



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

May 2026

CENTER STAFF

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TRANSPORTATION
Frank Hosford
Karen Reinhard
Cheyenne Smith
Heather Moore

CUSTODIAN
Carol Clark
Asael Serrano Montania

MONITORS
June Nice
Carol Clark

Office Hours

M—F 8:30 am—4:30 pm

Welcome from the Director

Dear friends,

We have new faces around the center these days—welcome to Cheyenne Smith and Heather Moore, our two new drivers. We're currently on the lookout for some back-up support in the kitchen, particularly to help wash dishes, but also to learn the ropes more generally to fill in so my team can take a break once in awhile! Please see Mary or me if you are interested, or know someone who might want to earn a little side income. Must be comfortable for several hours standing.

Hoping you're able to get out to enjoy the wonderful spring weather—and maybe even plant a flower or two. Lots of plant sales happening in May; be sure to check them out!

See you at the center —Kathy

**2026
RESOURCES FOR
TODAY & TOMORROW**

Featuring local partners sharing information on health & wellness, housing and other valuable services. Don't miss this chance to connect with these helpful resources all under one roof.

Thursday
May 21, 2026

Time
10:00 AM - 12:00 PM

1250 S. Ivy Street
Canby, OR 97013

KENTUCKY DERBY DAY
May 1st

Get ready to "run for the roses" at our first Kentucky Derby Day! Join us for lunch, wear your favorite hat, sip on refreshing (mocktail) mint juleps and enjoy some festive derby-inspired games.

Canby School District Levy— May 8th at 10:00 am

Learn about the proposed levy for Canby schools on the May ballot, from district staff and Board members. More information on page 7—join us for this very important bit of Canby news and learn about the impact of this levy on you AND our kids! Please sign up at front desk.

Month At A Glance: See inside for details

- Apr 27 Sign up begins for May trips, and activities.
- May 1 Kentucky Derby Day
- May 4 Parkinson's Support Group 1 pm
- May 5&19 Women's Support Group 2:30
- May 6 Genealogy Service 12:30
- May 6&20 Blood Pressure Check 10:30
- May 6 Amer. Red Cross Blood Drive 1pm
- May 7 Mother's Day Lunch, Signup Req'd
- May 8 Canby SD Information Session 10am
- May 8 Sow & Grow 1pm
- May 13 Board Meeting 1 pm
- May 13 Attorney Consults 1 pm
- May 13 Alzheimer's Support 3 pm
- May 14 Let's Talk 10am
- May 14 NW Medicare Advisors 1:30
- May 15 Speaker: Donate Life NW 1pm
- May 18 Speaker: Vector Control 1pm
- May 20 AARP Smart Drive 1-4pm
- May 22 AARP Smart Drive 1-4pm
- May 21 Health & Wellness Fair 10-12pm
- May 21 Hamburger Day Signup Required
- May 22 Nat'l Poppy Day
- May 25 Memorial Day—Center CLOSED
- May 26—Trip sign-up **TUESDAY 8:30**
- May 27 Mandala at 1 pm
- May 28 Seated Volleyball
- May 28 Bunco at 1 pm

AARP Smart Driver Classroom Course

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.

Center Services

Client Services Available in May

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 May 13th. 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 it will be held on one day— May 11th due to the Memorial Day holiday.

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 —

May 6th, 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 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 May 4th, 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 May 13th, 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



Clackamas County Vector Control Visits Us May 18, 2026 at 1 pm

A **vector** is any arthropod, insect, rodent or other animal of public health significance capable of harboring or transmitting the causative agents of human disease (e.g. malaria, plague) to humans. Under certain circumstances, insects or other arthropods that cause human discomfort or injury, but not disease, are sometimes referred to as vectors.

The vectors that **Clackamas County Vector Control District** controls are mosquitoes and black flies. This is done using an Integrated Vector Management (IVM) strategy that includes conducting surveillance, controlling sources and vectors, and public education. The result is a healthier community with a lower risk of disease outbreaks.

For more information call 503 655 8394 or [visit www.fightthebites.com](http://www.fightthebites.com)

*Clackamas County Vector Control District will be sharing information with our community on May 18th at 1:00 pm—see more on page 7.



Oregon State University
Extension Service

Oregon State University Extension offers Home Gardening Assistance and Supplies!

With the rising costs of groceries, is this the year that you will finally try to grow your own produce?

Do you need some help getting started or support along the way?

The **Oregon State University Extension Service** is a great resources to tap into to find out answers to questions about gardening and much more.

OSU Extension can help with Home Gardening Assistance/Supplies, Continuing Education, Home Management Instruction, Cooking Classes, and Outdoor Environmental Education Online help as well as in person courses are available.

For more information visit the **Oregon State University Extension website** at <http://extension.oregonstate.edu/clackamas>. Or call: 503-655-8631.

REOregon Housing Support Services

You May qualify for **ReOregons Housing Support Services** if your primary home was impacted by the 2020 Labor Day Wildfires. This includes homeowners, renters, and individuals living with family as dependents.

Ready to apply? To apply for any of the housing Support services programs, contact your local community action agency (CAA). They will help you complete an application and submit the required documents
Clackamas County—Mid-Willamette Valley Community Action Agency—971 239 3403.

Email: Christa.Hensley@mwvcaa.org

Visit re.oregon.gov to learn more about Housing Support services

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

"Let's Dance" Line Dancing Classes—Every Tuesday & Thursday 1 pm — 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— May 6th, 20th and 27th

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" — May 6th & 20th

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 May 27th, 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)

Bill Reif

(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 March 11, 2026

Directors Present:

Loren Bell, Keith Galitz, Matt English, Sandra Field, Joyce Peters, Cash McCall, Brandon Leonard

Directors Excused:

Mike Vissers, Tim Nichols

Staff Present:

Kathy Robinson

Guests:

Quest Investment Mgmt: Jon Bettendorf and Erik Wald

Jim Davis, City Council Liaison

Report from Quest Investment Management: Jon Bettendorf opened his report with a statement of appreciation from Quest Investment Management for the relationship with CAC over the past 10 years. He reported that the fiscal year performance to date through February 28, 2026 of the investment fund reflected a strong return on the blended portfolio of more than 9%. Erik reviewed the portfolio asset allocation and expected that no immediate changes would be recommended at this time. The portfolio allocation will be monitored closely considering the current issues in Iran and will make adjustments as market conditions change. He also stated that they are fully aware of CAC's need to keep a higher-than-normal cash balance available for needs related to the N Holly Street building improvement while fundraising strategies are employed.

Report from City Council Liaison- Jim Davis: Police Chief, Jorge Tro is retiring; council will be involved in the selection process for his replacement. At the upcoming City meeting it is likely that the interim City Administrator's (Randy Ellis) contract will be extended to end of the year. The city will be hiring a Public Works Director. The City has renewed the contract with the School District on the CAC property as part of the Comprehensive Plan. The Budget will be a challenge; Bond Issues and Levies are under consideration; The Walnut Street extension is moving forward. .

Monthly Reports

Treasurer – Keith reported that the investment funds as of the end of February 2026 showed to be a good month but since the outbreak of the conflict in Iran, the account has been negatively impacted. \$80K has been transferred from the account this month to cover the ongoing expenses.

Director

Programming and events: Retirement party planned for Lynne Bonnell (18 yrs service) on April 10th at 1:30 pm. We are halfway through AARP tax preparation season with no glitches so far.
Administration, finance and staffing: Request changes in following meeting dates; June 3rd and August 5th. Dining room refrigerator is out of order; it will be repaired as we will need it. Induction burner (solution to fire suppression issue) is in hand; the cost was \$2500, Electrical work will cost another \$850; however the total cost is less than the estimated \$5K to install a new fire suppression system and we will be able to take the burner to the new site.

New Hires: Tiffany Wilson – HDM and Information Management Coordinator. Started Feb 5th. Responsible for “backend” of new CRM Little Green Light. Miranda Raymond – Exercise Instructor had to withdraw candidacy; Will repost position and hope to fill quickly. Terri Schneider – Capital Campaign officer, on contract.

Old Business: N Holly Street

Building: R&H Construction was selected as the General Contractor at a Special Board meeting. Awaiting contract for review with finalized quote to include kitchen additions. Onsite start date is scheduled for mid-June.

Fundraising: Campaign Committee formed; first meeting is March 12th. \$10,000 received from Clackamas County MOW – annual support. Request for funds from the State of Oregon was submitted on January 30th for \$740K. Kathy testified before the Ways and Means Committee on Feb 13th. The request was rejected due to lack of funds.

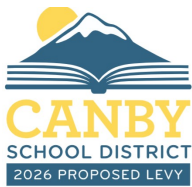
New Business: Planning a site open house for major donors to be scheduled before we break ground.

Respectfully submitted by Sandra Field, Secretary

Note on Board change

Due to a change in work responsibilities that prevented participation, Brandon Leonard stepped down in mid-March. As per CAC bylaws, midterm vacancies are to be filled by Board appointment. We are pleased to welcome (back) Bill Reif to the CAC Board!

May Speakers & Events



Friday, May 8th @ 10am

Representatives from the Canby School District will be here to discuss the new levy on the May ballot to fund Canby schools. This is the first time in recent years that such a levy has been requested—come listen and learn how you may be able to help support your local students and school programs.
Sign-up Required **No Fee**

Sow and Grow Seed Starting With OSU Master Gardener Volunteers Friday May 8th at 1:00 PM



Growing your own vegetables, flowers, and herbs from seed can be a rewarding and cost-saving gardening practice. Join this seed starting class and learn the secrets to successful seed germination and growth..

Sign-up Required & limited to 12 people **No Fee**

Let's Talk! May 14th @ 10am— Learning From Losses as We Age



As we age, we often have to give up activities such as hiking, kayaking or even driving. How do we deal with these changes?? How do we adapt? Let's discuss how we were able to deal with these losses (often non-death losses) and what did we learn.

Sign-up Required **No Fee**



Donate Life Northwest Informational Presentation

Friday May 15th 1:00pm

Bring your curiosity and questions and join **Donate Life Northwest** for a presentation about organ, eye, and tissue donation. Learn about who we are, dispel the myths, and get the most current facts about organ, eye, and tissue donation. Learn why donation is important and what you can do to make an impact in your community and beyond.

A viewing of "A Donation Conversation Documentary" will be shown. This documentary explores many sides of transplant and donation. It offers a glimpse into the lives of the people involved in the process: those waiting for a life-saving transplant, families grieving lost loved ones who became donors, and the professionals making the process work every day. The film highlights the lasting impact donation has on their lives. **Documentary touches on end of life situations and decisions and may be emotionally sensitive.

Sign-up Required **No Fee**



Clackamas County Vector Control District Monday May 18th 1:00 pm

A representative from **Clackamas County Vector Control District** will be here to talk about different aspects of mosquito-borne disease and how they are monitoring diseases in local populations and keeping an eye out for different invasive mosquitoes that are a potential health risk in the future. They will also cover topics that go over the life cycle of mosquitoes with the context of how you can best manage to keep breeding sites limited around the areas you live in and measures you can take to protect yourself.
Sign-up Required **No Fee**

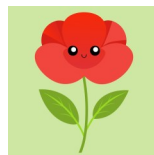
2026 Resources for Today & Tomorrow



Resource Fair

Thursday, May 21st 10:00 am—12 pm

Featuring local partners sharing information on health & wellness, housing and other valuable services..... all under one roof! Swing on by, talk to some community members, pick up some swag and stay for a burger (yes, it's also hamburger day!)



National Poppy Day®

May 22, 2026

Get your poppies!

Poppy Day is celebrated in countries around the world. The American Legion Family brought National Poppy Day® to the United States by asking Congress to designate the Friday before Memorial Day, as National Poppy Day.

On the Friday before Memorial Day, wear a red poppy to honor the fallen and support the living who have worn our nation's uniform. The red poppy is a nationally recognized symbol of sacrifice worn by Americans since World War I to honor those who served and died for our country in all wars. It reminds Americans of the sacrifices made by our veterans while protecting our freedoms.

Veteran Pat will be here on Friday May 22nd from 10 to noon with poppies.

Remember, the poppies are distributed with a request that the person receiving the flower make a donation to support the future of veterans, active-duty military personnel and their families with medical and financial needs.

Trips—May 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 **Tuesday, May 26th**. You may call on sign up day for any trip that does not require a prepayment. Your call will be sent to the Activity 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.**

Please note: You may sign up for a maximum of two trips when sign-up opens. Our dinner trips are extremely popular, so we ask that you just sign up for ONE dinner on the first day of sign-ups. You're welcome to check back to sign up for additional trips later in the week.

Northwest Senior Theatre

May 6, 2026

Join us for an often funny, sometimes poignant, very musical look at what makes families tick...just in time for Mothers Day! The show **Mothers & Fathers & Kids...Oh, My!** is a musical review about families that crosses generations and song genres. We'll grab a nice lunch before and enjoy an afternoon (2pm) matinee—you'll be home in time for dinner!

Depart: 11:30am

Return 4:30pm

Cost: \$12 (pay at door & money for lunch)

Bus Fee: Donations accepted

Abby's Pizza & Baskin Robbins

May 11, 2026

Did someone say pizza & ice cream? It can't always be diet and exercise! Tonight we're headed to good ol' Abby's Legendary Pizza in Oregon City. Share your favorite pizza with a friend, or enjoy a trip (or two) through their salad bar. Be sure to save room for dessert—we're stopping by Baskin Robbins ice cream shop in OC on our way home. It's **STILL** the home of 31 flavors, guaranteed you'll find something you'll love.

Depart: 4:30pm

Return 7pm

Cost: Free (money for dinner/dessert)

Bus Fee: Donations accepted

Portland Spirit Rose Festival Cruise

May 15, 2026

Kick off the Portland Rose Festival with this lively Happy Hour cruise featuring a meet & greet with the Rose Festival Court, roving entertainment from the Rose Festival Clowns, and tastings from official partners Sokol Blosser Winery and Hopworks Brewery, plus more surprises. Enjoy this 2-hour cruise on the Willamette River with beautiful views of the Historic Milwaukie Waterfront and downtown Portland. ****Food available for purchase onboard. A significant portion of the ticket proceeds benefit the Portland Rose Festival Foundation to bring its annual celebration to life. We'll enjoy dinner at The Old Spaghetti Factory on the waterfront before boarding the boat at 2:30pm. All aboard!**

Depart: 12pm

Return 6:30pm

Cost: \$44 (pay at signup & money for lunch) Bus Fee: Donations accepted

Tualatin River Greenway Walk & Lunch

May 19, 2026

The Tualatin River Greenway Trail is a paved, wide bicycle and walking path that meanders through trees, near the river and past wetlands. This new section of trail includes a walk through time—exploring the transition of the Ice Age and cataclysmic Ice Age Floods, extinction of Ice Age mammals and emergence of Paleo-Indians and early settlers in the Tualatin and Willamette valleys. This is an easy, down and back walk with plenty of benches and resting spots to sit and enjoy nature. Plus, we'll grab some lunch on our way home at Brix Tavern in Tualatin.

Depart: 9:30am

Return 2pm

Cost: Free (Bring money for lunch)

Bus Fee: Donations accepted

Rivershore Bar & Grill

May 27, 2026

At Rivershore Bar & Grill, come celebrate the end of the Oregon Trail with a beautiful river view, great food, and friendly, professional service. Dine in one of Oregon City's best restaurants while enjoying a perfect view of the river. Our deck is a favorite destination during warmer months to soak in the scenery and delicious food with great people!

Depart: 4:30pm

Return 7pm

Cost: Free (money for dinner)

Bus Fee: Donations accepted

May Movies, Music & More

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

Movie Line-up

WEDNESDAY MOVIES AT THE CENTER

Friday, May 1st, Kentucky Derby Day

The Derby Stallion A misunderstood teenager finds purpose and a champion within himself with the help of a former horse trainer, training a horse for the Derby Cup.

May 6th – Field of Dreams, with Kevin Costner. A voice only an Iowan farmer can hear launches a quest that includes building a baseball diamond in the middle of his cornfield.

May 13th – Whales of August, starring Bette Davis and Lillian Gish. Two aged sisters reflect on life and the past during a late summer day in Maine.

May 20th – Wonder, starring Julia Roberts. A heartfelt drama about a boy with facial differences who enters school for the first time and learns courage, kindness and belonging.

May 27th – The Beautiful Fantastic. A young woman who dreams of becoming a children's book author makes an unlikely friendship with a cantankerous old widower.



Fridays Are For Heroes

May 8th – Dunkirk. A portrait based on the true story of the historic evacuation of Allied soldiers on the beaches of Dunkirk, France, during WWII. This movie has a little language and violence, but a true story.

May 15th – The Imitation Game, with Benedict Cumberbatch. During WWII, mathematician Alan Turing tries to crack the Enigma code with help from fellow mathematicians.

May 22nd – Megan Leavey. While serving in Iraq, a US Marine K-9 handler's deep bond with a courageous canine is threatened after both are wounded in this moving true story.

May 29th – Nuremberg, starring Russell Crowe and Sami Malek. A psychiatrist evaluates Nazi leaders before the Nuremberg trials, trying to understand evil as he develops a disturbing bond with Hermann Goring.

**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, May 4th and May 18th
Join us to hear a fine selection of hits, and oldies & goodies

Piano with Jonah—Wednesdays in May!

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

Music with Dave - Date TBD

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

Music with Scott: May 11th

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

Music with Jim - Jim will return for music in the dining room in June!

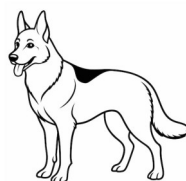
Remember to Make Your Lunch Reservation for "Special Events"

Lunch Dates: We require reservations for our "special lunch" celebrations and hamburger day. This month we offer **Mother's Day Lunch on May 7th and Hamburger day May 21st. Sign-up is 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

Hero Quote of the Month:



"I'd thank him for teaching me what love is."

—Megan Leavey, of her dog Rex

Healthy Body—Healthy You!

May is such a happy month! More sunshine, more flowers and more outside time!! Step one is getting your feet ready for spring so you can ENJOY all the walking, gardening, and fun that comes with the coming season. We've got you covered, read below to get yourself "spring" ready. As always, I look forward to seeing you at the center soon ~ Mindy

Healthy Steps Into Spring: Footcare & Footwear

As spring arrives, many of us feel inspired to get outside a little more—whether it's enjoying a neighborhood walk, working in the garden, heading to the farmers market, or joining friends for community activities. With more movement comes a great reminder: healthy feet help keep us active, independent, and steady.

Our feet carry us through thousands of steps every day, yet they're often one of the most overlooked parts of healthy aging. The good news? A few simple habits can help keep feet comfortable, pain-free, and ready for all the wonderful things spring brings.

Start with a Daily Foot Check

A quick daily look at your feet can help catch small problems before they become bigger ones. Check for dry or cracked skin, redness or swelling, blisters, sore spots or changes in the nails.

As we age, circulation and sensation can decrease, making it easier to miss small injuries. A daily check is especially important for anyone with diabetes, neuropathy, or circulation concerns. Experts recommend paying close attention to the bottoms of the feet and between the toes.

Keep Feet Clean, Dry, and Soft

Spring weather often means warmer days and more time in walking shoes or lighter footwear. Wash feet daily with warm (not hot) water and dry thoroughly, especially between the toes where moisture can lead to fungal infections.

After drying, apply lotion to the tops and bottoms of the feet to prevent dry skin and cracked heels—but skip lotion between the toes, where extra moisture can cause problems.

If calluses build up over winter, use a pumice stone gently after bathing. Avoid sharp tools or aggressive scraping.

Toenails Matter More Than You Think

Improper nail care can lead to painful ingrown nails and infections. Trim toenails straight across, not rounded at the corners, and avoid cutting them too short. If it's difficult to reach your feet safely, or if nails are thickened, curved, or brittle, it may be best to have a podiatrist trim them.

Spring Shoe Check: Did someone say "new shoes?"

Spring is the perfect season to take a look at your footwear.

Are your favorite walking shoes: worn smooth on the bottom? Are they leaning to one side? How's the cushion? What about the heel? Do they fit snug or have they gotten stretched out?? Worn-out shoes can affect balance and increase the risk of trips or falls. Supportive shoes with a firm heel, good traction, low heel height, and strong arch support are ideal for older adults. A good rule of thumb: if your shoes feel "flat" or uneven, it may be time for a fresh pair.

Choose Safe Spring Footwear

As tempting as flip-flops, floppy slippers, and unsupportive sandals can be, they're not the best choice for long walks, errands, or senior center outings. Look for shoes that have non-slip soles, secure backs, adjustable straps or laces, roomy toe boxes, low or broad heels, cushioning and arch support.

Ease Back Into Walking

After a slower winter, it's exciting to get moving again—but feet and ankles appreciate a gradual return. Increase walking time little by little instead of jumping into long distances right away. Gentle calf stretches, ankle circles, and toe wiggles before walks can help improve flexibility and reduce soreness. If you're restarting an exercise routine this spring, remember: consistency matters more than speed.

The Bottom Line—Healthy feet support healthy aging. lace up those supportive shoes and enjoy the season—one healthy step at a time.



Did you know???

We offer twice monthly nail-trim service provided by a footcare nurse who lives in our area! Call the center for an appointment today.

Source: Smhhealth, CDC, Hartford Healthcare

Birthdays & This & That!

May 2026 Birthdays !

1	Linwood Rush	20	Noreen Caldwell
3	Dick Meissner	20	Jane Clayton
3	Dan Edwards	21	Gary Petersen
3	Margaret Buchanan	21	Vicki Williams
4	Josefa Salguero-Wilks	21	Sara Urke
5	Wayne Lund	21	Rita Beam
7	Luann Clark-Luse	21	Joyce Peters
7	Urszula Balenkowski	22	Don Morgan
7	Betty Larsen	22	Susan Gallagher
8	Robert Breitbarth	23	Tamara Williams
8	Linda Mowry	25	Ron Lindland
10	Lee Hjelmrick	25	John Meyerhofer
10	George Schmidt	25	Linda Hammons
10	Kirk Wade	25	Amy Strohmeier
10	Suzanne Cloud	26	Mary Ann Kocher
10	Alice Robinson	27	Andrew Rivinus
11	Yvonne Hepler	28	Dennis Hardy
12	Gary Frye	28	Shirley Simi
12	Jeff Robison	28	Judy Belt
12	Marsha Meyerhofer	29	Judy Luse
12	Jo Anne Algiers	29	Cynthia May
12	Jeannette Blancic	30	Everett Helm
13	Ron Berg	31	Jerry Luse
13	Dwight Knapp	31	Patricia Achenback
14	Marta Virell		
15	Rebecca Davis		
15	Sue Horton		
15	Rowena Price		
16	Darlene Austin		
17	Laura Sattler		
17	Juda Hesse		
18	Carroll Helm		
18	Kathy Goodin		
18	Ruby Scruggs		
18	Greta Wiersma		
19	Darrell Johnson		
20	Rob Newton		



In merry May we sing and cheer, for
birthdays of friends we treasure
each year. The older you get, the
more of me there'll be....
And sometimes I outshine the
cake—tee, hee, hee.

What am I ????

Answer: candles

Congratulations to our Easter Quilt Raffle Winner —
Quilt Raffle Drawing was April 2nd at our Easter Lunch and our
winner is: **Linda Dunn! Congratulations Linda! Enjoy your
quilt.**

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. 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. **In the last quarter, there were 59 households participating who earned \$108.30!**

Thanks for your support!

Memoir/Creative Writing—

First and third Thursdays, at 10 am

“The Raven”

In late 1965 I received orders to transfer to Elmendorf AFB in Anchorage Alaska. I had been in the Air Force just over 5 years. I was a E4 (Airman First Class or A1C as it was abbreviated). We arrived on the 23rd of December. The temperature was 5 below zero when we stepped off the airplane. None of us had ever been in that cold a climate before. We learned quickly not to take a deep breath when we stopped outside. Our two boys were 30 and 16 months old.

It turned out to be a good assignment, eventually I was promoted to E5 (a bit late in my estimate) and when I left Alaska it was to attend the University of Utah with a follow on to officer training and a commission.

The unit I was assigned to was a small detachment of about 80 personnel. We maintained the F-106 aircraft whose mission was to defend against the Russian aircraft who continually tested us and pushed the envelope.

I was part of the Armament and Electronics shop (or A&E as it was known). I was a weapons system technician and as such maintained most of the electronics on the aircraft. Included in the A&E shop were the armors or “cannon cockers” as well called them. They were also known as “bb stackers”. Their job was to maintain the missiles and load them on the aircraft when necessary. All of the aircraft flew fully loaded at all times.

The most interesting character I remember was one of the “cannon cockers”. Nick Finley was an E6 (Technical Sergeant or just “Tech”). He was a weapons crew leader. Nick was also an animal aficionado. He had a pet ferret among other creatures. Nick was single although it was reported he had at least a couple of girlfriends. He was a redhead, nice looking and very fair complected.

One day he brought his ferret into the shop to show people. His load crew got a call to unload an aircraft. We were waiting for the unload so we could work on the plane. Nick closed the ferret in the restroom and went to work. He told us all and we were fine with that.

A little later we heard a scream and our instrument man came running out of the back where the restroom was. No one thought to tell him about the ferret and he went in to the restroom to find it swimming in a toilet bowl. The instrument guy was kind of fussy and not an animal person. The ferret scared him.

The funniest Nick story involved a raven, a dumpster and an inflight kitchen worker.

For those of us who worked on the flight line (“ramp tramps” as we were often called) our job was to diagnose a problem, pull the offending component and bring it to the people

who could open the component up and repair it. This frequently lead to sitting around smoking, drinking coffee and shooting the bull while we waited.

The inflight kitchen shared the hanger with us, they had the back one-third of one-half of the building. Their job was to make box lunches for aircrew members. These lunches went to crews who would be airborne for several hours at a time.

One evening we were in one of our waiting periods when Nick came into the shop beet red and laughing so hard he could hardly talk. He had a raven under his arm with a handkerchief over its eyes and head. When he caught his breath he said he had been hiding in an empty dumpster with some food put out as a lure for the raven. He wanted to catch one.

While he was hiding, a female worker from the kitchen came out to put some trash in the dumpster. When she opened the door she saw Nick. He said he put his finger to his mouth and said “shhhhh”. The worker screamed, threw the trash in the air and ran off. The raven flew right to Nick, he grabbed it and beat feet to our shop which was about 30 yards away. The dumpster was in the parking lot.

We were all laughing when we could see out the windows an air police vehicle showing up and the woman talking to them and pointing at the dumpster.

The police drew guns and surrounded the dumpster. After a couple of minutes one of them approached it and opened the door. They all peered into it. By now we are all watching and in near hysterics. After about 30 minutes I had to go back to work. I took one of our maintenance vehicles and went out to the flight line which was on the other side of the hanger. When I returned, at least an hour or more later, the police were gone and things were calm.

To the best of my knowledge Nick never got in any trouble, even though everyone in our unit knew about the incident by the time the evening was over.

M. O’Shea

THE POWER OF
Writing

*“Memoir writing offers personal benefits,
which may include
acting as a tool for self-discovery,
reducing stress, and
gaining new perspectives on life events.”*

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. Proceeds from May 29th burger feed to benefit the Canby Adult Center!
- ◆ **Taco Tuesdays** every other Tuesday. This is an ongoing fundraiser for roof replacement at the Legion

Canby High School Alumni Choir Concert,

Richard Brown Fine Arts Center at the High School, Friday May 1st, 7 pm. It's that time to enjoy the alumni choir of Canby High School, together with the blue ribbon Concert Choir. Our very own Kathy Robinson is one of the many alumni performing in this music experience. Doors open at 6 pm, show begins at 7 pm. Pay at the door: \$10

St. Patrick's Church Spring Tea, 498 NW 9th Avenue, Canby. St. Patrick's Church is hosting this event on Saturday, May 2nd, from 2 to 4 pm. The cost is \$20 per person. Enjoy an elegant spring tea and purchase tickets in advance by calling Patt Delaney at 818-481-5168.

Canby's First Thursday Night Market May 7th

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

Canby Garden Club 2nd Annual Mother's Day

Market Saturday May 9th, 9 am - 4 pm Downtown Canby next to the Canby Public Library. The Garden Club has shrubs, trees, annuals, perennials, native plants, succulents, garden art and more, grown by members and donated by local nurseries, all at the very best prices.

This is the Garden Club's annual fundraising event, and the profits are used to support the club's community service projects, including providing scholarships to Canby High School students. **The Garden Club thanks you for your support!**

Canby Brew Fest Saturday May 16th, 11 am - 9 pm Clackamas County Fair and Event Center, 694 NE 4th Avenue, Canby. Featuring over 40 local brews on tap, live music and food trucks!

Just Out of Town...

Aurora Farmers Market, Main and 2nd Street in Aurora. The Farmer's Market is first and third Tuesday evenings, each month, 4 pm to 8 pm, beginning in May. This month, May 5th and 19th. Enjoy music, locally grown fruits and vegetables and a variety of other "fun" finds at this monthly community event.

Mother's Day Brunch at Aurora Vineyards

Sunday, May 10, 2026 11:30 AM - 3:00 PM, located at 21338 Oak Lane NE, Aurora, OR 97002. Celebrate Mother's Day with Aurora Vineyards where they will serve an elegant and exciting Mother's Day Brunch on May 10th. Two seatings available: 11:00 AM – 12:30 PM 1:30 PM – 3:00 PM; Adults: \$70, Kids (10 & under): \$25 Enjoy a beautiful vineyard setting filled with: A delicious brunch buffet, Live music, and a gathering mom won't forget. Reservation required. Email events@avwine.com for more information.

Live Music at the Butteville Store, 10767 Butte Street NE, Aurora (Butteville) Oregon. The Historic store is located just minutes off I-5 (exit 282) near Champoeg State Park. It features a rich history, and offers food and live music on May 9th at 7:00 pm with the Katie Jane Band. Live music is also scheduled for May 16th. Call 503 678 1605 for more information on the dinner menu and to book your reservation.

Out of Town...

Diggin in the Dirt at Oregon Garden, 879 W Main Street, Silverton 97381. May 9th, 10 am to 4 pm

Volunteers (including you if you'd like) provide individuals, families and seniors with hands on exposure to nature! Guests are invited to work alongside garden staff, to plant some of their over 4000 annual flowers. As a thank you for your hard work and dedication, the day concludes with a brunch buffet and live music. Admission to the park is \$45 to \$50. The brunch buffet and live music are free. Call 503 874-4294 for more information

Schreiner's Gardens Bloom Event 3625 Quinaby Road, NE, Salem, OR 97303, May 8 thru May 31st.

Experience the peak of the bloom seasons at one of the world's premier iris gardens. This is a rich experience for flower enthusiasts and families alike. Visitors can explore extensive iris fields, display gardens, a cut flower show, as well as make purchases such as potted iris, iris bouquets and shift shop items. Enjoy all colors of iris!

2026 Detroit Lake Fishing Derby, Detroit City Park

located at 105 Patton Road, Detroit, Oregon 97342. This derby runs from 8 am May 15th thru 4 pm May 17th. To participate you must be registered by May 14th. The registration fee is \$25 per adult and \$20 for children and includes the fishing derby, big fish prizes, raffles, vendors, a beer tent, craft fair and more! The grand prize is a fishing boat with a motor and trailer. For registration information visit: www.detroitlakefoundation.org/events



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 Sustaining Individual Donors Donations of \$250 +

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This Month's Capital Campaign Donors

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Silver Donors: \$1—\$50

Michelle Calloway

Gold Donors \$51—\$249

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Rita Hendershott	Andrea Wiese
Ruth Howard	Randy Yoder

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

Andrew Kauffman—Attorney at Law
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Canby Kentucky Fried Chicken
Canby Kiwanis Foundation & Thrift Store
Canby Rental & Equipment
Cutsforth's Marketplace
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Canby Area Beautification
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Canby Garden Club
Canby Import Auto Repair
Canby Kiwanis Foundation
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In-Kind Donors:

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Thank You New and Renewing Members

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PO Box 10
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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: \$ _____

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

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

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— May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Be sure to say "hello" to Pat on National Poppy Day® May 22, 2026</p> <p>Get your poppies!</p> 			<p>Join us for our FIRST EVER Kentucky Derby Day ----->></p> 	<p>1 Kentucky Derby Day</p> <p>9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: The Derby Stallion</p>	2
3	4 <ul style="list-style-type: none"> 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 	5 <ul style="list-style-type: none"> 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:30 Women's Support Group 	6 <ul style="list-style-type: none"> 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 10:30 Blood Pressure 11:00 GeriFit 11:30 Trip: NW Senior Theatre 1:00 Blood Drive 1:00 Medicarolers 1:00 Movie: Field of Dreams 	7 <ul style="list-style-type: none"> 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 11:00 BingoCize 1:00 Line Dancing 2:15 Zumba 	8 <ul style="list-style-type: none"> 9:00 Tai Ji 10:00 BB&B 10:00 Canby SD Info Session 11:00 GeriFit 1:00 Pinochle 1:00 Sow & Grow 1:00 Movie: Dunkirk 	9
10	11 <ul style="list-style-type: none"> 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 4:30 Trip: Abby's Pizza 	12 <ul style="list-style-type: none"> 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba 	13 <ul style="list-style-type: none"> 9:00 Tai Ji Quan 10:00 BB&B 10:00 Newsletter folding 11:00 GeriFit 11:30 Music with Jonah 1:00 Board Meeting 1:00 Attorney Consults 1:00 Movie: Whales Of August 3:00 Alzheimer's Support Group 	14 <ul style="list-style-type: none"> 9:00 Beginning Ukulele 10:00 Let's Talk! 11:00 BingoCize 1:00 Line Dancing 1:30 NW Medicare Adv. 2:15 Zumba 	15 <ul style="list-style-type: none"> 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 12:00 Trip: Portland Spirit Rose Fest. 1:00 Pinochle 1:00 Speaker: Donate Life NW 1:00 Movie: The Imitation Game 	16
17	18 <ul style="list-style-type: none"> 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 1:00 Speaker: Vector Control 3:00 Relaxation/Meditation Class 	19 <ul style="list-style-type: none"> 9:30 Trip: Tual. River Walk 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:30 Women's Support Group 	20 <ul style="list-style-type: none"> 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 1:00 Medicarolers 1:00 AARP Smart Drive 1:00 Movie: Wonder 	21 <ul style="list-style-type: none"> 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 11:00 NO BingoCize 10:00 Health & Wellness Fair Hamburger Day 1:00 Line Dancing 2:15 Zumba 	22 <ul style="list-style-type: none"> 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 AARP Smart Drive 1:00 Movie: Megan Leavey 	23
24	<p>25 Memorial Day Center Closed</p>  <p>MEMORIAL DAY REMEMBER AND HONOR</p>	26 <ul style="list-style-type: none"> 8:30 Trip SignUp 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba 	27 <ul style="list-style-type: none"> 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 Movie: Beautiful Fantastic 4:30 Trip: Rivershore Bar & Grill 	28 <ul style="list-style-type: none"> 9:00 Beginning Ukulele 10:00 Seated Volleyball 11:00 BingoCize 1:00 Line Dancing 1:00 Bunco 2:15 Zumba 	29 <ul style="list-style-type: none"> 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Nuremburg 	30
31						



Mother's Day



WORD SEARCH

V F L O W E R S O J W M V L A
O L F T D P B G Y B R U N C H
J E X H M M L P C F O M R A I
E N R I W N L A V M H E C R F
E H V H A P S F U I J A E P N
R C A N D L E S L G T S K O E
W Q T U V X B O Y V H Z R O M
M M M D P U M B G C Y T G L O
F K I T C H E N D L K T E B D
C C A S E R D L I L T A C R G
O T A M E U I M O M L T L P D
F D P R O P A P J V O C E D X
F K X I D F P W F Q E M A G Q
E L E W R S A Y Q J U C W I Q
E L F L Y H R H U G S R Y Q K

Words: MOM, COFFEE, CARPOOL, HUGS, FLOWERS, LOVE, KITCHEN, FAMILY, CANDLES, LAUGHTER, CARDS, BRUNCH