (Bucky) and female (Becky) lambs. I remember how hard they butted me when I was feeding them and how busy their tails were while they were sucking on the bottle. I also remember the distinct smell of milk replacement. I mixed the dry replacement in lukewarm water with my hands. Fun times. We had a big cardboard box for them and they soon outgrew that and were put outside in the pen with the other sheep and cows we had. They were always friends of mine and I would let them out of the pen a lot. Often the ewe lamb Becky would run up the back steps and into the living room and pee on the carpet. My mother was not happy and I laughed (without mom hearing me) a lot about that. I don't know why Becky did that but she did.

Bucky became a bit more distant and grew some incredible horns that curved back like the wild bighorn sheep horns. Becky was always friendly and my dad would have her hop into the front seat of his pickup and take her with him to work and let her graze on the grass while he was in the shop. I never gave it a second thought until I heard my mother telling her best friend; "I was driving somewhere in town and saw Bob with this huge sheep in the front of the pickup with him and I was mortified". I loved hearing that. Who would know except a few of our country neighbors who Bob was? But that was the fun part of their so different personalities.

Then my dad brought home 10 day old dairy calves with the scours. I was to feed them milk replacement until they got over the scours and could be weaned off the milk. The dairymen kept the female calves but didn't want all the males so at 10 days they were cheap to buy. I named a few of these little guys too but don't remember any of the names. They were black and white Holstein calves which grew up to be large cows for our meat locker. They were taken away from our home pens and to the pen further out and some grazed on my dad's boss's place until they were heavy enough to slaughter. I didn't remain friends with these calves for very long.

I moved away from home and managed to live without all those farm animals but managed to find kittens to take home. Many vet visits later and losing most of them for different reasons, I still enjoy having cats as pets.

C.H.

The "Weekly Reader"

Now that I have many years under my belt and have taken time to look back at some of the things I did as a kid, I wish I would have paid attention to my school teachers more actively. Would I change anything about my time in school? Yes, maybe I could have joined in class discussions a little bit more, but I let other students interact most of the time. As I recall, it appears I drifted in and out of most classes and practiced the art of staying awake in classes. Some teachers poured their efforts and heart into me, and they seemed to really care about me, but I was easily bored with school. It was not fast paced enough for me. I would catch myself daydreaming about mechanical things and what made them operate as the teachers droned on and on about a topic.

Our school subscribed to the "Weekly Reader" that was a small weekly eight-page newspaper containing various subjects and each issue usually had an article that caught my eye. I looked forward to the "Weekly Reader" arriving each week. The teachers gave us time to read the articles and then conducted discussions on some of the topics. One of the articles suggested we would soon have electronic machines that allowed engineers to analyze complex problems and provide an answer on "punch cards". These machines sounded like science fiction, but the engineers said the machine would crank out an answer in a few hours. My mind was off and running thinking about the possibilities of a machine that was so far-fetched and yet within the realm of possibilities. I looked forward to each copy of the "Weekly Reader" because these papers provided day-dreaming material for me.

We had an English teacher who had a knack for engaging her students in lively discussions based on a topic in the "Weekly Reader". This teacher was energetic and lively as she moved the discussions from one student to the next student with great enthusiasm. She smiled a lot and enjoyed having us in her class and let us know we were her favorite group of kids. (I am sure she bragged on each class, but we enjoyed her compliments.) I had a math teacher who taught algebra and was an energetic young lady. In fact, she was fresh out of college, and we were her first students, so we wanted to make her first year of teaching a good start of her teaching career. She also used the math section of the "Weekly Reader" to guide lively class discussions. We had to describe our calculations for our process of arriving at our answer to a complex math problem. I never said anything to anybody about looking forward to my algebra class, but I enjoyed the teacher AND there was a cute girl who sat up in the first row near the teacher's desk.

Carole was a good student and easily understood algebra. I did not have the nerve to ask Carole for help on algebra problems but one day in the cafeteria, she nonchalantly walked over to me and asked me a question about an article in the "Weekly Reader". My heart almost stopped or maybe fluttered because Carole asked me to further explain the article about the P-51 Mustangs from World War II. Why did Carole ask me for further information about the P-51 when she could have asked many other students? As a side note, the next year I took Carole to the Junior Prom. The "Weekly Reader" was an inspiration and added to my educational experience so I would not change anything about my school experience except maybe listen more intently to my teachers.

B. Roberts

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

Canby's "First Thursday" Night April 2nd

Located in downtown Canby, this event is free! It features an Easter egg hunt theme, special discounts at local shops and extended business hours. Come enjoy this monthly event.

Canby's Spring Flea Market Sponsored by Canby Historical Society —Clackamas County Fairgrounds, Main Pavilion 694 NE 4th Avenue. April 11th, 9 am —3pm.

Features various local vendors with a variety of "treasurers"! Come browse dozens of vendor tables and enjoy shopping rain or shine — it's an indoor event!

2026 Clackamas County Fairgrounds & Event Center hosts "Spring in the Country Bazaar"

April 19th thru April 25th. 694 NE 4th Avenue, Canby. The 36th annual [Spring in the Country Bazaar](#) is held in the Main Pavilion at the Clackamas County Event Center and features *over 100 vendors* with handcrafted, boutique-style gifts, plants, and home deco.

Canby Farmer's Market, opens April 26th

Starts at NW Holly Street near Gwynn's Coffee House, every Saturday, 10 am—2 pm. Featuring locally grown fresh fruits and vegetables. Many other vendors as well offering hand-crafted garden art, wooden signs, original art décor, soap, jewelry and more! Don't forget the great selection of food vendors and one-of-a-kind décor! Shop the Canby Farmer's Market—shop local—think community.

Hope Village Annual Garage Sale April 24th & 25th, 9 am—4 pm, 1535 S Ivy Street, Canby—

Come shop this fun, indoor Garage Sale—boasting a great assortment of furniture, tools, patio & garden items, glassware, dishes, kitchen utensils, crafts and collectibles. Your "all in one" shopping spot, and lunch available for purchase too. Free parking, free admission, and all the shopping you can enjoy!

Just Out of Town...

Wooden Shoe Tulip Festival, Now thru April 26, 2026, 33814 S. Meridian Rd., Woodburn

Oregon's favorite springtime event features 40 acres of blooming tulips, hot air balloons, wine tastings, and a specialty gift shop, as well as 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. Admission \$23.50 tickets may be purchased on line at Afton Tickets.

Wilsonville Community Egg Hunt: Saturday, April 4, 2026, at 10:00 am. Memorial Park, 8100 SW Memorial Drive, Wilsonville 97070

Features over 18,000 eggs filled with candy and prizes. Children bring their own baskets and enjoy "the egg hunt". This event is family-friendly and free!

Out of Town...

Portland Auto Swap Meet at the Portland Expo Center — April 10-12, Friday 7 am-6 pm; Saturday 7 am-5 pm; and Sunday 8 am—1 pm. General Admission \$13, Friday & Saturday, \$5 on Sunday

This event is the largest indoor/outdoor swap meet on the West Coast. Discover a wide variety of automotive collectibles, including vintage car parts, classic vehicles, antiques, and retro clothing. Engage with fellow automobile enthusiasts and collectors in an environment that celebrates all aspects of automotive history and vintage culture. Don't miss out on this events and join us for a day of excitement and discovery

Silverton at Sunset—Sunset Sundays!

879 W Main Street, Silverton, Oregon 97381

Experience the magic of the "golden hour" in the Garden at the Oregon Garden in Silverton! Sunset Sundays is an exclusive after-hours series at The Oregon Garden featuring live music, local flavors, and breathtaking views. **Across four select evenings in 2026**, just 50 guests per night will enjoy an intimate and unforgettable experience surrounded by the natural beauty of the Garden at dusk. Each Sunset Sunday features:

- * Live local music to set the perfect mood
- * Partner breweries and wineries offering complimentary tastings and beverages for purchase
- * Delicious bites from a featured local food vendor or curated charcuterie cart.
- * Private access to the Garden after hours, when the pathways glow and the blooms are bathed in sunset light.

Sunday Event Dates for 2026: April 26, May 31, July 26 and August 30. [Times vary slightly with sunset, typically between 6:30–9:30pm] Call for more information and reservations 503 874-4294.



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

Birth Month _____ Birth Day: _____

Name _____
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Birth Month _____ Birth Day: _____

Address: _____ City & Zip _____

Phone: _____ E-Mail Address: _____

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

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

Activities— April 2026

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------|---|--|--|---|---|-----|
| | | | 1 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 10:30 Blood Pressure 11:00 GeriFit 11:30 Music with Jonah 12:30 Genealogy Svc. 1:00 Medicarolers 1:00 Movie: Mully | 2 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 11:00 BingoCize 12:00 Easter Lunch 1:00 Line Dancing 2:15 Zumba  | 3 9:00 Tax Clinic 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 11:30 Music w/ Dave 1:00 Pinochle 1:00 Movie: Moby Dick | 4 |
| 5 Easter Sunday | 6 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 | 7 8:30 Trip: Columbia Gorge Museum 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:30 Women's Support Group | 8 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 GeriFit 11:30 Music with Jonah 1:00 Blood Drive 1:00 Attorney Consults 1:00 Movie: Friday Night Lights 3:00 Alzheimer's Support Group | 9 9:00 Beginning Ukulele 10:00 Let's Talk! 11:00 BingoCize 1:00 Line Dancing 1:30 NW Medicare Adv. 2:15 Zumba | 10 BASEBALL DAY 9:00 Tax Clinic 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 NO MOVIE  | 11 |
| 12 | 13 9:00 Footclinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:15 Music with Scott 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation Class | 14 9:30 YOGA 9:30 Trip: Wooden Shoe Tulip Fest. 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba *NEW | 15 9:00 Tai Ji Quan 10:00 BB&B 10:00 Newsletter folding 10:30 Blood Pressure 11:00 GeriFit 11:30 Music with Jonah 1:00 Board Meeting 1:00 Medicarolers 1:00 Movie: The Jazz Singer | 16 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 11:00 BingoCize 11:30 Music w/ Jim 1:00 Line Dancing 2:15 Zumba 4:15 Trip: Gambino's | 17 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Snows Of Kilimanjaro | 18 |
| 19 | 20 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 | 21 9:15 Trip: B-17 Bomber Tour 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:30 Women's Support Group | 22 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 GeriFit 11:30 Music with Jonah 1:00 Mandala 1:00 Nutrition Education 1:00 Movie: An Unfinished Life | 23 9:00 Beginning Ukulele 10:00 Seated Volleyball 11:00 BingoCize Hamburger Day 1:00 Line Dancing 2:15 Zumba | 24 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: MacArthur | 25 |
| 26 | 27 8:30 Trip Signup 9:00 Footclinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 1:00 Hand & Foot 3:00 Relaxation/Meditation Class | 28 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba *NEW | 29 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 GeriFit 11:30 Music with Jonah 1:00 Movie: Storm Boy | 30 9:00 Beginning Ukulele 11:00 BingoCize 1:00 Line Dancing 1:00 Bunco 1:00 Speaker: FRAUD 2:15 Zumba 4:15 Trip: CHS Alumni Choir Concert | | |

