



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

June 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,

Spring has most definitely sprung—I'm enjoying all of the plants sales and stands popping up in this beautiful place we call home!

June is going to bring some exciting developments and some new guests to our building. We hope to break ground on our future home in late June—yay! In the meantime, current users of the N Holly building, including the Canby United Methodists and the Iglesia Apostolica, will move their services and meetings over here temporarily. They will all use the building outside of our operating hours—but we thank you for your patience if you occasionally find something slightly out of place. Its all part of the process of getting moved into our new, PERMANENT space!

See you at the center —Kathy



Golden Anniversary Lunch Celebration — Wednesday, June 24th



Calling all couples who have been married 50 years or more!! We have a special meal planned in your honor! Due to space limitations, we will seat a maximum of 30 couples at our "Golden Table" for this event—**advance sign up required!** Those of you who are not part of a "Golden Couple" are still invited to lunch—but again, you must sign up in advance. Sign up day begins **Tuesday, May 26th.**

Father's Day Lunch—June 18th

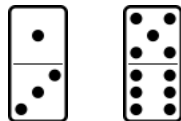


Join us for our annual Father's Day lunch as we celebrate the amazing dads in our community! Enjoy a delicious meal, classic root beer floats and some fun games along the way.

Signups required

Join us for a new game offering!!
June 9th & 23rd
1pm

Mexican Train Dominoes



This fun game is easy to learn and perfect for all skill levels! Players work to build "trains" of matching dominoes while trying to use up all of their tiles before their opponents. Everyone is welcome, no experience required!

Whoa, whoa dominooooo!

Month At A Glance: See inside for details

May 26	Sign up begins for June trips, and activities— NOTE: TUESDAY
June 1	Parkinson's Support Group 1 pm
June 3	Genealogy Service 12:30
June 3	Medicare Fraud Presentation 1pm
June 3	Board Meeting 1 pm
June 3&17	Blood Pressure Check 10:30
June 10	Amer. Red Cross Blood Drive 1pm
June 10	Attorney Consults 1 pm
June 10	Alzheimer's Support 3 pm
June 11	Let's Talk 10am
June 11	Hamburger Day, Signup Req'd
June 11	*New Mexican Train Dominos 1pm
June 11	NW Medicare Advisors 1:30
June 18	Info Table: Spring Ridge Sr. Living
June 18	Father's Day Lunch, Signup Req'd
June 24	Golden Anniversary Lunch Signup Req'd
June 24	Mandala 1 pm
June 25	Seated Volleyball 10am
June 25	Info Table: Bristol Hospice 10:30
June 25	Bunco 1 pm
June 25	*New Mexican Train Dominos 1pm
June 29	Trip sign-up 8:30

Looking Ahead:

July 3 Center CLOSED for July 4th Holiday

Center Services

Client Services Available in June

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 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 ****Wendy does not notarize wills****.

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 June 10th. 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 on Mondays with Jenelle Ediger

This month it will be held on June 8th and June 22nd. 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 — June 3rd, 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 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 June 1st, 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.]



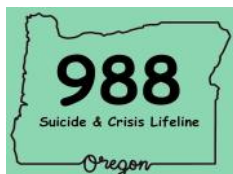
Monthly Support Group

This Canby Caregiver monthly support group meets the **2nd Wednesday** each month, this month **June 10th, 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 – CANCELLED UNTIL FURTHER NOTICE.

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**
- ◆ **The AgriStress HelpLine is a free, 24/7 hotline for Oregon's agricultural and forestry communities, including farmers, ranchers, fishermen, foresters, and their families.**



Have you heard about Romance Scams?



Someone contacts you on social media— and they're interested in getting to know you. Or maybe you meet someone special on a dating website or mobile app. Soon the person wants to write to you directly or start talking on the phone. They say it's true love, but they live far away—maybe because of work, or because they're in the military. Then they start asking for money. Maybe it's for a plane ticket to visit you. Or emergency surgery, Or something else urgent.

Scammers of all ages, genders, and sexual orientations make fake profiles sometimes using photos of other people— even stolen pictures of real military personnel. They build relationships—some even pretend to plan weddings— before they disappear with your money.

Here's what to do:

1. **Stop. Don't send money.** Never send cash, or send money using gift cards, wire transfers, cryptocurrency, or a payment app to an online love interest. Once you pay this way, it's hard to get your money back.
2. **Pass this information on to a friend.** You may not have gotten tangled up with a romance scam, but chances are, you know someone who will—if they haven't already.
3. **Report Scams**—If you spot a scam, please report it to the Federal Trade Commission

Go online: Reportfraud.ftc.gov

Call the FTC at 1 877 FTC-HELP (1 877 382 43570 or TTY 1 866 653 4261.



Your report can help protect other people. By reporting fraud, you can help the FTC's investigators identify the scammers and stop them before they can get someone's hard-earned money. It really makes a difference.

Source:: ftc.gov/PassItOn

Financial Assistance for Prescription Medication

Have you ever been prescribed a new medication that is priced beyond your abilities to pay? You may qualify for financial assistance for medications. **SHIBA** (Senior Health Insurance Benefit) Counselors are a resource for you to explore financial assistance. Counselors screen Medicare beneficiaries for Social Security's Extra Help Program. They can also research other manufacturer and charitable prescription programs. **For more information call Clackamas County SHIBA Helpline at 503 655 8269**



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

"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*

Zumba Gold—Every Tuesday & Thursday @ 2:15pm 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! 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— June 3rd, 10th and 24th

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**

Mandala Project—4th Wednesday each month June 25th, 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.

Mexican Train—2nd & 4th Thursday, 1pm

All aboard for fun with Mexican Train! This easy-to-learn domino game is perfect for socializing, friendly competition and lots of laughs. Come join us and see why it's a crowd favorite! **Open to everyone: No Fee**

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 April 8, 2026

Directors Present:

Loren Bell, Matt English, Sandra Field, Joyce Peters, Tim Nichols, Bill Reif, Bob McCall

Staff Present:

Kathy Robinson

Guests:

Jim Davis, City Council Liaison; Terri Schneider, Campaign Committee Manager

Directors Excused:

Mike Vissers, Keith Galitz

Report from City Council Liaison- Jim Davis: Jim reported that Police Chief Tro is retiring in July, and a search is underway for his replacement. He will be involved in the selection process, and a public forum is being considered to meet candidates before a decision is made. Randy Ellis's contract as acting City Manager has been extended through end of year 2026. An amendment is being drafted to the city charter to remove the residency requirement for the City Manager position. Said change will require public approval. Street projects are almost complete, finishing up work on S 10th and N 2nd. The new park in Dodd's Addition, which is located off Territorial and Locust, is scheduled for completion in May. The name of the park will be decided based on public input. The School District proposed Levy will be up for a vote in May. CAC is hosting one of the planned meetings facilitated by the School District to explain the Levy and the Bond differences.

Capital Campaign Committee Report – Sandie Field

In the absence of Keith Galitz, Committee Chair, Sandie gave the following update: A kickoff meeting was held last month with the members: Kathy Robinson, Keith Galitz, Sandie Field, Cash McCall, Mike Vissers from the board and Ruth Howard, Matt Dale and Roger Reif. Terri Schneider is the Committee manager. Outreach has begun and momentum is building. So far, we have raised over \$87K with additional grant proposals pending with Spirit Mountain Community Fund and JTMF as well as Lowe's. Kathy has been busy pursuing grant and foundation opportunities. Preliminary outreach plans are in play with the involvement of the committee members to acknowledge support and to share the progress we are making on our new home.

Monthly Reports

Programming and events: Retirement party planned for Lynne Bonnell (18 yrs service) on April 10th at 1:30 pm. Open House May 14th for major donors and prospects from 11 to 1.

Administration, finance and staffing: Several staff are out on extended leave. May consider adding to staff or extension of hours of other existing staff to fill vacancies. Dining room refrigerator repaired at cost of \$1700. With the addition of Induction burner as an alternative to a fire suppression system, we are now in compliance with Fire Code.

Staffing Two drivers fully on-boarded; New search for exercise instructor is moving along. Mindy Tilden has moved into Activities Coordinator role as of April 1st. Draft OAA contract amendment results in Good News for us bringing some \$8K back for Home Delivered Meals this fiscal year.

Old Business:

N Holly Street Building: R&H Construction selected as the General Contractor at a Special Board meeting. Expecting final numbers from them to finalize contract. Looking at exterior paint colors, deciding now so that Rotary project to paint the playground area will match our building. Onsite start date is planned for late June.

New Business: None

Meeting Adjourned: At 1:55 pm a motion was made to adjourn the meeting. Motion was seconded and passed unanimously. The next board meeting is Wednesday, May 13, 2026.

Respectfully submitted by Sandra Field, Secretary

Sharing Space!

We are SO excited to be moving our new building project into a more active phase! In preparation for the beginning of major remodeling work, several groups that already call 1520 N Holly street “home” will temporarily move their classes and services over to us. The Canby United Methodist Church will hold its services in our current space starting May 24th. Service is at 11:15; all are welcome. We also welcome the Iglesia Apostolica, the Aurora Woolspinners and several AA support groups—we're so happy to enter into this partnership with you! For our older adult community—please don't mind a little extra clutter as those friends move some of their “stuff” here.

June Speakers & Events

**Friday, June 3rd 1pm
Medicare Fraud
Prevention**



Fraud is estimated to cost Medicare \$60 billion annually. How does this affect you, and how can you help to stop it? Learn how to protect yourself and your loved ones by joining the **SHIBA (Senior Health Insurance Benefits Assistance) Program**, which is your local **Senior Medicare Patrol (SMP)**, for an informative Medicare Fraud Prevention presentation. **Free** "My Health Care Tracker" booklets available, while supplies last.

Sign-up Required

No Fee

**Let's Talk! June 11th @ 10am
Moving to a Facility**



Talking about moving into a residential facility can feel overwhelming, but having open, honest conversations early can make all the difference. Let's talk about that decision to move and learn some practical tools for taking that next step.

Sign-up Required

No Fee



June 18th, 10:30-noon

A representative from **SpringRidge at Charbonneau**, a senior living community will be here on **June 18th from 10:30-Noon**. Whether you're exploring options for yourself, a loved one, or simply curious about what assisted living offers, you'll find brochures, program details, and personalized guidance. Stop by to learn about services, amenities, and how assisted living can support independence while offering peace of mind. No pressure, just open conversation and helpful information in a welcoming setting.



Join us for our Fathers Day Lunch Thursday June 18th at noon. There will be Root Beer Floats!!

Wear your tie or dress like a dad. Come have some fun.

We will pull out the golf ball and putter for a friendly hole in one competition. As well as a tie tying contest. Practice up on your skills and come join us at lunch for some Fathers Day fun.



Sign-up required

**Interested in participating in a
Good Death/Good Life Café here
at The Canby Adult Center?**



Doulagivers Institute™

End of Life is a natural part of living, but most of us were never taught how to talk about it, plan for it or support the people we love through it. The result is confusion, fear and regret — for patients, families and caregivers.

The **Good Death/Good Life Café** is a free community gathering for adults of all ages who want a kinder, more prepared way to face aging, serious illness and end of life for themselves or their families.

During this 90-minute Café, we will explore practical and emotional topics in clear, compassionate language. Attendees will be invited to share their thoughts, ask questions, listen to others and learn ways to support themselves and the people you care about.

This is not a therapy group. It is a respectful space to *learn*, *reflect* and *connect*. It is a safe, welcoming place for open conversations about aging, caregiving and end of life wherever, you are on the journey.

Is there an interest on participating in a Good Death/Good Life Café here at The Canby Adult Center? If this is something you are interested in participating in, please put your name on the interest list at the front desk. We will have the interest list June through July. If there is enough interest, we will invite a facilitator of the café to offer a session in the fall.

**Thursday, June 25th
10:30-12:00
Bristol Hospice Oregon**



Carrieann Chapek from Bristol Hospice will be at the center offering information and answering questions about hospice care and support services. Stop by the table to learn more about comfort-focused care and how hospice can provide support to families during those challenging times.

**ZUMBA GOLD
Now offered every Tuesday & Thursday, 2:15 to 3:15**

It's official—there was such a great response to adding occasional Tuesday classes, we've decided to add Zumba to the calendar **EVERY Tuesday and Thursday, 2:15pm**

Have you tried it?? Fun moves and choreography by Deb Harman, semi-retired CHS teacher. Song list includes favorites like "Neon Moon" "Despacito" "Get On Your Feet" and more. Put your own sauce on the moves and give it a try! This class is geared to the 50+ crowd who still loves to dance and its calling your name!

No sign up needed

No fee, donations appreciated

Trips—June 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.

Step Into Nature @ Arrowhead Park

Arrowhead Creek Park is located in Wilsonville near the Willamette River. It is an award-winning park with paved, smooth trails that are great for all levels (including walkers) and offers mostly flat terrain. For those more "adventurous" folks, there is an option to explore a more intermediate level path leading towards the bluff. We'll work up an appetite and grab lunch at nearby Black Bear Diner on our way back to the center.

Depart: 10am
Cost: Free (Bring money for lunch)

Tuesday, June 2nd

Return 2pm
Bus Fee: Donations accepted

Shop & Savor

Two of MY favorite things! Enjoy a day out at the Woodburn Premium Outlets where your favorite brands await. Take your time browsing, finding great deals and (hopefully) picking up a treasure or two. After shopping, we'll refuel with a delicious lunch at a nearby local favorite Voted "Best Burger in the Willamette Valley, 11 years in a Row" @ Nancy Jo's Burger & Fries. Who's up for a little retail therapy?

Depart: 9:30am
Cost: Free (Bring money for shopping & lunch)

Tuesday, June 9th

Return 2:30pm
Bus Fee: Donations accepted

Calling All Adventure Seekers

Enjoy a fun drive with friends along the scenic Clackamas River / Eagle Creek Area, where lush greenery and fresh air make for the perfect springtime escape. Take in the sights & sounds of nature - who knows, you might even spot BIGFOOT! We'll make a quick stop at the North American Bigfoot Center before wrapping up the outing with a relaxing lunch together at The Carver Hangar. Cost: \$8 for museum & bring money for lunch

Depart: 10am
Cost: \$8 (pay at museum & money for lunch)

Tuesday, June 16th

Return 2:30pm
Bus Fee: Donations accepted

Shell-ebrate a Night Out

Did someone say LOBSTER....don't forget those famous Cheddar Bay Biscuits! Enjoy your seafood favorites at Red Lobster. Let us do the driving and manage the traffic, you relax with friends - just bring your appetite and money for dinner.

Depart: 4:30pm
Cost: Free (money for dinner)

Thursday, June 18th

Return 7pm
Bus Fee: Donations accepted

Sand, Surf & Slots

Join us on this coastal getaway filled with fresh ocean air! Take a stroll on the beach at Lincoln City, sit and listen to the waves - or try your luck at the Chinook Winds Casino for a bit of excitement! Whether you prefer the calm of the shoreline or the thrill of the slots, there's something for everyone. Don't forget your sunscreen!

Depart: 9am
Cost: Free (bring money for lunch)

Tuesday, June 23rd

Return 6pm
Bus Fee: Donations accepted

A Wild Day at Oregon Zoo

Let's go to the zoo! Stroll at your pace as we visit the animals from around the world - from playful otters to majestic elephants. Fresh air, beautiful paths & plenty of places to sit and enjoy nature. The perfect spot for a fun day. We can have lunch at the Aviary Cafe (cheeseburgers, chicken tenders, Zenner's hot dogs, fresh salads, etc) or grab something at one of the snack stands for a lighter snack on the go. *Plan for plenty of walking please wear appropriate walking shoes.

Depart: 9:30am
Cost: \$26 (pay at gate & money for lunch)

Tuesday, June 30th

Return 4pm
Bus Fee: Donations accepted

June Movies, Music & More

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

Movie Line-up

WEDNESDAY MOVIES AT THE CENTER

June 3rd—Eddie the Eagle The hysterical true life story of Britain's most famous ski jumper Eddie "The Eagle" Edwards and his journey to Olympic fame.

June 10th—A Bear Named Winnie The extraordinary veritable story of the black bear who would become the inspiration for the stories of A.A. Milne, and the heroic man who saved her life.

June 17th—Sneakers Hackers race to stop a deadly codebreaker conspiracy. You're sure to laugh through this comedy caper with Robert Redford & Sidney Portier.

June 24th—The Great Gilly Hopkins 12-year-old wise-cracking Gilly Hopkins finds herself shuffled from foster home to foster home until she meets Maime Trotter. Fun, PG family movie with Glenn Close & Kathy Bates.

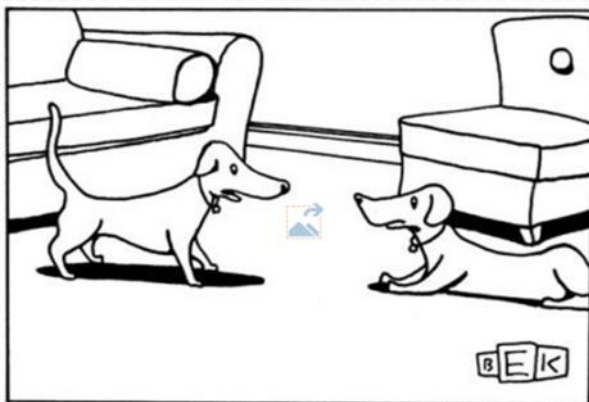


Fridays Are For Man's Best Friend

June 5th—My Dog Skip A shy boy grows up in 1940s Mississippi with the help of his beloved dog, Skip.

June 12th—Turner and Hooch A detective must adopt a rambunctious (very slobbery) dog in in this fun movie. Tom Hanks and his new "partner" work together to solve a murder.

June 19th—A Dogs Journey A dog finds the meaning of his own existence through the lives of the humans he



"It's the naps you don't take that you regret the most"

**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, June 1st and June 15th
Join us to hear a fine selection of hits, and oldies & goodies

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

Music with Dave - June 5th
Join us as Dave and his guitar, offer a nice selection of your favorites!

Music with Scott: June 8th
Scott brings a selection of well known and loved popular music with "something or everyone"!

Music with Jim - June 18th
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 THREE lunches that require signups / reservations.

1. June 11th, Hamburger Day — Delicious hamburgers with all the fixin's, potato salad, broccoli & cauliflower salad and fresh fruit.

2. June 18th, Father's Day Lunch — Enjoy a delicious meal, classic root beer floats and some fun games along the way.

3. June 24th, Golden Anniversary Lunch — Due to space limitations, we will seat a maximum of 30 couples at our "Golden Table" for this event—advance sign up required! Those of you who are not part of a "Golden Couple" are still invited to lunch—but again, you must sign up in advance.

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

Signups for June lunches are TUESDAY, May 26th.

Life, Health & Happenings

Welcome to my new page! It's time for a refresh....this section is your go-to spot for a mix of health tips and helpful information for your body & mind but also your overall wellness (safety, community, financial, etc) This month, June, we're looking at Medicare fraud. Did you know we have a representative here every month to help answer Medicare questions?? Call for an appt (503)266-2970. As always, I look forward to seeing you at the center—Mindy

Medicare Fraud Awareness: Protecting Yourself and Your Benefits

Medicare fraud is more common than many people realize, and it can have serious consequences—not just for individuals, but for the entire healthcare system. The good news is that with a little awareness and a few simple habits, you can help protect yourself and your benefits.

What is Medicare fraud?

Medicare fraud happens when someone intentionally deceives Medicare to receive unauthorized payments or benefits. This could be a healthcare provider billing for services that were never provided, charging for more expensive services than what you actually received, or even using your Medicare number without your knowledge.

Unfortunately, scammers often target older adults because they know Medicare is widely used and trusted. That's why staying informed is one of your best defenses.

Common types of fraud to watch for:

One of the most frequent scams involves billing for services or equipment you never received. For example, you might see a charge on your Medicare Summary Notice for a test, visit, or piece of medical equipment that doesn't look familiar.

Another common issue is "upcoding," where a provider bills Medicare for a more expensive service than what was actually performed. There are also scams where someone calls or visits you claiming to be from Medicare, asking for your Medicare number or other personal information.

Remember—Medicare will never call you unexpectedly to ask for personal or financial information.

How to protect yourself:

The first step is to treat your Medicare card like you would a credit card. Don't share your Medicare number with anyone unless it's a trusted healthcare provider or you initiated the contact.

Always review your Medicare Summary Notices (MSNs) or Explanation of Benefits (EOBs). These documents show what services were billed in your name. Take a few minutes to look them over and make sure everything matches the care you actually received.

Be cautious of "free" offers. If someone offers you free medical equipment, tests, or services in exchange for your Medicare number, it's a red flag. If it sounds too good to be true, it probably is.

What to do if you suspect fraud:

If something doesn't look right, don't ignore it. Start by contacting your healthcare provider's office to ask questions—they may be able to clear up a misunderstanding. If you still suspect fraud, you can report it.

In many communities, Senior Medicare Patrol (SMP) programs are available to help you review statements and report concerns. You can also contact Medicare directly at 1-800-MEDICARE.

When reporting, try to have as much information as possible, such as the date of the service, the provider's name, and a description of the issue. Even small details can help investigators.

Why it matters:

Medicare fraud doesn't just affect individuals—it impacts everyone. Fraud costs taxpayers billions of dollars each year and can lead to higher healthcare costs and reduced resources for those who truly need them.

On a personal level, it can also put your identity and medical records at risk. Incorrect information in your medical history could potentially affect future care.

By staying alert and informed, you're not only protecting yourself—you're helping safeguard the entire system.

A quick checklist to remember:

- Keep your Medicare number private
- Review your statements carefully
- Question anything that seems unfamiliar
- Be cautious of unsolicited calls or offers
- Report concerns promptly

Staying safe doesn't have to be complicated. A few simple habits can go a long way in preventing fraud and giving you peace of mind.



"MEDICARE PART C PROVIDES CARE FOR THE HEADACHES CAUSED BY PARTS A, B, AND D."

Source: Medicare.gov

Birthdays & This & That!

June 2026 Birthdays !

1 Hank Baker	19 Gayle Schedler
1 Sue Sheveland	19 Karyn Fenton
1 Bette Hester	19 Carrie Kikel
1 Lynn LaClef	20 Marilyn Ruger
1 Savina Nelson	21 Tom Nikirk
1 Lynn Tibbils	21 Marie Duryee
1 Dave Sather	22 Jim Amos
3 Marjorie Stathes	24 Joy Schmidt
4 Darlene Kauffman	24 Kim Hosford
4 Georgette Kaniho	24 Julie Bunke
4 June Nice	24 Joyce Johnson
5 Patricia Robertson	25 Sara Scheer
5 Carol Shiveley	26 Bonnie Miller
6 Burt Aus	27 Wendy Nelson
6 Stephanie Frye	27 Gina Henderson
6 Judy Greiner	27 Barbara Isom
7 Linda Kristensen	28 Brenda Mootz
8 Kathryn Kahele	28 Lois Middleton
8 Dewayne Beckner	28 Nancy Norberg
10 Judy Kromer	30 Lorin Yoder Jr.
10 Pat Young	30 Elaine Zenthoefer
10 Steve Ediger	30 Antonina Barton
13 Richard Sattler	30 Linda Huiras
13 Cindy Faist	
14 Bill Reif	
14 Billie Higgins	
14 Susan Condray	
14 Dorothy Curtis	
15 Carla Stevens	
16 Anna Phillips	
17 Dwayne Snook	
18 Junior Hodge	
18 Karen Pero	



Our June birthday clients share a birthday month with some pretty famous actors:

June 1 Marilyn Monroe	June 10 Judy Garland
June 1 Morgan Freeman	June 20 Lionel Richie
June 6 Lucille Ball	June 22 Meryl Streep
June 7 Prince	June 28 Kathy Bates

LOST AND FOUND:

We have accumulated a number of items in the lost and found basket at the front desk, which include: pink insulated cup; blue/white tie dye steel water bottle, among other things. Are you missing earrings, keys, pins, or other small items? Please ask the receptionist to check the bulletin board for you for these smaller items. If they remain unclaimed, they will go to the "free table".

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.

Thanks for your support!

Memoir/Creative Writing—

First and third Thursdays, at 10 am

Molokai Diary M. O'Shea

We arrived Friday afternoon in the Honolulu airport at 3 o'clock local time and we didn't get out of Honolulu on the local airline until 8 o'clock local time.

Saturday, January 3 we were a bit tired I wouldn't call it jet lag, but we were definitely tired so we had an easy day, although we went into town to pick up some ear drops for Sharon. Kris took us for a ride to the east end of the island which is nearest to Maui. That was a nice drive.

It's a sparsely populated area. There's a beach down there where Kris likes to go swimming. She took us to see it and then we came back home.

It is interesting to watch Kris and Greg with the animals particularly Kris. She is really good with the animals. She has five goats, five dogs, a handful of chickens, a couple of ducks, as well as beehives and there are cats. This is a real menagerie. This place is peaceful and quiet. The weather is beautiful.

Sunday, January 4 So yesterday we went to the drugstore in town. Kris gave us a tour around town as well as the trip down to the East End. The interesting thing about the drugstore where we went to get some meds for Sharon was there an entire wall, probably 15 feet long and floor ceiling all was hanging on it was flip-flops the state shoe of Hawaii.

So today is Sunday and so far it's been kind of a lazy day. I've done some reading and we've been taking it easy!



Things I Can Do

I can't ride a bicycle. I prefer to say, I have not learned to ride a bike. That's not to say, I haven't tried once or twice. My mother couldn't either. My father tried to teach me when I was about 7 years old. I recall him demonstrating and then keeping the bike and me upright, holding onto the handle bars and simultaneously steering as I pedaled, tentatively. Afterwards I must have made it clear that I didn't see bike-riding as an essential skill. The bike disappeared as mysteriously as it had appeared.

I tried to learn again in my early twenties. My husband was stationed at Pearl Harbor and we had found an apartment near Ala Moana Shopping Center, 9 miles away. Because our car was caught off-shore due to a shipping strike, he pedaled a bike to and from his duty station daily. He suggested this would be an opportune time for me to learn. I agreed to a practice session in the parking lot. Now, that memory triggers a flash-back to the Frazier episode where his brother Niles is trying to master the art of bicycling. His vehicle seems to have developed a sort of magnetic attraction for large trees, mailboxes and parked cars. I could have been his sister. So much for that attempt.

I was tempted one more time a few years ago. We lived on a quiet cul-de-sac, and I was entertaining the possibility of finally mastering this elusive skill. However, when I contemplated the risks associated with the likelihood of taking a fall at this stage of life, and picturing myself astride a bicycle, insulated by full football gear or reams of bubble wrap for protection, I thought better of it. I guess it's one experience that will remain along the road not taken.

There are plenty of other things I can do, though. I added swimming to my repertoire as an adult. Buoyed by the salt-water in Hawaii, I learned to snorkel. Annual visits to family in Florida enabled me to practice in their pool. At 70 I took lessons at our community pool. I'm still not a fan of deep water, and wouldn't describe myself as an accomplished swimmer, but I can tread water and move from one point to another with some semblance of a crawl, breast or backstroke, or all 3 simultaneously.

My daughter knows this. I'm reminded of the time I was visiting her, her husband and 2 grand-children who were about 5 and 8, in California. They had rented a small boat for the afternoon. The children were admonished to don their lifejackets. Then my daughter lovingly added that I should do the same. In the event the boat should capsize, she reasoned, they would each be busy saving one of the children!

I can ice skate. At least I could 60 years ago. In my mind I can glide smoothly forward and backwards, turning easily between the two. I can still do short spins and stop suddenly. I never did master jumps. The last time I actually ice skated, at our granddaughter's birthday party, I managed to move somewhat haltingly around the rink, within about an arm's length from the railing.

The common thread seems to be that I feel more secure with my feet firmly planted on the ground. I've overcome a fear of flying, at least in commercial aircraft. It was out of character for me to have paddled on a dragon boat team for several years. Sailing convinced me that the world looks better from a ninety degree angle than any other. I enjoy walking and love dancing. I can stand for more than 30 seconds on my non-dominant foot and bend over to touch my palms to the floor. I just can't ride a bike!

Resi Stockman-Hind

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 Farmer's Market

Saturday The market is in FULL SWING by June with fresh berries, flowers, baked goods, crafts and local produce. Hours are 10-2pm, rain or shine!

Oregon Renaissance Faire **Weekends through June**

Clackamas County Fairgrounds, Every weekend in June. This is the biggest June event around! Expect knights, costumes, music, food vendors, artisan booths, and live entertainment.

Canby's First Thursday Night Market

June 4th Located in downtown Canby, this event is free! It features special discounts at local shops and extended business hours. Come enjoy this monthly event.

Dreamworks Annual Car Show

June 27th Annual car show where all proceeds go to The American Cancer Society's Relay for Life. Food and raffle prizes for purchase. Open to public - register your hot rod for \$10 (no pre-registration) 24303 S Highway 99E Canby, Oregon, 97013 9-12pm

Slice of Summer Concert Series @ Wait Park

June 28th The Slice of Summer presents The CHS Jazz Band & The One Eyed Kats. Free summer concerts in the park. Food and Drink Vendors. Bring your lawn chairs and dancing shoes! 6-8pm

Just Out of Town...

Aurora Farmers Market

June 2nd & 16th Main and 2nd Street in Aurora. The Farmer's Market is first and third Tuesday evenings, each month, 4 pm to 8 pm. This month, June 2nd & 16th. Enjoy music, locally grown fruits and vegetables and a variety of other "fun" finds at this monthly community event.

Live Music at the Butteville Store

Saturdays in June 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 every Saturday through June at 7:00 pm. Call 503 678 1605 for more information on the dinner menu and to book your reservation.

Out of Town...

Oregon City Farmers Market, Saturdays, 9-1pm

The Oregon City Farmers Market has moved to Clackamas Community College. You will find us at the **Green Lots #1** located on Clairmont Drive between S Beaver-creek Road and N Douglas Loop. (right next to the Horticulture Dept). The year-round Farmers Market is a showcase for local growers, farmers, ranchers, bakers, artisan food businesses, wineries, distilleries and cideries, in addition to sustainably made artisan wares.

Korean War Remembrance Ceremony

June 29th, 10am Honor veterans and acknowledge the start of the Korean War at this event, which includes the grand opening of the new Oregon Korean War Memorial Interpretive Center.

Location: Oregon Korean War Memorial, Town Center Park, Wilsonville



Trapp's Trips Presents.....
Spotlight on NYC, Beyond the Bridges
October 22-28, 2026

7-Day Guided Tour
Highlights Include:

- Greenwich Village
- Statue of Liberty
- Brooklyn Bridge
- 2 Broadway Shows
- Ellis Island
- DUMBO
- 9/11 Memorial
- Wallstreet

For more information:
Contact Lynne Bonnell
503-310-9383
Lbonnell94@gmail.com

collette



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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Bruce & Martha Virell

Mary Walsh

In-Kind Donors:

Special thank you to Karen and Larry Krettler for the beautiful tomato plants! Proceeds from sales will go directly to the Canby Adult Center.

Joyce Sturdevant & Family

Pat Schauer

Friends of Canby Adult Center Inc
PO Box 10
Canby OR 97013-0010

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CANBY ADULT CENTER MEMBERSHIP APPLICATION Date _____

New Member Renewal

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

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

Birth Month _____ Birth Day: _____

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

Birth Month _____ Birth Day: _____

Address: _____ City & Zip _____

Phone: _____ E-Mail Address: _____

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

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— June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 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	2 9:30 YOGA 10:00 Trip: Arrowhead Park 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba	3 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 10:30 Blood Pressure 11:00 GeriFit 12:30 Genealogy 1:00 Board Meeting 1:00 Speaker: Medicare Fraud Presentation 1:00 Movie: Eddie The Eagle	4 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 11:00 BingoCize 1:00 Line Dancing 2:15 Zumba	5 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 11:30 Music w/ Dave 1:00 Pinochle 1:00 Movie: My Dog Skip	6
7 CUMC Church Service	8 9:00 Footclinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:30 Music with Scott 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation	9 9:30 Trip: Woodburn Shop 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba	10 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 GeriFit 1:00 Blood Drive 1:00 Attorney Consults 3:00 Alz Support Group 1:00 Movie: A Bear Named Winnie	11 Hamburger Day 9:00 Beginning Ukulele 10:00 Let's Talk! 11:00 BingoCize 1:00 Line Dancing 1:00 **NEW Dominos 1:30 NW Medicare Adv. 2:15 Zumba	12 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Turner And Hooch	13
14 CUMC Church Service	15 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	16 9:30 YOGA 10:00 Trip: Bigfoot Museum/Lunch 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba	17 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 Movie: Sneakers	18 Father's Day Lunch 9:00 Beginning Ukulele 10:00 Memoir Writing 10:30 Spring Ridge Sr. Living InfoTable 11:00 BingoCize 1:00 Line Dancing 2:15 Zumba 4:30 Trip: Red Lobster	19 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: A Dogs Journey	20
21 CUMC Church Service	22 9:00 Footclinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:30 Music with Mickey 1:00 Hand & Foot 3:00 Relaxation/Meditation Class	23 9:00 Trip: Lincoln City 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba	24 Golden Anniversary Lunch 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 Mandala 1:00 Movie: The Great Gilly Hopkins	25 9:00 Beginning Ukulele 10:00 Seated V-ball 10:30 Info Table: Bristol Hospice 11:00 BingoCize 1:00 Line Dancing 1:00 **NEW Dominos 1:00 Bunco 2:15 Zumba	26 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Eight Below	27
28 CUMC Church Service	29 8:30 Trip SignUp 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	30 9:30 Trip: ZOO 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba				

Menu—June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Pulled Pork Sandwich Cole Slaw Tater Tots Fruit	2	3 Taco Salad Beans and rice Churros	4 Chicken Alfredo Fettuccini pasta Mixed Vegetables Spinach Salad Fresh Fruit	5 Breaded Pollock Rice Pilaf Mixed Vegetables Cole Slaw Fruit	6
7	8 Chicken Piccata Spaghetti Noodles Steamed Vegetable Tomato Salad Fruit	9	10 Chef salad Chef's Choice Soup Veggie garnish Lemon pudding	11 Hamburger Day Potato Salad Broccoli & Cauliflower Salad Chocolate Chip Bars <i>** signup required **</i>	12 Baked Ziti w/ Meat Sauce Green Salad Garlic Bread Fresh Fruit	13
14	15 Chicken & Dumplings Mashed Potatoes Steamed Vegetables Carrot & Raisin Salad Apple Spice Cake	16	17 Deli Turkey Sandwich w/ Lettuce and tomato Chef's Choice Soup Carrot Raisin salad Blondies	18 Father's Day Meatloaf with gravy Scalloped Potatoes Mixed Vegetables Three Bean Salad Angel food cake <i>** signup required **</i>	19 Pork Stew w/ Potatoes Cornbread Steamed Vegetables Carrot Raisin Salad Fruit	20
21	22 Apple Dijon Pork Loin Rice Pilaf Fresh vegetables Apple Sauce Fresh Fruit	23	24 Golden Anniversary Lunch Baked Salmon Wild Rice Roasted Vegetables Warm Roll Bread pudding with Vanilla Sauce <i>** signup required **</i>	25 Deli Sandwich Vegetable Garnish Chefs Choice Soup Pumpkin Bread	26 Teriyaki Chicken White Rice Steamed Vegetable Carrot Coin Salad Fruit	27
28	29 Sausage w/ Peppers & Onions on Bun Vegetables Pasta Salad Fruit	30		Thanks to our Serving Groups: Canby Fire Department Canby Police Department Canby Utility LDS Church		