



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

July 2026

CENTER STAFF

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CUSTODIAN
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Asael Serrano Montania

MONITORS
Carol Clark

Office Hours
M—F 8:30 am—4:30 pm

Welcome from the Director

Dear friends,

I'm just back from a weeklong trip to Alaska—we saw SO many amazing views while travelling by train! Wasn't too happy about returning to 100 degree temps, and my peapod crop exploded while I was away!

A very hot summer and fall is in the weather forecast, so please make sure to stay hydrated, stay out of the sun and wear your sunscreen. As always, our center serves as a cooling location for the community—so if you don't have air conditioning, or know someone who may be without, please come on over and stay cool with us, 8:30 am—4:30 pm, Monday through Friday.

See you at the center —Kathy



Red, White & Blue Day Thursday, July 2nd

This year mark's America's 250th birthday—a celebration known as the Semiquincentennial !! Join us for a patriotic lunch and help us celebrate this milestone at the center. Wear your best red, white and blues!

Nothing But Net Basketball Tournament July 11th, 8:00 am—3:00 pm, Wait Park

Every summer, the streets of downtown are PACKED with local kids (and adults) competing in a 3 vs 3, one-day basketball tournament. It takes up the city streets that surround Wait Park! This year's tournament proudly supports the Canby Adult Center, helping provide resources, activities, and connections that keep local seniors active, engaged, and independent. Come down to watch some fun basketball!

We're excited to welcome Joo Lin Rice as the new fitness instructor at the center!

Joo Lin brings enthusiasm, experience and a passion for helping others stay active and healthy.



We look forward to the positive energy she brings to our classes and our community.

Please help us give her a warm welcome!

Month At A Glance: See inside for details

June 30	Sign up begins for July trips NOTE: TUESDAY
July 1	Genealogy Service 12:30
July 1	Blood Pressure Checks 10:30
July 8	Board Meeting 1 pm
July 2	Red, White & Blue Lunch
July 3	Center CLOSED - July 4th Holiday
July 6	Parkinson's Support Group 1 pm
July 8	Attorney Consults 1 pm
July 8	Amer. Red Cross Blood Drive 1pm
July 8	Alzheimer's Support 3 pm
July 9	Let's Talk 10am
July 9	*New Mexican Train Dominos 1pm
July 9	NW Medicare Advisors 1:30
July 10	Speaker: Oregon Dairy Cncl 11am
July 13	Speaker: Senior Housing Myths 1pm
July 16	Info Table: Recycling Tips
July 23	Hamburger Day, Signup Req'd
July 22	Mandala 1 pm
July 23	Seated Volleyball 10am
July 23	Speaker: Caption Call 10am
July 30	Bunco 1 pm
July 23	*New Mexican Train Dominos 1pm
July 27	Speaker & Lunch Sign Up Day
July 28	Trip sign-up 8:30
July 30	Speaker: CHF Presentation 10:30

****Note**** Trip signup day has changed to the last Tuesday of the month, but speaker signup day and special lunch signups are STILL the last Monday of the month.

CLOSED on Friday, July 3rd

In observance of Independence Day, the center will be closed on Friday, July 3rd. We hope everyone enjoys a safe, relaxing holiday weekend.

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 and Yoga as well as volunteer-managed Line Dancing and Zumba Gold!

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 July 8th. Appointment required; call 503-266-2970 to schedule your April appointment.

Senior Health Insurance Benefits

SHIBA (Senior Health Insurance Benefits Assistance) volunteers help with Medicare, Supplemental plans, Prescription Plan D and eligibility for free premiums. They also provide occasional workshops to assist you in choosing the right plan for you. Each fall they provide a comprehensive Introduction to Medicare 101, along with individual counseling sessions. Call 503-655-8269 to request an appointment.

Blood Pressure Check – At the Center

For the month of July, Roger will be here on the 1st Wednesday @ 10:30 (July 1st—don't miss it!)

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 July 13th and July 27th.

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

Genealogy Services With Fred Gill —

July 1st, 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 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 July 6th, at 1 pm



This group meets the first Monday of each month, **1 pm to 2 pm** to share, learn, and connect with others navigating Parkinson's. **This group is open to people with Parkinson's, care partners, family and friends.** Contact facilitator Shirley at 503-380-1712 if you have questions. [If Monday is a holiday, the meeting is the first Wednesday of the month.]



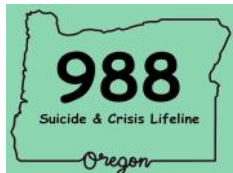
Monthly Support Group

This Canby Caregiver monthly support group meets the **2nd Wednesday** each month, this month **July 8th, at 3pm** This group is for people caring for others with Alzheimer's. Advance registration suggested by calling 1 800 272 3900 but walk-ins are welcome!

Starting Over Women's Support Group – 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.**



Caption Call—Life is Calling

CaptionCall offers specialized telecommunications equipment, and assistive technology information. CaptionCall is a telephone that is available to individuals who have hearing loss. Captioning agents use voice recognition technology to provide written captions of what callers say on a large, easy-to-read screen. A representative will be on site **Thursday July 23rd from 10 to noon.**

For more information, call 503 847 8609 or visit the website at <https://captioncall.com>



Tech Support Scams

You get a call or message from someone who says they're a computer technician. Or a number appears in a pop-up message on your screen. Or maybe you're looking for tech support and call a number you find in a search engine. The person on the phone says they're from a well-known company like Microsoft or Apple. And they tell you about viruses or other malware on your computer. Maybe they'll ask you for remote access to your computer or say you must buy new software to fix it.

But are they someone you can trust? Judging by reports to the **Federal Trade Commission, NO.** Tech support scammers will try to sell you useless services, steal your credit card number, or get access to your computer to install malware, which could then let them see everything on your computer (including your account passwords.).

Here's what to do:

1. *Hang up.* If you get an unexpected call from someone saying there's a problem with a computer—hang up, it's a scam. If you need tech help, go to someone you know and trust—and call them at a phone number you know to be true (the ones that show up in your search engine aren't always legit).
2. *Pass this information on to a friend.* You might know these are scammers, but chances are, you know someone who doesn't.

Want to know more? Sign up for Consumer Alerts at ftc.gov/ConsumerAlerts

Please 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 (1-877-832-4357) 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.

On-going Classes and Activities

Exercise & Wellness Classes Open to Everyone!!!

Geri-Fit (Seated Exercise): 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: 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: Monday, Wednesday and Friday at 9:00 We now offer Tai Chi Quan classes three times weekly. Class meets every . Check out this class—a great way to increase mobility and balance! *No fee—donations appreciated*

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

No fee—donations appreciated

Yoga— Tuesday at 9:30 am

This class is offered every Tuesday at 9:30 am with Yoga Instructor Kathryn Kindorf. 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

Zumba Gold is a modified Zumba class, for older dancers, or those that don't want high impact classes. It's a different class than Zumba.

No fee--donations appreciated

WEEKLY GAMES: Open to everyone; Walk-in's welcome, no sign-up required.

Hand & Foot: Mondays at 1:00 pm This game has 2-4 players at a table and uses 3-5 decks of cards. We have trays to hold your cards and we welcome new players!

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— July 1st, 8th & 22nd

Quilty Friends meets several Wednesdays each month; all levels of quilters are welcome—bring a portable sewing machine to get started. Work on individual or group projects (some are for charities). New quilters and walk-ins always welcome! **No Fee**

Mandala Project—4th Wednesday each month July 22nd, 1pm,

Enjoy good company and explore how mandalas can unlock your inner creativity and bring you joy! Supplies provided; No artistic experience needed; drop-ins welcome! **No Fee**

THURSDAY

Memoir & Creative Writing Group 1st and 3rd Thursdays

10 am –11:30 am: If you enjoy writing, this group is for you! Class facilitator suggests a topic to write about at home and you share your work at the next class. Topics often involve recording memories—a great gift to your family! Consider joining us. **Drop-ins welcome; No Fee.**

Ukulele Class—Every Thursday 9 am-10 am

Instructor teaches basics in a step by step series. There is a \$5 charge for the book that you keep. Bring your ukulele and join this fun group! **Instructor comes from Tigard; weekly donation of \$5 suggested;** Walk-in's welcome.

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 Meeting Minutes—Excerpts May 13, 2026

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.

Directors Present:

Loren Bell, Keith Galitz, Bob McCall, Mike Vissers, Bill Reif, Sandra Field, Tim Nichols, Joyce Peters, Matt English

Directors Excused:

None

Staff Present:

Kathy Robinson

Guests:

Jim Davis, City Council Liaison and Terri Schneider, Campaign Manager

Report from City Council Liaison, Jim Davis:

Jim reported that the acting City Manager, received a quote for the demolition of the CAC building on Ivy should the council vote for demolition and it came in at \$1M. The Walnut Street extension in going in with lights at the intersection with 99E. The new Comprehensive Plan was submitted for its first round of reviews and was approved as submitted.

Monthly Reports:

Treasurer: Keith reported that the investment funds experienced some ups and downs during the month; ending with a total fund balance \$344K higher than the previous month. Year to date, we have transferred \$360K for the current fiscal year. Finally, Keith expressed his gratitude to the board members who submitted their pledges for the new building project.

Director:

- * Open house, May 14th – Board and major donors and prospects – 11:00 am to 1:pm- we had over 60 positive responses.
- * A Resource Fair with over 25 vendors is on May 21st between 10:00 and noon. Topics include Transportation, Housing, Medical and In-Home Support
- * Father’s Day Lunch is on June 18th and Golden Anniversary Lunch is on June 24th.
- * Staffing update: New exercise instructor has been hired and will begin training
- * Building Update.—Exterior paint colors chosen– onsite start date is planned for late June.
- * Capital Campaign - JTMF Foundation request has received extensive follow-up questions; we are still in the running. Direct Link request has been approved for \$25K of in-kind support working with contractors for communication and network needs. Discussed Naming Opportunities with respect to timing and documentation.

Board Elections: Loren Bell, Joyce Peters and Bill Reif’s terms will expire in September. All have expressed a desire to serve an additional term. Loren has served two terms and under Article VII, Section 1, point c of the by-laws, a director that has held office for two consecutive terms may, with the approval of the board, serve an additional 1 and not more than 3 years. This issue was discussed by the full board and all agreed that Loren, as chair, was needed to see the building project to its completion and continuity of the existing board is key right now. Kathy was then directed to list all three on the Ballot for re-election and open the opportunity for others who may be interested. The Nominating Committee will review any new applications. If no other candidates apply, the current slate of continuing officers will be read into the minutes of the September General Meeting.

Meeting Adjourned: At 1:45 pm a motion was made to adjourn the meeting. Motion was seconded and passed unanimously. The next scheduled board meeting will be on Wednesday, June 3, 2025.

Respectfully submitted by Sandra Field, Secretary

Change to trip sign-ups—please read!

If you travel with us, please read the new trip sign-up process, found on the trips page, very carefully. Our transportation service, for daily trips to and from the center as well as out on day trips, is intended to serve individuals who are not able to travel independently as a top priority. As has been frequently pointed out, our prior trip sign-up system heavily favored travelers who are still mobile, still driving, and able to stand in line for quite a long time. Those who were not able to get to the center before opening hours, or who are unable to stand in line, were rarely able to sign up for a preferred trip as it had already filled up. A lottery system levels that playing field and offers an equal chance to everyone to get a spot on a trip. The new procedure is a trial run, so stay tuned for possible tweaks to make it as fair and efficient as possible!

JULY Speakers & Events

Don't forget!
July 2nd is Red, White & Blue Day



Join us for lunch!

Wear your most patriotic shirt, hat, outfit and help us celebrate America's 250th birthday in style!

Thursday, July 23rd 10-12p
Informational Table



Do you have trouble hearing on the phone? Stop by our table to learn about true **no-cost telephone captioning**. **CaptionCall** does not charge for the captioning service, phone or mobile app, delivery, or any form of customer support. If you have hearing loss and need captioned telephone service to use the phone effectively, you are eligible for this no-cost federally funded service.



Friday, July 10th @ 11am

Join us as the Oregon Dairy Council visits the center to share information about the important role dairy plays in healthy aging. Enjoy tasty dairy samples while learning how foods like milk, yogurt and cheese can support strong bones, muscle health and overall wellness.



Signup required

No Fee

Thursday July 30th @ 10:30 am

Housecall Providers CHF/COPD Presentation

Heather Young, Hospice Liaison with Housecall Providers will be presenting on Congestive Heart Failure (CHF) and Chronic Obstructive Pulmonary Disease (COPD). This discussion will include the stages of each disease and at what point have we reached maximum medical management.

Sign ups required **No Fee**

Monday, July 13th @ 1pm


A representative from **1st CHOICE Advisory Services Inc.** will be here to walk you through the different types of senior housing and care available, as well as the general costs associated with each option. Since there are many assumptions and misunderstandings about senior living, they will separate the myths from the facts so you can better understand what to expect and make informed choices for yourself or a loved one.



Their approach is to help families avoid costly and stressful mistakes, allowing them to find the right fit from the start. Best of all, their services are provided at no cost to families, thanks to the support of their senior care industry partners. Join us for this informative presentation.

Signup required

No Fee





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

Doulagivers Institute™

The **Good Death/Good Life Cafe** 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 Cafe, 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, July 16th 11-12p
Informational Table

Join Clackamas County Sustainability & Solid Waste to learn what can and cannot go in your recycling bin, discover resources for taking your own container, reuse shops and more. Bring your recycling questions and examples of hard to recycle items.

Trips—July 2026

* TRIP SIGNUP PROCESS *

To make our trip sign-ups more fair and efficient, we are introducing a lottery-style sign-up system.

How it works:

On the last **Tuesday** of the month, participants will call the center between 9am and 11am to sign up for their desired trips.

You may sign up for only yourself and one other family member, living in same household.

You can speak with the Activities Coordinator directly, or leave a voicemail indicating your top **THREE** trip choices. (you will be signed up for your first **TWO** trips, if one is full, your 3rd choice will be assigned if available).

A list of all names will be created between 9-11am, assigning each name a number.

Trip Selection Process

Beginning at 12pm, names / numbers will be selected using a lottery system and participants will be placed on to trips based on:

- 1) Their trip preferences
- 2) Availability at the time their name/number is randomly selected (if a trip is full, they'll be added as an alternate)
- 3) If one of your top 2 picks are full, you'll be put on your 3rd choice trip if space available.

Once all names/numbers have been drawn on Tuesday, trip lists will be posted on the "Upcoming Day Trips" board at the Center (next to the showcase) and can be found at reception the following day.

IF prepayment is required, it must be made by Wednesday to secure your spot. ****NO EXCEPTIONS**** If you must cancel on a prepaid trip, we will reimburse for prepaid tickets **ONLY** if we have another traveler ready to take your place.

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.

Trip sign-up begins on **Tuesday, June 30th**. You may call on sign up day for any trip from 9-11am. Please indicate your top 3 choices (top 2, with 1 alternate). 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.

Additional 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.

Hee-Haw & Hello

Get ready for a trip that's equal parts sweet and unforgettable! We're headed to visit the residents at Oregon Donkey Sanctuary for a behind-the-scenes look at life with these lovable long-eared friends. Learn about donkey care, some funny facts and spend some time meeting the gentle personalities who call the sanctuary their home. Lunch somewhere on our way home

Depart: 10:30am
Cost: Free (Bring money for lunch)

Wednesday, July 8th

Return 2pm
Bus Fee: Donations accepted

Castle on the Hill

Perched high in Portland's West Hills, **Pittock Mansion** offers breathtaking views of the city skyline and surrounding mountains. Built in 1914 by Henry & Georgianna Pittock, this 23-room estate showcases Portland's early architectural designs that were far ahead of its time. Now it serves as a historic museum showcasing its beautifully restored rooms, gardens and exhibits. Let's get lunch on our way back.

Depart: 11am
Cost: \$14 (due at signups & money for lunch)

Tuesday, July 14th

Return 3:30pm
Bus Fee: Donations accepted

Two Hikes for the Price of One

Why settle for one walk when you can enjoy two for the same price (FREE!) Join us for a walk through Lake Oswego's Foothills Park and nearby Roehr Park where peaceful riverside paths, fresh air and beautiful scenery come together for the perfect outing! With mostly flat trails and plenty of spots to pause and enjoy the view, this "two for one" walk is all about good friends and some outdoor adventure. And, of course, lunch afterwards, TBD.

Depart: 9:30am
Cost: Free (bring money for lunch)

Tuesday, July 21st

Return 2:30pm
Bus Fee: Donations accepted

Secret Garden in the City

Tucked away in the city, **Leach Botanical Gardens** has peaceful trails beneath towering trees. Discover beautiful blooms, hidden paths and a charming stone cottage. It's the perfect spot to slow down and enjoy a little slice of magic hidden away in Portland. Bonus: our private tour guide will spill all this gardens secrets! And don't worry, we'll have lunch on our way home. While entrance is free, donations are greatly appreciated.

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

Thursday, July 23rd

Return 2pm
Bus Fee: Donations accepted

Mystery Dinner

Get ready "fore" a little adventure and some fun with our mystery dinner outing! Sit back, relax and enjoy the ride as we whisk you away to a surprise dining spot! Half the fun is not knowing where we're headed. (expect to pay approximately \$25-30 for dinner)

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

Tuesday, July 28th

Return 7pm
Bus Fee: Donations accepted

Step Into the Spotlight, A Chorus Line

One singular sensation.....join us for a fun filled evening at Clackamas Repertory Theatre as we take in **A Chorus Line**! We've secured a special discounted ticket rate for the final dress rehearsal performance giving you a chance to enjoy this Broadway classic at a great price. We'll grab dinner at Beaver Creek Saloon before the show.

Depart: 4pm
Cost: \$15 (due at signups & money for dinner)

Thursday, July 30th

Return 10pm
Bus Fee: Donations accepted

July Movies, Music & More

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

Movie Line-up

WEDNESDAY MOVIES AT THE CENTER

July 1st—Yesterday A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate reality where they never existed.

July 8th—RV A forced family vacation in a recreational vehicle rapidly turns into a disaster. Starring Robin Williams

July 15th—McFarland, USA Kevin Costner stars as a track coach in a small California town who transforms a team of athletes into championship contenders.

July 22nd—The Truman Show An insurance salesman (Jim Carrey) begins to suspect that his whole life isn't what he thinks—he's actually living some sort of reality TV show.

July 29th—Soul Surfer An inspiring true story of teen surfer Bethany Hamilton, who lost her arm in a shark attack and courageously overcame all odds to become a champion again, through her sheer determination and unwavering faith.



Fridays with Goldie Hawn

July 10th—Foul Play A San Francisco librarian picks up a hitchhiker whose car has broken down, which leads to her being stalked and hunted by shady individuals. Also starring Chevy Chase

July 17th—The Housesitter Con artist Gwen moves into Newton's (Steve Martin) empty home without his knowledge and begins setting up house, posing as his new wife.

July 24th—Butterflies Are Free A blind man moves into his own apartment against the wishes of his overprotective mother and befriends the freethinking young woman next door.

July 31st—Best Friends After five successful years of living and working together, a couple decide to get married. But what they don't count on is how to survive the honeymoon. Also starring Burt Reynolds.

**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—Thoughts & prayers for Mickey for his upcoming surgery in late June. We will look forward to his return in August.

Piano with Jonah—Wednesdays in July

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

Music with Dave - July 17th

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

Music with Scott: July 13th

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

Music with Jim - July 16th

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 just one lunch that requires a sign up / reservation.

- 1. July 23rd Hamburger Day** — Delicious hamburgers with all the fixin's, potato salad, broccoli & cauliflower salad and fresh fruit.

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 July lunches are MONDAY, June 29th

A Golden Nugget About Goldie



Goldie Hawn opened a dance school before becoming a major Hollywood star. She originally trained as a ballerina and taught dance to children in Washington, D.C.—which explains the joyful, energetic vibe she brings to so many of her movies.

Life, Health & Happenings

Summer, summer, summertime! As I write this article, I'm looking out my office window, watching my cute little hummingbird and it's RAINING. Haha, you've got to love summer in Oregon! Sunny and 80 degrees one day, 65 and raining the next. For July, we're learning about reducing your plastics use and how just a small change can help our beautiful planet! All it takes is a little effort. Check it out and as always, I look forward to seeing you at the center—Mindy



Plastic Free July: Small Changes, Big Impact

July is recognized around the world as Plastic Free July — a movement that encourages people to reduce single-use plastics and become more mindful about the products they use every day. While one person may not feel like they can change the world, the truth is that small changes made by many people can create a huge impact over time.

For many older adults, reducing waste may not even be a “new” concept. In fact, today’s seniors often grew up in a time when reusing, repairing, and conserving was simply part of everyday life. Glass jars were saved, grocery bags were reused, leftovers were never wasted, and drinking water came from the tap instead of disposable bottles. Long before “going green” became popular, many seniors were already practicing habits that helped protect the environment.

Today, plastic is everywhere. From food packaging and water bottles to straws, shopping bags, and takeout containers, Americans use an enormous amount of single-use plastic every year. Unfortunately, much of it ends up in landfills, rivers, and oceans where it can take hundreds of years to break down. Tiny particles called “microplastics” have even been found in our food, drinking water, and air.

This matters to everyone — including older adults. While research is still ongoing, scientists are studying how long-term exposure to plastics and certain chemicals may affect health and the environment. Reducing unnecessary plastic use is one small way we can all make healthier choices for ourselves and future generations.

The good news? You do not need to completely eliminate plastic from your life to participate in Plastic Free July. (Who has time or resources for that?!) Even a few simple changes can make a meaningful difference. The goal is not perfection—it is simply becoming more aware of everyday habits and looking for small opportunities to reduce waste when possible.

Here are a few easy ideas to try:

- Carry a reusable shopping bag when running errands.
- Use a refillable water bottle or coffee cup instead of disposable ones.
- Skip plastic straws and plastic utensils when dining out.
- Store leftovers in reusable containers instead of disposable bags.
- Buy in bulk when possible to reduce packaging waste.
- Choose products with less plastic packaging.
- Reuse containers and jars instead of throwing them away.

One overlooked benefit of reducing clutter and waste is that it can simplify daily life. Reusable items are often sturdier, easier to organize, and more economical over time. Many seniors also enjoy finding creative ways to repurpose items around the home rather than constantly buying new ones.

Plastic Free July can also be an opportunity for connection. Grandparents and older adults have valuable knowledge to share with younger generations about living more simply and wasting less. Teaching grandchildren how to sew on a button, grow vegetables, pack a waste-free lunch, or repair household items are meaningful ways to pass down wisdom while helping the environment.

It is important to remember that perfection is not the goal. This movement is about awareness and progress — not guilt. If every person made just one small change, the collective impact would be enormous.

As a community, we can support one another by making thoughtful choices and encouraging sustainable habits. Whether it's bringing your own bag to the grocery store or simply becoming more mindful of everyday waste, every effort counts.

This July, consider choosing one small plastic-free habit to try. You may be surprised at how easy — and rewarding — it can be. Whether it's remembering a reusable shopping bag, refilling your water bottle or simply becoming more mindful about what gets thrown away, small actions truly matter. Positive change doesn't happen all at once; it happens through everyday choices made consistently over time. Plastic Free July is a reminder that each of us has the ability to contribute in meaningful ways, no matter our age or lifestyle.

Source: NIH, plasticfreejuly.org

Birthdays & This & That!

July 2026 Birthdays !



1	Ronald Hanson	14	Ellen Schwarz
1	Dean Glaspey	14	Sandy Shew
1	Abby Allen	15	Israel Flores-Carillo
1	Gerrie Stanton	15	Martha Gulliford
2	Charles Braun	15	Julie Ann Kemp
2	Larry Baker	16	Daniel McElhinny
2	Teri Fritz	16	Cindy Waldron
3	Nancy Paulson	17	Tom Duthie
3	Anna Adams	17	Sharon Adams
3	Alice Clark	17	Helen Smidt
3	Carmen Weidemann	18	John Pigott
4	Keith Trammell	18	Susan Wear
4	Ed Blome	19	Mary Bosch
4	Tonia Kyrk	19	Vicki Juneski
5	Joy Durkee	20	Joan Dalton
6	Mel Farrington	20	Judy Riedel
6	Jim Rieker	21	Connie Nikirk
7	Bess Milhauser	21	Anne Means
8	Gail Christensen	22	Deanna Lower
8	Rochelle Petts	22	Arendina Brown
8	Jan Gibson	22	Bertta Moore
9	Adrian Fisher	23	Frank Stevens
9	Leon Poznanski	23	Georgia Hedrick
9	Linda Long	24	Sharon Stutzman
9	Mary Olson	24	Sharon Barnett
10	Tony Weber	24	Debbie Bramlage
11	Dena Lund	24	Vicki Harsch
11	Kay Fulton	25	Becklyn Wilkey
11	Peggy Yeats	26	Frank Hosford
12	Ronald York	26	Tamara Wright
12	Al Neighbours	27	Christine Tuuri
12	Bob Grady	28	Mickey Sievers
12	William Lawson	28	Albert Roy Jr.
12	Evie Elario	29	Dale Hester
13	Malcolm Lowery	30	Steve Skinner
13	Irene Breshears	30	Ronald Gunderson
13	Marilyn Micallef	30	Jim Pienovi
14	Jim Kirk	30	Dick Bennett
14	Bill Croft	30	Arbie Irwin
		30	Betty Riggs
		31	Arthur Hall
		31	Vickie Gunderson
		31	Barbara House



July birthday spotlight

Our July birthday stars celebrate alongside some music legends!

July 1st	Debbie Harry	Lead singer of Blondie
July 7th	Ringo Star	The oldest living Beatle
July 18th	Frank Sinatra	O! Blue Eyes
July 28th	Richard Wright	A founding member of Pink Floyd

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

“Redwoods”

One of my favorite odors is that of redwood trees in the early morning. When I was a young teenager and continuing until I left to enlist in the Air Force, our family vacationed on the Russian River resort area. We rented a cabin until I was about 16 when we bought our own.

The area is right smack in the middle of the northern California Coastal Redwood forests. We would either sleep on a screened porch or outside on some old beds my brother scrounged up. The aroma of the redwoods was all around us as we awakened.

Redwood trees have two different types of branches. The top most are adapted to absorb sunlight, the lower branches are larger and flat they absorb moisture and the large needle-like leaf size helps gather sun light. Due to the height of the trees the absorption is important for getting moisture to the upper reaches. Typical trees are over 300 feet. During photosynthesis redwood trees emits oxygen with a distinctive odor. If you have smelled it, you know.

The area where we vacationed was on the River and we were in the water every day. Swimming, boating, fishing and playing games like football in knee deep water. Additionally the whole area was a tourist Mecca. There were several putt-putt golf courses, a couple of full golf courses and other such attractions. We could walk to the two nearby towns and did often. One town had a teen dance every Wednesday evening.

After my father retired from the fire department, he and my stepmother bought a bar in the largest town and later a restaurant. I was off in the Air Force by then. The memories of those times come flooding back every time I smell Redwoods. One of my brothers eventually became fire chief of the largest town in the area. Several times I was deployed to Hawaii and Korea in the late 70's. I flew by commercial air and I would stop and visit my brothers and often stayed a couple of days with the fire chief. I would go outside with my coffee in the morning and drink in the redwood aroma.

Mark O'Shea

Cars I Have Loved

My husband and I purchased our first new car, a beautiful bronze Chevy Vega in 1970, just prior to his WestPac deployment with the US Navy. I stayed behind with family in Seattle, working at Frederick & Nelson. My goal was to make double payments and have it paid off by the time he returned, and I was proud to have accomplished it.

It was replaced a few years later by a brand new, sky blue '76 Audi Fox, this time on a lease. It was as close as we could get to a Mercedes on our budget. For 3 years it ran like a dream, until we made the commitment to buy it at the end of the term. Soon thereafter it began to self-destruct. Everything that could go wrong did, until the master brake cylinder failed on a hill above Puget Sound.

Its successor was a new brown Toyota Corolla, suitable for a young executive with a family. I would liken it to a pair of sensible brown shoes, and it was about as much fun. Eventually, I found solace in a newer, light blue Toyota Corolla. It transported us to our new lives in Portland.

I was drawn into a couple of brief relationships with German engineering once again. There was a well-used yellow bug, a twin to Herbie, and later a newer “VW Bug,” the only diesel I ever owned. I've not always been “mon-autonomous” either. One summer day, I passed by a classy-looking bronze Chrysler convertible on a dealer's lot. I graced her with a vanity plate reading “Sun Daze.”

In 2006 I was introduced to the Subaru Brand which seems to embody the Pacific Northwest lifestyle. It was in the form of an Impreza, which I christened “Scooby-Doo.” It was followed by a larger red Forester topped by a kayak rack. The original owner was a white-water rafter. I soon sold it to my husband-to-be (an avid paddler) when my 90-year-old Aunt offered me “Sweet Pea,” her new metallic green Limited-Edition Outback with 9,000 miles, in exchange for an I-Pad. (Note: paying cash for a new car on one's 90th birthday is the ultimate in optimism, the opposite of refusing to buy green bananas!) The odometer read 130,000 miles when I sold it.

After my husband's dementia diagnosis, I began the process of downsizing with the sale of all 3 of our vehicles, culminating in the purchase of a late model Outback that I trusted to get us safely to the inevitable doctors and hospital appointments. My most poignant car-related experience was with a 2005 metallic lime-green Mustang convertible that we bought from a neighbor post-covid. I loved the car, but my husband's delusions made him certain that it would be stolen or damaged if it left our garage. Thus, I was rarely able to drive it. Finally, we sold it to his daughter and family in Florida. They drove it across country where it now leads a pampered life, complete with a new back-up camera, and I get to visit it annually.

Four years later, the 2016 Outback no longer served me well. It was too large to fit comfortably into my condo's single garage, and was a magnet for door dents when left in the parking lot. Besides, it had accumulated a lot of baggage during a difficult time.

Not quite ready for a long-term commitment, last Fall I leased a spunky pearl-white Subaru Cross-Trek. It's responsive, economical and has brought the joy back into road trips. Most importantly, it makes me want to see what's just around the corner or over the next hill.

*Resi Stockman-Hind
June, 2026*

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—Saturdays in July

The market is in FULL SWING by July with fresh berries, flowers, baked goods, crafts and local produce. Hours are 9-1pm, rain or shine!

Canby's First Thursday Night Market

July 2nd 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 Independence Day Celebration

July 4th Centered around Wait Park and downtown Canby, this hometown parade includes a parade, street fair, live music, kids activities, classic car show, food vendors and a family friendly beer garden.

Nothing But Net 3-on-3 Basketball Tournament

July 11 Hosted in the blocks surrounding Wait Park, even if you're not playing, it's fun to watch and enjoy the festival-like atmosphere downtown. Bonus: Canby Adult Center is receiving the proceeds this year!

Slice of Summer Concert Series @ Wait Park

July 12th & 26th 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...

Wilsonville Rotary Summer Concerts @ Town Center Park July 16th, 23rd & 30th

5:30pm Family friendly music on the lawn. Food carts with food for purchase. What more could you ask for? 29600 Park Place, Wilsonville

Old Time Fair in West Linn

July 10th-12th Experience the charm of summer at the 70th Annual West Linn Old Time Fair, July 10–12, 2026, at scenic Willamette Park! Celebrate community spirit and local heritage with three days of family-friendly fun along the banks of the Tualatin and Willamette Rivers. Entry and parking are always FREE!

St. Paul Rodeo

June 30th-July 4th The St. Paul Rodeo began in 1935 when eight local farmers and businessmen took a baseball diamond and turned it into a short quarter mile track with bucking chutes and a roping chute. Our rodeo has been a Fourth of July tradition in Oregon for 90 years. It runs through the long weekend and is considered one of Oregon's premier Fourth of July traditions.



CANBY
Public Library

Did you know...

the library offers so much more than books!

Whether you're looking to learn something new, connect with others or simply enjoy a good story—the library is a wonderful place to explore! Here's what the library has for adults for July:

Planning Your Fall Garden With Kay Everts

Wouldn't it be great to grow food year-round? Learn how to extend your food harvests into fall and winter.

Saturday, July 11th at 1:00pm

Demystifying Pressure Canning with OSU Master Food Preserver

Wednesday, July 15th at 1:00pm

Clackamas County Repair Fair

Join this free community event bringing skilled volunteers and people with broken items together.

What to bring:

- Clean clothes and textiles
- Small home appliances
- Small electronics

If you bring multiple items, we can work on one at a time. Time permitting, we can try to fix another item. Some repairs may not be available at every event or may require a part we don't have.

Saturday, July 18th from 10:00am-1:00pm



Thank you 2025-2026 Donors

Capital Campaign

We say a very sincere "thank you" to each of the **Capital Campaign Donors:**

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Andrew Kauffman—Attorney at Law
 Canby Boosters Club
 Canby Kentucky Fried Chicken
 Canby Kiwanis Foundation & Thrift Store
 Canby Rental & Equipment
 Cutsforth's Marketplace
 Hulbert's Flowers
 Kahut Waste Services
 Pac Fibre Soils—A Division of Pacific Fibre Products
 Ulven Companies

Thank You New and Renewing Members

Margaret Alber
 Nida Arguedas
 Marlene Bauge
 Rita Beam
 Annette & John Beemis
 Kathleen Blanchard
 Dee & Gail Christensen
 Saralee and Bill Croft
 Karen Doupe
 Michael & Evie Elario

Linda Foos
 Daniel & Dolores Gillespie
 Art and Virginia Hall
 Darla Hill
 Resi Stockman Hind
 Sue Horton
 Kathleen Kersey
 Gale Melendrez
 Abby Miles
 Frances Monahan

Jean A. Moore
 Gary Needham
 Madeline Roberts
 Jean Robison
 Karen Sadoff
 Pat & Debbie Schauer
 Nelvia Turner
 Jane Vollmer
 Jo Wheat

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

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PERMIT NO 81

Return Service Requested



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— July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 10:30 Blood Pressure 11:00 GeriFit 12:30 Genealogy 1:00 Movie: Yesterday	2 Red, White & Blue Lunch 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 11:00 BingoCize 1:00 Line Dancing 2:15 Zumba Gold	3 Center Closed 	4
5 CUMC Church Service	6 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 1:00 Hand & Foot Canasta 1:00 Parkinson's Support 3:00 Relaxation/Meditation	7 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	8 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 10:30 Trip: Donkeys 11:00 GeriFit 1:00 Blood Drive 1:00 Board Meeting 1:00 Attorney Consults 3:00 Alz Support Group 1:00 Movie: RV	9 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 Gold	10 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 11:00 Speaker: OR Dairy Council 1:00 Pinochle 1:00 Movie: Foul Play	11
12 CUMC Church Service	13 9:00 Footclinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:15 Music with Scott 1:00 Hand & Foot Canasta 1:00 Speaker: Myths about Senior Care Housing 3:00 Relaxation/Meditation Class	14 9:30 YOGA 10:00 Needles & Knots 11:00 Trip: Pittock Mansion 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	15 9:00 Tai Ji Quan 10:00 BB&B 10:00 Newsletter folding 11:00 GeriFit 11:30 Music with Jonah 1:00 Movie: McFarland USA	16 9:00 Beginning Ukulele 11:00 BingoCize 11:30 Music w/ Jim 1:00 Line Dancing 2:15 Zumba Gold	17 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 11:30 Music w/ Dave 1:00 Pinochle 1:00 Movie: The Housesitter	18
19 CUMC Church Service	20 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	21 9:30 YOGA 9:30 Trip: 2 Hikes 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	22 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 Truman Show	23 9:00 Trip: Botanical Garden 9:00 Beginning Ukulele 10:00 Memoir Writing 10:00 Seated V-ball 10:00 Speaker: Caption Call 11:00 BingoCize **Hamburger Day** 1:00 Line Dancing 1:00 **NEW Dominos 2:15 Zumba Gold	24 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Butterflies Are Free	25
26 CUMC Church Service	27 8:30 Speaker & special Lunch signup day 9:00 Footclinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 1:00 Hand & Foot 3:00 Relaxation/Meditation Class	28 9:00-11:00 Trip SignUp Call 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold 4:00 Trip: ?Dinner	29 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: Soul Surfer	30 9:00 Beginning Ukulele 10:00 Seated V-ball 10:30 Speaker: CHF 11:00 BingoCize 1:00 Line Dancing 1:00 Bunco 2:15 Zumba Gold 4:00 Trip: Chorus Line	31 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Best Friends	

Menu—July 2026

Sun Mon Tue Wed Thu Fri Sat

	<p>Thanks to our Serving Groups:</p> <p>Canby Fire Department Canby Police Department Canby Utility LDS Church—First Ward</p>		<p>1</p> <p>Vegetable Quiche Hashbrown potatoes Sausage Patty Fruit Salad Maple Cake</p>	<p>2</p> <p>Red, White & Blue Lunch</p> <p>Sausages with cheese & onions Potato Salad Vegetables Watermelon Red White and Blue Dessert</p>	<p>3</p> <p>Independence day Center Closed</p> 	<p>4</p>
5	<p>6</p> <p>Pork Yakisoba with vegetables Steamed cabbage Egg roll Black bean & corn salad Fruit</p>	7	<p>8</p> <p>Teriyaki Chicken Steamed Rice Oriental Vegetables Green Salad Chocolate Chip Bar</p>	9	<p>10</p> <p>Parmesan Baked Cod w/ Rice Cornbread Tossed Green Salad Fresh Fruit</p>	11
12	<p>13</p> <p>Sloppy Joes Green Beans Cole Slaw Tots Cookie</p>	14	<p>15</p> <p>Chef Salad Vegetable garnish Chefs Choice Soup Crackers Fruit</p>	16	<p>17</p> <p>Chicken & Dumplings Mashed Potatoes Quinoa and Edamame Salad Apple Spice Cake</p>	18
19	<p>20</p> <p>Tator Tot Casserole Steamed Carrots Carrot Coin Salad Roll Fruit</p>	21	<p>22</p> <p>Oriental Chicken Salad Soba Noodles Chef Choice Soup Blondie</p>	<p>23</p> <p>Hamburger Day Potato Salad Broccoli & Cauliflower Salad Watermelon</p> <p><u>**SIGN-UP REQUIRED**</u></p>	<p>24</p> <p>Creamy Shrimp Pasta w/ Sundried Tomatoes Bread Steamed vegetable Green salad Apple Crisp</p>	25
26	<p>27</p> <p>Bbq Pork Fried Rice Steamed Cabbage Roll Cheese Tortellini Salad Strawberry Shortcake</p>	28	<p>29</p> <p>Breaded Chicken Burger Lettuce and tomato Sweet Potato Fries Corn Coleslaw Fruit</p>	<p>30</p> <p>Tuna Salad Tossed Greens Vegetable Garnish Chefs Choice Soup Chef's choice dessert</p>	<p>31</p> <p>Spaghetti pasta Meat sauce Garlic Bread Steamed veggies Green salad Fruit</p>	