



## **Celebrate National Senior Center Month at the Canby Adult Center!**

To honor the month, we've planned some great things during the month of September – there is something for everyone!

### **Annual Meeting September 8<sup>th</sup>**

Join us for lunch – free to members – and a meeting afterwards to review highlights of the past year, financial performance and outlook, together with Board elections and plans for the future. If you're not yet a member and are interested in the future of senior services in Canby, sign up now and mark your calendar for this important meeting.

### **Senior Seminars:**

- September 10 - Resources for Caregivers – Mary Ann Hard, Clackamas County Respite Care Coalition
- September 13<sup>th</sup> – Medicare and Health Care – Carol Barnard, State of Oregon
- September 22<sup>nd</sup> – Myths, Facts and Updates about Reverse Mortgages – Nanci Sloan Cummings, Reverse Mortgage Advisor for Alpine Mortgage Planning
- September 27<sup>th</sup> – Elder Law and Estate Planning, Andrew Cole of Andrew Cole and Associates
- Elder abuse – see our website or call the center for date/time

*Note: all seminars start at 1:00 pm and are free, but please call 503.266.2970 to reserve a spot.*

### **New Menu Offerings:**

- September 8<sup>th</sup> – Green Chili Chicken Enchiladas
- September 17<sup>th</sup> – Pork and Broccoli Stir Fry
- September 23 – Turkey Croissant Sandwich with Soup
- October 1<sup>st</sup> – Stuffed Peppers

### **Trips – call from August 30<sup>th</sup> to reserve your spot!**

- September 17<sup>th</sup> – Oktoberfest at Mt. Angel
- September 21<sup>st</sup> – Portland Zoo, free entry to seniors ages 65 and above
- September 25<sup>th</sup> – Walkers' trip, to Wilsonville's new Graham Oaks Nature Park
- September 28<sup>th</sup> – Fall colors trip to Columbia River Gorge

### **Share a Meal – September 14<sup>th</sup>**

Local businesses are invited to sample our great food and support the Center with this popular fundraiser. Your choice of either chicken salad with wheatberries or pork soba noodles, delivered to your business on September 14<sup>th</sup> for only \$10/meal. Watch for the invitation in the mail.

