

Street: 1250 S Ivy
Mailing: PO Box 10
Canby, OR 97013-0010
Web: www.canbyadultcenter.org



Phone: 503-266-2970
Fax: 503-263-6192
Center Hours: Monday—Friday
8:30—4:30

Director's Corner

Hello friends,

We've got so much to say in this newsletter, there's no room left for me! Suffice to say that there's lots of activity around here, so please read the newsletter cover to cover so that you don't miss out on something fun! Please pay particular attention to our new procedure for the annual Thanksgiving lunch—we are nervous about overbooking and being non-compliant with Fire Code so are requesting advance sign-ups if you plan to join us—read more below!

See you at the Center—Kathy

Thanksgiving Lunch Friday November 17th PLEASE NOTE CHANGE **ADVANCE SIGN UP REQUIRED**

Given the increasing numbers we are seeing in our dining room and in order to make sure that we serve all of our guests a wonderful full Thanksgiving meal, we are putting an advance sign-up in place for our lunch on November 17th and capping our number at 150 guests. PLEASE SIGN UP AT THE FRONT

DESK FOR OUR THANKSGIVING LUNCH ON NOVEMBER 17TH. Sign-up will be put out from November 1st. Please plan to arrive no later than 11:45 to ensure a place. We will begin seating drop-ins after that time. If you wish to sit with friends, please arrive early and plan to remain at your table – we will not commit to holding seats that are “reserved” with spoons and coffee cups without a warm body in them:). Thank you for your understanding and your patience!

Holiday Bazaar—December 2nd 9:00 am—3:00 pm

Our annual Holiday Bazaar is December 2nd , 9 am to 3 pm, and vendor applications are already in the mail! Please see Kathy right away if you wish to be considered as a vendor for this event – priority is given to non-commercial, older adult vendors. Sign up at the front desk to donate baked goods for our bake sale, and plan to join us for your holiday shopping. As always, we'll offer fresh-baked cinnamon rolls and a hot lunch for sale.

November Medicare Meetings:

2nd—Senior Choices, 2:30 pm
3rd—Regence Blue Cross, 10:00 am

9th—Humana, 1:00 pm
10th—United Healthcare 10:30 am
10th—Providence 1:00 pm

16th—Senior Choices, 2:30 pm
17th—United Healthcare, 10:30 am
17th—Regence Blue Cross, 1:00 pm

27th—SHIBA individual counseling 1 – 4
Call 503 655 8269 before November 27 to schedule your Individual appointment.

29th—Providence, 1:00 pm
30th—Humana, 1:00 pm

Do you Like our new lobby look?

We've spruced up our reception and TV areas with some new furniture – we hope you like it! Please help us keep it looking new by keeping open beverages out of the reception area. We're happy to fill up your favorite sealed sports bottle for you!
Thank you!

November Reminders

1—Sign up begins for the Thanksgiving Dinner

5—Daylight Savings Ends

15—Board meeting at 1:30 pm (3rd Wednesday, this month only)

17th—Thanksgiving Dinner!

23rd & 24th—Center Closed for Thanksgiving Holiday

November 2017

CENTER STAFF

DIRECTOR
Kathy Robinson
cacdir@canby.com

SUPPORT SERVICES
Timpra McKenzie
timpram@canby.com

CLIENT SERVICES
Wendy May
caccsc@canby.com

FOOD SERVICES
MANAGER
Hurley Baird
CACFSM@canby.com

MEALS ON WHEELS
Bev Vandecoevering
bev@canby.com

Jeanne Vodka
cacmow@canby.com

TRAVEL COODINATOR
Lynne Bonnell
lynneb@canby.com

ASSISTANT COOK
Audrey Barnett
cackit2@canby.com

KITCHEN ASSISTANTS
Karen Krettler
June Nice

KITCHEN UTILITY

TRANSPORTATION
Scott Goetchius
Chuck Kocher
Wade Porter

CUSTODIAN
Howard Brooks
Carol Clark

BUILDING MONITORS
June Nice
Carol Clark

On-Going Services and Programs

Contact Wendy May, Client Services Coordinator at 503-266-2970 if you have questions on these programs.



Bus

Call at 8:30 a.m. on the day you need a ride to the Center and we will come pick you up. Bus runs Monday, Wednesday, Thursday, and Friday.

Transportation Reaching People: TRP

Volunteer drivers transport seniors to destinations in Clackamas, Washington and Multnomah counties. 5 to 7 business days notice required. Call Wendy at 503-266-2970.



Senior Companion Program

Volunteers visit seniors weekly, providing

companionship, transportation and independence. If you are interested in volunteering, or if you need a companion—contact Client Services!



Foot Clinic Choices

LaVerne Lind takes appointments this month: November 13th, 20th & 27th

Patty Calcagno takes appointments the 1st & 3rd Wednesday each month. This month: November 1st & 15th

Call **503-266-2970** to schedule an appointment for your foot care needs.

Free Blood Pressure Checks

The first and third Monday of each month.

This month
November 6th and 20th
10 am to noon!

No appointment needed.



Library: Books, magazines, audio books, video-tapes, DVD's, and puzzles available for loan. No check-out required. Donations gladly accepted.



Noon Meal in our Dining Room



Hot meals, prepared in our kitchen, and served Monday, Wednesday, Thursday, and Friday at 12:00 noon. Suggested meal donation is \$3.50.

Musicians provide entertainment each Monday and on other occasions.



Meals on Wheels

Volunteer drivers deliver nutritious meals, prepared in our kitchen, to seniors and the disabled four days each week. Enough food is delivered to provide meals for seven days. Call 503-266-2970 to sign up!

Legal Assistance: The 2nd Wednesday of each month an attorney will meet with you at the Center for a free 30 minute consultation. This month, however, on the 3rd Wednesday, November 15th. Call 503-266-2970 to schedule your appointment.

Senior Health Insurance Benefits Assistance S.H.I.B.A.
SHIBA volunteers help with Medicare, Supplemental plans, Prescription Plan D and eligibility for free premiums. Call 503-655-8269 to request an appointment.

Canby Adult Center

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

Services Below Require an Appointment: Call 503-266-2970 to schedule your appointment or sign up at the front desk

Marilyn's Facials or Mini-Pedi Service: Thursday, November 16th

Enjoy a relaxing facial with fresh raw botanicals from Costa Rica! \$20 for a relaxing 30 minute facial. And mini pedicures are also available!



Health & Wellness

Sit To Be Fit

Mon....10:30 am

Thur....10:30 am

Suggested donation \$1

Senior Fitness

Mon....9:30 am Wed...10:30 am

Fri.....10:30 am

Suggested donation \$1

Tai Chi Class

Focus on movement, mobility and balance—meets twice weekly:

Wednesday & Friday

9:00 am to 10:00 am

\$2 Minimum Donation Suggested



Walk With Ease Class

Developed by the Arthritis Foundation, **Walk With Ease** is a physical activity program proven to help people manage their arthritis pain. Continues thru November

TOPS: Take Off Pounds Sensibly

Every Tuesday: Weigh-in 8:45 am - 10
Meetings from 10:00 am to 11:00
Membership \$32 per year



“Let's Dance” Line Dancing Classes:

1:00 pm every Monday, Tuesday, & Thursday
No partner needed.
No fee; Donations accepted

Please Note: “Brain Training” classes are back at the Center. Class is November 7th

First Tuesday of each Month, 11:30 to 12:30
Come exercise your brain!!




TRP—Transportation Reaching People

TRP rides are available to Seniors to destinations in Clackamas, Multnomah & Washington counties for for medical appointments or other necessary personal errands.

Contact Wendy at 503-266-2970 to see if your trip qualifies for a TRP driver. **There is a minimum of 5 to 7 business days notice required for these rides.**

This is a volunteer based program and rides are not guaranteed; rides are filled based upon volunteer availability.

This service is intended for rides outside of Canby only. For in-town rides, contact Canby Area Transit at 503-266-4022.




Do YOU want to volunteer?
Volunteers Needed for TRP Program

TRP (Transportation Reaching People) is a program where volunteer drivers use their private autos to provide rides to medical appointments and necessary errands for seniors and people with disabilities.

To qualify as a driver you must have a valid drivers license, have had a drivers license for at least 5 years; pass a Criminal Background Check; and have auto insurance.

Benefits include the joy of serving others, mileage reimbursement, the ability to pick your own schedule, free driver safety training that may reduce your auto insurance, and an annual recognition event.

TRP drivers are always needed! **Please call Wendy at 503-266-2970** for more information about this volunteer opportunity.



SUPPORT GROUPS

Willamette Valley Hospice Offers Drop-In Grief Groups Available

Drop-in grief groups are available to any adult seeking support after the death of a loved one. These meetings offer a chance to meet others and find support and understanding for the challenges of life after a death. There is no charge to attend and advance registration is *not* required.

Donations accepted.

Meetings are monthly:
Willamette Valley Hospice: 1015 3rd Street, NW Salem, OR

Call 503 588 3600 if you need more information.

NAMI [National Alliance on Mental Illness] CLACKAMAS MONTHLY SUPPORT MEETINGS

Oregon City Evangelical Church 1024 Linn Ave, Oregon City OR **2nd Tuesday of each month** 6 p.m. dinner (\$3 suggested donation) 6:30 pm program & 7:30 pm support groups

Molalla Christian Church 3rd St & Berkeley Ave, Molalla **1st Monday of each month** 6:30 pm- 8 pm

Sandy – Immanuel Lutheran Church 39901 Pleasant Street, Sandy **3rd Saturday of each** month 9 am—10:30 am

Suicide Bereavement Support – In Milwaukie **Compassionate support for adults after a suicide death**

NAMI Clackamas Office 10202 SE 32nd Ave, Ste 501 Milwaukie OR 97222 2nd & 4th Sunday every month, 2 pm to 4 pm please contact the NAMI Clackamas Office at 503 344 5050 or info@namicc.org. For a complete calendar of events go to www.namicc.org/calendar

Schedule your Canby Adult Center Tour!

If you are new to the Canby area or just curious about what goes on at the Canby Adult Center, let us show you around!

Schedule your personal tour with Wendy May. She will give you a full tour of the Center as well as 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 between 9:00-4:30. Come check us out!

Need to Talk? Call the **David Romprey Oregon Warmline: 1-800-698-2392**

Staffed by people with various life experiences, challenges and big feelings (including but not limited to) Mental Health, Addictions, Hospitalizations, Feelings of Suicide, Learning Differences, Homelessness, Loneliness, Challenges of having low income and more.

Call to have a confidential conversation with someone who will listen without judgment or criticism. People just want to be heard!

Monday: 10:00 AM - 8:00 PM

Tuesday: 10:00 AM - 12:00 AM

Wednesday: 9:00 AM - 8:00 PM

Thursday: 8:00 AM - 8:00 PM

Friday: 10:00 AM - 10:00 PM

Saturday: 10:00 AM - 10:30 PM

Sunday: 10:00 AM - 10:30 PM

Additional Comments on Hours of Operation: Feel free to call even at a time not listed, as the hours may have increased. Call 1-800-698-2392.
This warmline is NOT a resource line.

Just for fun...

... there is *Absolutely* No Good reason to act your Age!

Clackamas County Energy Assistance Program

The 2017-2018 Clackamas County Energy Assistance Program is now accepting application requests from **seniors**. To apply for energy Assistance:

1. You must live in Clackamas County
2. You must be within the following GROSS (before any taxes and deductions) income guidelines:

To request an applications, contact Clackamas County at 503 650 5640 and listen for the correct prompt. **Make sure that you state that you are a low income senior requesting an application.**

Household Unit Size	Annual Gross Income*	Monthly Gross In-
1	\$23,095	\$1,924.58
2	\$30,201	\$2,516.75
3	\$37,308	\$3,109.00
4	\$44,414	\$3,701.16
5	\$51,520	\$4,293.33
6	\$58,626	\$4,885.50
7	\$59,958	\$4,996.50
8	\$61,291	\$5,107.58
9	\$62,623	\$5,218.58
10	\$63,956	\$5,329.66
11	\$65,288	\$5,440.66
12	\$66,620	\$5,551.66
Each Addition-al Member	\$1,332	\$111.00

Coping with the Holidays Workshop
November 11,2017 9:00 am – noon


The holidays can be difficult after a loss. Join us for a time of learning from an expert speaker, and practical suggestions for coping during the holiday season. Stay for optional holiday memory-making activities for the whole family.

About the Speaker: *Kathleen Braza, M.A , is a bereavement consultant/educator and national speaker on issues of grief and loss in adults and children. Her sensitive, practical insights and strategies help the bereaved understand the process of grief and how to grieve in healthy and healing ways.*

This workshop is held at:
Willamette Valley Hospice
1015 3rd St NW
Salem OR 97304

Phone: 503 588 3600 or 800 555 2431
Website: wvh.org

Scam alert from Housing & Urban Development



Housing and Urban Development has issued a scam alert notice because the Housing Discrimination Hotline has been getting calls from the public about a group using a scam that shows them calling from 1-800-669-9777 (the Discrimination Hotline). HUD has received over 30 calls from the public at this time. One scam tells a person to send \$300 to them and that HUD will send them back \$9000.

If you receive such a message on the answering machine, you have been contacted fraudulently. Please report this to the FCC <https://www.fcc.gov/consumers/guides/spoofing-and-caller-id> . OR by calling Toll-Free Voice: 1 888 CALL FCC (225 5322)

Source: www.fcc.gov

November is American Diabetes Month. How much do you know about Diabetes?

Diabetes symptoms occur when blood sugar (glucose) levels in the body become abnormally elevated. The most common symptoms of diabetes include:

- Thirst and frequent/urination
- Fatigue
- Blurry vision
- Reoccurring infections
- Unexplained weight loss

Thirst/Dehydration: Diabetes causes blood glucose levels to rise; increased glucose levels cause your body to pull fluid from your cells into the bloodstream and deliver the increased load to your kidneys which can overwork your kidneys and cause them to produce more urine than normal. Frequent urination, another common symptom, will bring on thirst. This leads to drinking more fluids, which compounds the problem.

Fatigue: If you have diabetes, your body’s inability to convert glucose into energy will lead to fatigue. This can range from a general worn-down feeling to exhaustion.

Blurred Vision: Abnormally high glucose levels in the blood can also lead to eye problems. Controlling your blood sugar levels can help correct this symptom over time.

Recurring Infections: High glucose levels in your body’s tissues may hinder your ability to heal from cuts and scrapes. You will also be more susceptible to various bacteria and infections. Especially vulnerable are the skin, kidneys, bladder, and feet.

Weight Loss: You may eat normally and constantly feel hungry, yet continue to lose weight. This symptom is most common in people with type 1 diabetes.

Source: <http://healthtools.aarp.org/health/diabetes-symptoms>

Board News & Announcements

BOARD OF DIRECTORS 2017—2018

CHAIR

Dave May
dmay@utep.edu
(Term ends Sept 2019)

VICE-CHAIR

Debbie Jewell
dljewell2@canby.com
(Term ends Sept 2018)

TREASURER

William Reif
billr@equitygroupteam.com
(Term ends Sept 2019)

SECRETARY

Ruth Howard
frhoward6680@gmail.com
(Term ends Sept 2020)

Mark Adams

mwadams@bhgpartners.com
(Term ends Sept 2019)

Mary Bosch

mbosch40@canby.com
(Term ends Sept 2020)

Jim Davis

jimmik7@canby.com
(Term ends Sept 2018)

Johni Thayer

johnit1940@gmail.com
(Term ends Sept 2018)

Brenda Mootz

mootzb@canby.com
(Term ends Sept 2020)

About our Board

Canby Adult Center has a 9-member Board of Directors.

Each September, at our Annual Meeting, three new Board Members are elected to serve a three year term.

Thanks to our Board!

Excerpts from Board meeting retreat Wednesday, October 18, 2017

Directors Present: David May, Debbie Jewell, Johni Thayer, Bill Reif, Jim Davis, Mary Bosch, Mark Adams, Brenda Mootz and Ruth Howard

Staff Present: Kathy Robinson

Chair, David May reviewed abbreviated business meeting rules and effective meetings. He recommended a Consent Agenda, suggesting that routine business that comes up in every meeting be done via email. The goals related to this approach are efficiency, minimizing the time spent in meetings while maximizing the quality and effectiveness of the meetings.

Investment Report: Bill reviewed his investment report and asked for feedback related to context and format. With no special requests, he will continue to use the same format.

Directors Report Highlights: Kathy advised the County has agreed to fast track the background check for the new kitchen employee. We hope to bring her on board within the next week or so.

Kathy reviewed the Share-a-Meal fundraiser from October 17. There were some issues that will need to be corrected before the next event. Some due in part to being short staffed, serving 40 more meals than in the past (301 for a new record) and the newness of the staff. The event was completed with little impact to the recipients.

Review of Board Member Responsibilities: David May reviewed the Board member responsibilities as outlined in the Board Book. Responsibilities include: Fiduciary, Oversight of the Director, and Represent the members of the CAC.

Overview of Strategic Plan: Kathy reviewed the process and finalization of the strategic plan. A final version of the document should be ready by the end of October.

Budget: Kathy reviewed the annual budget for the benefit of the new Board members and explained the line items.

Committee Discussion and Assignments:

The former Budget and Investment committees will now fall under the heading of Finance Committee. The Evaluation Committee will now be the Human Resources Committee.

Finance Committee: Bill Reif, Jim Davis and Mark Adams

Nominating Committee: Bill Reif, Johni Thayer and Brenda Mootz

Strategic Planning: Debbie Jewell, Mary Bosch and Ruth Howard

Human Resource: David May, Brenda Mootz and Debbie Jewell

City Liaison: Jim Davis

The next meeting is November 15th rather than the 8th.

Website Update:

Our new website is beautiful! Take a look at our “new look” and enjoy getting acquainted with our user-friendly and up-to-date information. Be sure to check us out at:

www.canbyadultcenter.org



Find us on
Facebook

Membership renewal: Renewing your membership is easy! Just complete a membership renewal form and include your check with the form. You will receive our newsletter each month, which contains our monthly menu, trip destinations, guest speakers and fun events!

Membership renewal is also a great time to update your email address and provide us with your birthday so you can be recognized in the newsletter!



November Trips—sign up from Monday, October 30th

Red Ridge Farms Oil Pressing Demonstrations

November 1, 2017

It's time to go back to Red Ridge Farms for the olive oil pressing demonstration. Red Ridge Farms, owned and operated by the Durant family, includes the Oregon Olive Mill and Durant Vineyards. Oregon Olive Mill is a premier purveyor of estate-milled Extra Virgin Olive Oil and home to the only Olioteca in the Pacific Northwest. This is the state's first commercial olive mill. Walk through the green house and nursery, taste the Olive oil, tour the olive mill, and visit the gift shop. Bring money for lunch at Jac's deli for lunch along the way.

Depart: 10:15

Cost: Bring money for lunch

Return: 4pm

Bus Fee: \$5 (pay at sign up)

Verboort Festival

November 4, 2017

Take a fun adventure to the Verboort sausage Festival. The food is FANTASTIC and the atmosphere is festive with a good cause to contribute to as well. “Tradition, comradery, friendship and relatives” keep the Verboort Sausage & Sauerkraut Festival thriving after 83 years in the small Dutch community in Verboort, Oregon. Nearly all of the food served at the Verboort Dinner is local and handmade. The Catholic elementary school is at the heart of Verboort and most of the event proceeds support the operations of the school.

Depart: 12:30

Cost: \$16 (give driver exact amount)

Return: 5:30

Bus Fee: \$10 (pay at sign up)

J F Kennedy Exhibit and Picnic House Restaurant

November 7, 2017

“A man may die, nations may rise and fall, but an idea lives on.” The Oregon Historic society presents HIGH HOPES - THE Journey of John F Kennedy exhibit. Bring money for lunch at the Picnic House Restaurant just down the street after the museum.

Depart: 9:45 am

Cost: Museum 9.00 (pay at event)

Return: 3:30pm

Bus Fee: Donations Accepted

NW Senior Theatre

November 16, 2017

JOIN us FOR THEIR NEXT SHOW! “It's Christmas Time!” Come On, Ring Those Bells, Til The Season Comes Round Again, Christmas Is Coming, Nuttin' For Christmas, Rockin' Around The Christmas Tree, Do You Hear What I Hear? And many more. Also dancing, skits and merriment. The Northwest Senior Theatre is a group of experienced (55 and older) performers. Bring money for dinner at Red Lobster on the way home.

Depart: 12:30 pm

Cost: \$5 (pay at event)

Return: 7:30pm

Bus Fee: Donations Accepted

Huber's Thanksgiving Lunch

November 21, 2017

Established in 1879, Huber's is Portland's Oldest Restaurant. Specializing in a traditional turkey dinner Huber's also serves Certified Angus Beef, fresh seafood, entrée salads and a variety of pasta dishes. Their signature drink is Spanish Coffee prepared tableside with great flair. What a blast to jump start your celebrating for Thanksgiving week. Turkey or ham dinner cost is \$14.00 each.

Depart: 10:45 am

Cost: pay at restaurant

Return: 3pm

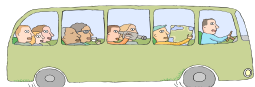
Bus Fee: \$5 (pay at sign up)

Trip Suggestions?

Lynne and her team do their best to offer a wide variety of day trip adventures for your enjoyment!

If you have a suggestion for a trip, be sure to ask Lynne, Wade or Scott for a trip suggestion form. Complete that form and turn it in to Lynne so she can see where you are interested in going!

Happy Travels!



TRIPS GUIDANCE :

Please take note of the following procedures:

Trip sign-ups begin the last Monday of the month prior, **except as noted.**

Phone Bookings accepted **only** for trips **without prepayment.**

You may sign up only yourself and **one other family member.**

Clearly note any mobility device needed, i.e., walker, scooter, wheelchair, etc.

Trips involving advance ticket booking by the Center, or a required bus fee **MUST** be paid in advance before your name goes on the list.

If you must cancel on a prepaid trip, we will reimburse any transportation fee collected; 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.

Travellers are allowed to sign up for a maximum of **two** trips the first day of sign-ups; come back on subsequent days (Tuesday and beyond) 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

Thank you for your cooperation!

November Speakers & Announcements

November 2nd—noon to 2 pm
Walgreens Brown Bag & Flu & Pneumonia vaccinations

Please welcome Pharmacist Sara with Canby Walgreens on November 2nd, from noon to 2:00 pm.

Sara will have flu and pneumonia vaccinations available, as well as medication consultation. Simply bring your questions and medications in a brown bag to the event for your private medication consultation.

No appointment needed—plan to drop by and get those vaccinations—and beat the flu season!

November 16th at 1 pm—Free Energy Saving Workshop



The Canby Adult Center, in cooperation with **Community Solutions for Clackamas County**, will be offering a **free** Energy-Saving Workshop on **Thursday, November 16th** from 1:00 p.m. to 2:30 p.m. Kurt Torgerson, an Energy Educator with Clackamas County , will lead the class.

Topics covered will be saving energy on home heating, water heating and appliance usage. Participants will be able to start saving energy right away using the techniques described in the class. Attendees will also receive a complimentary house temperature magnet, courtesy of Community Solutions for Clackamas County.

November 27th— Individual SHIBA Appointments Available
Call Now to Schedule Your Appointment

Learn more about Medicare with a SHIBA (Senior Health Insurance Benefit Assistance) volunteer! Open enrollment runs October 15th thru December 7th and SHIBA volunteers are accepting appointments for individual sessions here at the Center on Monday, November 27th from 1 pm to 4 pm.

These individual sessions are available to help you make informed choices for your new medicare year. Call 503-655-8269, option 4, to schedule your individual appointment with a SHIBA volunteer.

November 29th—Blood Drive!

You are Invited to Give!



We're thrilled to partner with the American Red Cross once again, by hosting a Blood Drive here at the Center on **November 29th, 10:00 am to 3:00 pm.**

To give blood— you can sign up at the front desk or online at redcrossblood.org.

Please support this critical service and sign up to donate today! Refreshments will be served to help get you back on your feet:).



Health Care
Presentations & Other
Guest Speakers

Meetings are free and
Open to everyone!

- November 2nd: Walgreens medications and flu shots, 12 – 2:00 pm
- November 2nd: Senior Choices, 2:30 pm
- November 3rd: Regence Blue Cross, 10 am
- November 7th: Brain training, 11:30 am
- November 9th: Humana, 1:00 pm
- November 10th: United Healthcare 10:30 am
- November 10th: Providence 1:00 pm,
- November 15th: Caregiver Support 1 pm
- November 16th: Weatherization 1:00 pm
- November 16th: Senior Choices, 2:30 pm
- November 17th: United Healthcare, 10:30
- November 17th: Regence Blue Cross 1 pm
- November 27th: SHIBA individual counseling, 1 – 4:00 pm
- November 29th: Blood drive 10 am—3 pm
- November 29th: Providence, 1:00 pm
- November 30th: Humana, 1:00 pm

Ready for the Holidays?
Try this...
A refreshing Facial or Mini-Pedi

Try a refreshing facials or a mini-pedi! We offer this service every month—but this month you can have that refreshing facial just in time for the Thanksgiving Holiday!

Marilyn has been providing this service for us for several years and what a bargain—a 30 minute facial with soothing botanicals from Costa Rica for \$20! Marilyn is also available to do mini-pedicures (\$25)—sign up at the front desk!

November Happenings

Monthly Happenings: Treat Yourself!

Hair Cut & Style with Linda, Every 2nd & 4th Wednesday: This month **November 8th and 22nd**—Linda Hagstrom is a licensed beautician who comes to the Center the second and fourth Wednesday each month, 9:30 am to noon. She will cut and or style your hair! \$7.50 for a haircut and \$10.00 for a cut and style. Come with freshly washed hair and bring any special products that you use.

Facials with Marilyn: Thursday, November 16th 10 am to 2:30 pm. Sign up at the front desk or call to make an appointment for a relaxing and refreshing facial. Invigorating botanicals from Costa Rica leave your skin feeling revitalized and fresh. 30 minute facial, \$20. Also offering a 1 hour mini pedicure \$25

For an appointment for these services, call us at 503-266-2970 or sign up at the front desk. **Note:** If you cannot keep your appointment, please give us a courtesy call.

Pie Raffle— Wednesday, November 22nd

Hurley's Pumpkin Pie: Made fresh and ready for you to take home on Wednesday, November 22nd. Drawing is at noon. You must be present to win. Raffle tickets: 25-cents each or 5 for \$1.

Thanksgiving Word Search

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

- | | |
|---------------|------------------|
| 1. Carve | 11. Holiday |
| 2. Celebrate | 12. November |
| 3. Colonist | 13. Pilgrim |
| 4. Cornucopia | 14. Platter |
| 5. Cranberry | 15. Pumpkin |
| 6. Dessert | 16. Thanksgiving |
| 7. Farmer | 17. Tradition |
| 8. Feast | 18. Turkey |
| 9. Gather | 19. Vegetable |
| 10. Harvest | 20. Worship |



Happy November Birthdays!

- | | |
|-------------------|--------------------|
| 1 Sheila Muck | 27 Jerry Vaught |
| 4 Thomas Adams | 27 Barbara Kendall |
| 5 Tim Isaksen | 28 Josephine Fiore |
| 7 Lars Aamodt | 28 Terri Haworth |
| 8 Alvin Smith | 28 Marilyn Lashua |
| 8 Benny Dodge | 29 Orma Kraft |
| 9 Michael Monahan | 30 Karen Johnson |
| 10 Sarah Seale | 30 Linda Dippman |
| 10 Tom Hibbert | 30 Nadine Beck |
| 10 Howard Mudder | 30 Karen Johnson |



Thanks to
Chris Boon
for providing our
Birthday Cake
each month!

Walking With Ease Class Continues thru November

The Walking with Ease Class continues during November. This class meets every Monday, Wednesday and Friday from 11:30 am to 12:30.

Developed by the Arthritis Foundation, **Walk With Ease** is a physical activity program proven to help people manage their arthritis pain.



Check with Jeanne If you'd like to participate in this class, or if you have questions!

Bags of Blessings—On Hold at this time
Thanks to those who helped
with this project

November Movies, Music & Events

November Movie Features:

Wednesday Afternoon at the Movies - 1:15 sharp



November 1st: **Terms of Endearment**, starring Shirley MacLaine, Jack Nicolson and Debra Winger. Aurora and Emma are mother and daughter who march to different drummers. The movie covers several years of their lives as each finds different reasons to go on living and find joy. Spoiler alert: Bring your tissues!!!

November 8th: **The Saint**, starring Val Kilmer. Simon Templar (The Saint), is a thief for hire, whose latest job to steal the secret process for cold fusion puts him at odds with a traitor bent on toppling the Russian government, as well as the woman who holds its secret.

November 15th: **To Catch a Thief**, starring Cary Grant and Grace Kelly. When a reformed jewel thief is suspected of returning to his former occupation, he must ferret out the real thief in order to prove his innocence.

November 22nd: **Home for the Holidays**, starring Holly Hunter, Anne Bancroft and Robert Downing Jr. After losing her job, making out with her soon-to-be former boss and finding out that her daughter plans to spend Thanksgiving with her boyfriend, Claudia Larson faces spending the holiday with her family.

November 29th: **Glory**, starring Denzel Washington, Morgan Freeman and Mathew Broderick. Robert Gould Shaw leads the U.S. Civil War's first all-black volunteer company, fighting prejudices from both his own Union Army, and the Confederates.

Thanksgiving Craft—November 8th at 1 pm

Join us Wednesday, November 8th at 1 pm as we make Pine-Cone Turkeys.

This is a fun project and easy to make using colorful feathers and a pinecone! Super easy, super fun!

Please sign up at the front desk in person or by calling 503-266-2970. No Fee.



History of American Thanksgiving

Thanksgiving Day is celebrated in the United States every year on the fourth Thursday in November. On this day the American families gather and enjoy the Thanksgiving feast, which includes Turkey, with all the trimmings. They also offer Thanksgiving prayers to God on this day and sing songs to praise Him. American Thanksgiving 2017 will be celebrated on the fourth Thursday in the month of November, **November 23, 2017**.

The first Thanksgiving Day, set aside for the special purpose of prayer and celebrations, was decreed by Governor William Bradford in July 30, 1623. There were harvest festivals, or days of thanking God for plentiful crops because that year the Pilgrim's fall harvest was very successful and plentiful after a period of drought. The Governor proclaimed a day of thanksgiving that was to be shared by all the colonists and the neighboring Native American Indians. The event, however, was a one-time celebration and was not intended to be an

annual festival. It was only after 55 years that another Thanksgiving Day was officially proclaimed. The Governing Council of Charlestown, Massachusetts convened on June 20, 1676 to weigh how to best express thanks for the good fortune that had secured the establishment of their community. By unanimous vote, Edward Rawson (the Clerk of the Council) was instructed to announce June 29 as a Day of Thanksgiving that year. But this time also the event proved to be just a one-time event.

The Continental Congress suggested a day of national thanksgiving during the American Revolution in late 1770's. In 1817 New York State adopted Thanksgiving Day as an annual custom, and by the middle of the 19th century many other states also did the same.

In 1863 President Abraham Lincoln appointed a national day of thanksgiving. Since then each president has issued a Thanksgiving Day proclamation, usually designating the fourth Thursday of each November as the holiday for Thanksgiving in America.

Monthly Music Line-Up

"Fiddling Friends" on break for the winter months. Look for their return next spring!



November 13th from 11:30—Dennis Stafford—classic country and cowboy, comes to us for special music! Don't miss this.

November 16th Jim Wilkey—Gospel & Country

November 30th - "Accordion to Go" with Leta. Timeless favorites!



Noteworthy

A reminder that advance sign-up is necessary for our very popular Thanksgiving Dinner on Friday, November 17th.

Please see all the details outlined on page 1, regarding making reservations.

This meal is popular and we want to make sure everyone who comes for this special event has a seat and enjoys the meal.

Thanks for your understanding!

On-going Classes and Activities



MONDAY: BRIDGE 1pm to 4 pm
New players are always welcome!

	<u>Bridge Winners 9-11-17</u>	
1st Place	Dale Williamson	4450
2nd Place	Dixie Loper	3560
	<u>Bridge Winners 9-18-17</u>	
1st Place	Will Newman	3120
2nd Place	Dixie Loper	2910
	<u>Bridge Winners 9-25-17</u>	
1st Place	Dale Williamson	3120
2nd Place	Will Newman	2810
	<u>Bridge Winners 10-2-17</u>	
1st Place	Dale Williamson	4420
2nd Place	Will Newman	2670
	<u>Bridge Winners 10-9-17</u>	
1st Place	Dale Williamson	5060
2nd Place	Will Newman	3860
	<u>Bridge Winners 10-16-17</u>	
1st Place	Eleanor Liberty	3040
2nd Place	Dixie Loper	2530



WEEKLY CARD GAMES

Bridge: Monday at 1:00 pm
Pinochle: Tuesday & Friday 1:00

Exercise Classes Open to Everyone!!!

Sit & Be Fit: Class meets Monday and Thursdays at 10:30. A great exercise choice focusing on exercises you can do from a sitting position! This class also offered year-around with instructor Kay Walter.
No fee—donations appreciated.

Senior Fitness— Class meets Monday at 9:30, Wednesday and Friday at 10:30. Get a great work-out, rain or shine, using weights, balls and bands. Join this class with our experienced instructor, Hurshell Walls.
No fee—donations appreciated.

Senior Tai Chi— Walk-ins welcome!
We are pleased to offer Tai Chi classes twice each week. Class meets every Wednesday and Friday from 9 am to 10 am. Check out this class—a great way to increase mobility and balance! Instructor, Nick Hancock
No fee—\$2 donation suggested



"Let's Dance" Line Dancing Classes: Monday, Tuesday & Thursday at 1:00

No partner needed for these popular and fun line dancing classes! Mondays are geared toward beginners, and start with basics; Tuesday and Thursday classes are for those with more experience. New dancers welcome!

No fee—Donations accepted

Monday at 10 am—Woodworking Workshop

Come join our woodworking workshop. Now every Monday at 10 am. The facilitator, Mel, will let you know what you will need to bring to the next workshop the following Monday. If you have questions, please see Wendy!

TUESDAY at 10 am HANDIWORK GROUP

Bring your own projects.
A great time to work on your projects and be with friends. Everyone welcome!



TUESDAY - "BINGO"

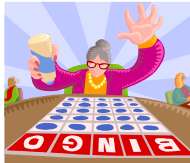
Doors open at 12:00, games start at 1 pm

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.



TUESDAY "Brain Training" is BACK November 7

Exercising our brains is important – join us for a fun and interactive time of "Brain Games!" Offered the first Tuesday of each month, (except September) from 11:30 – 12:30 pm. Stephanie, with Clackamas County Behavioral Health will lead us through some of the tools we have in our little "Brain Box": memory games, brain activities and fun conversation. Bring a sack lunch if you wish!

WEDNESDAY—MAHJONG at 2 pm: Every Wednesday, at 2:00 pm. We supply the space, the game tiles, and you just come and have fun! This game group is open to everyone—new players welcome! If you've never played, no worries! We have a volunteer who is happy to teach new players, and will have both a beginners and intermediate game going if we get enough players—its never too late to learn. Join us!

THURSDAYS at 10:00 am—Memoir Writing Group:

If you enjoy writing, this group is for you! Participants are given a topic every week to write about at home, then share their work at the next week's meeting. Topics often involve recording memories—a great gift to your family!



Class meets every Thursday at 10:00 am;

Drop-ins welcome; no fee.

Memoir Writing—Sharing

Greetings from your Canby Adult Center Memoir Writing Group!

Once again an invitation is extended to you to join our happy writing group each Thursday from 10 to 12. The holidays are a great time to get started!

Barbara Nuxall Isom

The Grocery List

Kindness matters. It has become a “catch phrase” in our society, but it really is true! I can remember as a child learning from my parents the Golden Rule, that we should “Do unto others as you would have done unto you.” And being that my Dad was in Boy Scouts and was a Scoutmaster, we also learned, “Do a good turn daily.” They weren’t just phrases or a rule, they were a lifestyle in our home. And I grew up thinking if I could live out the meaning of my name, Charity meaning Love, each and every day, then prayerfully I could make a difference in the world! I have received many kindnesses and blessings throughout my life, way more than I deserve! There is one account though, that I have shared many times because it gave me such Hope! I was a single Mom for four years and times were very tough. I was raising a toddler on my own, working 2-3 jobs at a time, and even receiving some assistance from

the state to have groceries. Because I was honest on my assistance paperwork, they sent me a notice stating that I had made ten dollars too much in a month, and they would not be providing any food stamps for my daughter and I. I only got paid once a month as a Teacher’s Assistant, and after paying bills and buying medicine for Emily, I had less than twenty dollars left, to last me another three weeks. I had one scoop of laundry detergent left and our cupboards and refrigerator were bare. My parents had already helped me out previously and were a great help in watching Emily after daycare until I got off work from my second job. I decided early the next morning to write out a grocery list, and then I prayed over it. We went about our day and I never told a soul, not even my best friend, it was just between me and God. My best friend, Lisa, babysat Emily for me at her in-home daycare. Our day went normally and around 6:30 pm my friend, Lisa, showed up at my house in her van. I

went out to meet her as I thought maybe Emily left her coat at her house or something. She said, “Charity, you know I wasn’t raised in a church like you, but I felt like God told me to bring you something.” She opened the tailgate of her van and there were 6 bags of groceries and a huge box of Tide laundry detergent! I immediately started bawling. I hugged her tight, and all I could murmur was, “Thank-you, Thank-you!” I then began to tell her the story. After Lisa left, I put all the groceries away. As I sat down at my table, I re-read the grocery list I had written out at 5 am that morning. The groceries that Lisa brought me were EVERYTHING that was on my list! (right down to the brand and that I liked creamy peanut butter, not chunky!) I sat at my table and cried again, tears of joy. I knew then how much God really loved my little girl and I. And that no matter how hard life was, He would always take care of us!

Charity P.

Celebration of Life

When my stepfather passed away he had requested to be cremated and buried at Sea. The Mortuary gave us the remains in a box and it looked gift wrapped. Depoe Bay was his choice to be exact because once a year the boats go out to sea and put out flowers in remembrance of the men (people) lost at Sea. We arranged with one of the boats to take us out and any of the family and friends could go out with us and do the honors. Some took flowers and Captain of the Boat took us out in the ocean the required amount of miles and we threw the box out, then the flowers. They seemed to circle the box and that is the last we saw of it bobbing along in the sea circled by flowers. Years later when we buried my Mother at Sea as was her request, my youngest brother did the honors with all of her family in attendance. He opened the box and cut the plastic bag open and did it properly. Who knew you were supposed to open and pour the ashes loose? As to the flowers, they seem to be in a circle by itself. As to myself, one day I will join them and I am sure it will be done properly. The arrangements are already made. Maybe then I will learn to swim? We all learn lessons throughout our lives. An afterthought... going out of Depoe Bay is truly an experience but coming back in is for me, closing my eyes and letting the Captain aim and get us safely into port again. **Mary B.**

Experiencing Kindness from a Stranger...

This past winter I was asked by a sister-in-law and niece if I would like to join them for a visit to a foot and nail clinic here in Canby. My wife of 66 years had died about 4 years and family members do help look out for my well-being. They knew that I have foot and skin problems and I agreed to join them. My sister-in-law is in her early seventies and my niece is in her early sixties. I will never see 90 again. We were given 3 chairs in a row at the clinic. Another lady came and was seated next to us. We estimated her to be in her 30’s and we enjoyed talking with her. When the 3 of us were finished with the hot water soaking and all the nail trimming and sand-papering of our feet and were ready to get the slip for each of our foot and hand work, the lady that had joined us told the attendant that she would pay for all of our foot and other work. My sister-in-law and niece had also gotten their fingernails painted. We tried to discourage the lady from paying for all of our foot treatment, etc., but she insisted that she had enjoyed our company while she had been sitting there. We let the lady know that we certainly appreciated her generosity and we did tip the attendant graciously. **Fred E.**

This & That

Donations Accepted



Books: We gladly accept large-print books and we would love to add them to our well-used Library! We also accept paperback books! We are *not, however*, able to accept serial romance books such as the Harlequin romance series.

Movies: We are grateful to receive donations of movies, in DVD or Video formats. We make those movies available for people to borrow and sometimes are able to use them for Weekly Wednesday movies!

Yarn: We always accept and appreciate yarn donations— our knitting and crocheting volunteers knit all year long, hats, scarves and sweaters for us to sell at our fundraisers. We’ll put your yarn to good use!

Thank you for your donations!



WE WANT YOU! for our Wall of Fame

We’d like to add your picture to our “Wall of Fame” - members, friends, volunteers—everyone is invited to have their picture taken for our “famous” wall.

If you’d like to be included on our “Wall of Fame” please check with Lynne to see when she is available to take your picture!

Thanksgiving Day is Thursday, November 23rd—here are some Turkey Facts:

- The red or pink fleshy growth on the head and upper neck of the turkey is called ‘caruncle’.
- The bright red appendage on the neck of the turkey is called ‘wattle’.
- The black lock of hair found on the chest of the male turkey is called ‘beard’.
- Frozen, fully stuffed turkeys, ready to cook, were introduced in 1955.
- Turkey is the state game bird of Alabama.
- The Wild Turkey is the official state bird of Oklahoma.
- The Wild Turkey was designated the state game bird of Massachusetts on December 23, 1991.
- Turkey eggs are tan with brown specks.
- Turkey eggs take 28 days to hatch.
- The typical 15-pound turkey is seventy percent white meat and thirty percent dark meat. White meat contains less calories and less fat as compared to dark meat.
- When Neil Armstrong and Edwin ‘Buzz’ Aldrin went on the moon, they took ‘roasted turkey’ and all the trimmings with them.
- Turkeys have heart attacks. When the Air Force was conducting test runs and breaking the sound barrier, fields of turkeys would drop dead.
- Benjamin Franklin called the turkey ‘a true original native of America’ and wanted the turkey to be the official bird of the United States but eventually lost out to the Bald Eagle

Pumpkin Smoothies for Two!



Combine the following in a blender:

- 1 frozen banana.
- 1/2 cup vanilla Greek yogurt.
- 1/4 teaspoon ground cinnamon.
- 1/4 teaspoon pumpkin pie spice.
- 1/2 cup skim milk.
- 2 Tablespoons pure maple syrup.
- 2/3 cup pumpkin puree (canned or fresh)
- 1 cup ice

Blend well, pour into serving glasses and enjoy!

Oops...

Have you seen our Leaf blower?



If you borrowed our leaf blower and forgot to return it, please return it now—no questions asked :)

We need it to clear the leaves from the sidewalk and keep the leaves out of the lobby.

Thank you!

Fred Meyer Community Rewards Program

Thanks to those of you who have registered your Fred Meyer Rewards card and made CAC the recipient of your Fred Meyer Community Rewards points!

By choosing Canby Adult Center as the recipient of your community rewards points, we receive checks each quarter based on your Fred Meyer purchases.

The program is on-going and you can register your card at any time. See Kathy or Timpra if you need help registering your card.

Thank you for your support of Canby Adult Center

Around Town

Library

Link

A monthly column offered in partnership
with Canby Public Library

220 Northeast 2nd Avenue, Canby, OR 97013
Phone: 503-266-3394

November 14 at 6:30 pm. Program in honor of Veterans Day. *Angel's Truck Stop: How Being Part of History Turned into a Memoir.* Dr. Pilato discusses the events of the 1960s and how they affected her decision to join the Air Force at the heights of the Vietnam conflict.

November 18 at 2:30 pm. Music in the Stacks presents *Choro da Alegria.* Music from Brazil.

November 28 at 6 pm. Create a beautiful holiday swag using fresh evergreens. Bring your own clippers. Registration required. Materials provided. Call 503-266-3394 to pre-register!

Canby Police Department
1175 NW 3rd Avenue—Canby
Home Safe Program: This program identifies where displaced or memory impaired persons may belong if they have wandered away from their residence.

Identification is made by use of a specially designed bracelet which is provided **at no cost to the individual.** See Wendy or Canby Police Department for more information.

24-hour Prescription Drug Drop Off: Canby Police Department accepts the following: Prescription & non-prescription medications; Vitamins; Pet Medications; ointments and liquid medications (in leak-proof container).

MEALS AROUND TOWN:
Zoar Lutheran Church
190 SW 2nd Avenue

Offering a free, on-going dinner, every Tuesday, evening, 5:00 to 7:00 pm. Call 503-266-4061 for more information.

DirectLink Offers Free Community Class:
Streaming Video: What, How, & Why use Them

Wondering what all the fuss is about with people who binge entire seasons of shows or watch exclusive TV series on Netflix, Amazon Prime, Hulu, Vudu and channel apps? Our technical expert will guide attendees through the various

**American Legion Update—**
Canby American Legion Post #122
424 NW 1st Street

Canby American Legion invites you to the following events which are open to the public:

Thursday Evenings—Bingo—16 games played
Doors open at 5:30 pm, games begin at 6:30 pm

Friday Night BBQ Hamburgers
Hamburgers & Fries \$5; Chicken Strips & Fries \$6
Served from 5:30 to 7:30


Sunday Breakfast: November 5th, 12th, & 19th
8:30 am - 11:30 am **Adults—\$6 and children 10 and under \$3**

November 5th—Ladies Auxiliary
Complimentary to ALL VETERANS
Pie Raffle / Veterans Christmas project

November 12th—Sons of the American Legion

November 19th—Legionaries
(No breakfast November 26th)

Saturday, November 11th—FREE Spaghetti Feed
please bring a Christmas gift for a Veteran!

**Thelma's Place**
352 NW 2nd Avenue
503-266-5100
Website: thelmasplace.org
ellen@countrysideliving.com

Thelma's Place is a non-profit resource day center offering quality care for adults experiencing memory loss.

We provide respite care for up to 6 hours a day (Monday thru Friday), so that caregivers can rest and recharge. We serve the community by teaching the value of staying well in mind and body. Our goal is to help people enjoy their lives in their homes for as long as possible by offering respite, and stimulating activities to keep the mind sharp. Our center is safe, fun, and socially engaging for the participant while the family member, often times the caregiver, can enjoy a much needed break.

available platforms and how, where, and why you might want to use them. All are welcome, refreshments provided.

Offered Thursday, November 16, 2017, 3:00 – 4:30 PM and repeated from 6:30-8:00 PM at the DirectLink Training Building located at: 150 SE 2nd Avenue. Please RSVP to 503-266-8111 or HereForYou@DirectLink.coop

Thank You's!

Canby Adult Center breaks Share a Meal record, thanks to the following businesses:

- Academy Mortgage
Allstate Insurance - John Schmitz
Austen's Body Shop
Auto Max of Oregon
Better Homes & Gardens Real Estate
Bikes 'N More
Canby Ace Hardware
Canby Adult Center Line Dancers
Canby Bible College
Canby Chamber of Commerce
Canby Chiropractic
Canby Clinic
Canby Disposal
Canby Electric
Canby Insurance
Canby Station Cleaners
Canby Tax Center
Canby Vision Clinic
Clem's Tractor & Trenching
Club Fit
Computers Made EZ by Jim
DirectLink
Douglass Harmon CPA LLC
Fisher's Supply
Gustafson Insurance
- Hartwell Chiropractic & Wellness Center
Hawksoft
Hearts and Hair
Heidi Zauner at Canby School District
Hope Village
IFA Nursery
J.M. Mechanical
Joy Kitchen
Ladybug Chocolates
Lee Elementary School Staff
Marquis Care
Martin's Town & Country Furniture
Millar's Point S
Napa Auto Parts
New Life Foursquare Church
OBC Northwest
Penny Wade at Howard Eccles Elementary
RE/MAX Equity Group
Retro Revival
Roberts State Farm Insurance
State Farm Insurance – Matt Olsen
Studio 103
Swan Island Dahlias
Trent B Warren MD PC
Veolia Water North America
Wilcox Arredondo & Co

Twice a year, we invite the Canby business community to buy lunch from us. We offer two meal choices, representative of the meals we serve here in our dining room. The event, called Share-A-Meal (SAM) raises money AND awareness about the Center and the older adult community more generally. This year, we blew previous records out of the water, delivering 301 meals to over 50 local businesses, schools and churches.

Thanks to the generosity of the Canby community, we raised \$3600 to support our meals program. Please make sure to say "thank you" to these businesses for their support the next time you shop with them!"


A Big Thank You to Our Pumpkin Donors:

We had a beautiful selection of pumpkins to carve for our annual Halloween Pumpkin Carving Contest.

Thanks to:

Custom Plumbing & Construction
Richard Hand

for donating the nice pumpkins we enjoyed for our Halloween celebration!



Lobby Display Window

Thanks to Connie B. who beautifully decorates our lobby display window with each changing of the season. We appreciate Connie and her hours of dedication to keeping our lobby with a fresh new look each season!

Garden:
Winter, Spring, Summer
Fall—our front garden is always in perfect order—nicely trimmed with bright color—thanks to Sunya and Wade for always taking the time to spruce up our front garden!



The year has turned its circle,
The seasons come and go.
The harvest is all gathered in
And chilly north winds blow.

Orchards have shared their treasures,
The fields, their yellow grain,
So open wide the doorway-
Thanksgiving comes again!

Anonymous



Friends of the Canby Adult Center

Thank you to our Donors and Supporters

Sustaining Donors: Donations of \$251+

Julia & John Barklow	Scott & Susan Enyart	Anne Himmelsbach	Marty Moretty
Dean & Helen Basinger	Betty & Larry Faist	Kathleen Hostetler	Mariah Olson
Janey Belozor	Jan & Keith Galitz	Ken Howell	Dan Pitts
Gwen Carriera	Lowell Hall & Betty Myers	Hank Jarboe	John & Marge Pursley
Bob Cornelius	Leona Hart	Robert & Charlotte Johnson	Bill & JoEllen Reif
Ernest & Marilyn Cowan	Patty Hatfield	Verlyn & Darline Kraxberger	Diana Schaugency
Stanley Cullington	Jim & Paulette Hefflinger	Charlie Lam	Johni Thayer
Jane & Steve Dahl	Delbert Hemphill	Dave May & Christine Parno	Howard Thomas
Henry & Georgia Deetz	Kathryn Henderson	Larry & Ann McBride	D'Anne Tofte
Johnnie Dever	Larry & Yvonne Hepler	Gretchen McCallum	Suzie Voss
Gregg Ekenbarger	Bob & Wanda Herman	Elizabeth Meyer	Al & Nori Zieg

Gold Donors: Donations of \$101—\$250

Robert & Janet Adrian	Judy Harvey	Eleanor Liberty	Geni Pittelkau
Healther & Kyle Anderson	Madeleine Henderson	Patti & Arnie Lucht	Leighton & Patricia Perkins
Mary & Paul Ashton	Yvonne & Larry Hepler	Sheldon Marcuvitz & Carole Laity	Sunya & Wade Porter
Ted & Linda Baumgardner	Bob & Wanda Herman	Todd May	Yvonne Recker
Ken & Millie Blodgett	Tom & Bobbie Hibbert	Bernie & Mary McWilliams	Lisa & Jose Rivera
Harriet Bretz	Jennifer Hickman	Ray and Margaret Means	Steve & Janet Skinner
Marjorie Brood	Butch & Judy Hogland	Linda Michaelson	John Saul
Jan Cox	Curt & Nola Hovland	Gerald & Brenda Mootz	Terry & Carolyn Taggart
Bob & Cee Cullison	Keith Jensen	Betty Nolz	Arnold & Shirley Thomas
Driver Family	Stan & Debbie Jewell	Wanda & Robert Nystrom	Ken & Phyllis Thompson
Norman Elie	Lynn & Diane Kadwell	Kathy Oathes	Judy Torgeson
Leo & Louis Garre	Ronald & Dorothy Kallis	Leighton & Patricia Perkins	Duane & Janice Weeks
Bob & Jude Gobet	Bob & Darlene Kauffman	Joyce Peters	James & Greta Wiersma
Irva Graham	Betty Keys	Donna Peterson-Nagl	Patricia Williams
Ellen & Emmett Gray	Chuck & Mary Ann Kocher	Randy Pitchford	Dale & Susan Williamson
Carmen Hamilton	Oliver Korsness		Witt Family
Pat & Laurie Harmon	Verlyn & Darline Kraxberger		Jay & Kathrine Wolfe

Thank you to our Donors

Financial Donors: Anonymous, Marcella Bennett, Georgia & Henry Deetz, Patty Hatfield, Hope Village, Marilyn Howard, Toni Hvidsten, Dawn Kindall, Dave May, John & Marsha Meyerhofer, Nancy & Paul Muller, Roger & Sigrid Neale, Dale Norlund, Rackleff Place, Steve & Janet Skinner, Ann & Roger Skoe, Howard Thomas, Mary VanAgtmael

In-Kind Donors: Marcella Bennett, Sally Drain, Donna Sorrels, Mel Farrington, Custom Plumbing & Construction, Merino Produce, Mantei Family Farm

Thank You Business & Organizational Supporters

American Legion Auxiliary	Hope Village
Bridge to Life Fellowship	Hulbert's Flowers
Canby Fred Meyer	Kahut Waste Services
Canby Kiwanis Foundation & Thrift Store	Andrew Kauffman—Attorney at Law
Cascade Engineering	Kroger Stores
Chair Outlet/Shelly Herman	Oregon Food Bank
Clackamas County MOW	Rackleff Place
Custom Plumbing & Construction	Starbucks
Cutsforth's Thriftway	Sons of American Legion
Direct Link	Uptown Medical Billing

Thank You New & Renewing Members:

Arlene Angel	Gloria Kraft	CharLee Rutheford
Sheila Caragil	Donna Lebold	Don & Judie Stone
Linda Dodge	Janine Miller	Russell Stuve
Bob & Sharon Henry	Linda Smith	Walter & Irene Strobel
Keven Hodges	Roger & Sigrid Neale	Dyanne VanZandt
Ron & Patsy Johnston	Margaret Purvis	

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

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CANBY ADULT CENTER MEMBERSHIP APPLICATION

New Member ☐ Renewal ☐ Single Membership: \$15/year Couple: \$25/year

Name _____ Birth Month _____ Birth Day: _____
Under 65 65-70 70-75 75-80 Over 80

Name _____ Birth Month _____ Birth Day: _____
Under 65 65-70 70-75 75-80 Over 80

Address: _____

Phone: _____ E-Mail Address: _____

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

Renewal postcards are mailed quarterly 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: _____




Menu—November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Mexican Casserole Spanish Rice Fresh Vegetables Fruit Service Group: Canby Police	2 Baked Chicken Baked Potato Carrot Coin Salad Chocolate Cookies Serving Group: CAC Volunteers	3 Baked Fish Rice Pilaf Tossed Greens Baker’s Choice Service Group: CAC Volunteers	4
5	6 Beef Stroganoff Over Pasta Mixed Vegetables Marinated Beans Peanut Butter Bar Service Group:	7	8 Nuttty Chicken Salad Vegetable Soup Molasses Cookies Service Group: CAC Volunteer	9 Tuna casserole Fresh Vegetables Pea Salad Lemon Cake Service Group: CAC Volunteer	10 Teriyaki Chicken Tossed Greens Pineapple w/ Rice Baker’s Choice Service Group: Zion Mennonite	11
12	13 Spaghetti w/Meat Sauce ,Garlic Bread Cheese Cake Service Group: LDS Church 2nd Ward	14	15 Chicken & Dumpling Chilled Fruit Chocolate Oreo cheese cake Serving Group: CAC Volunteer	16 Hamburger Feed Potato Salad Carrot Coin Salad Chilled Fruit Serving Group Smyrna United Church	17 Thanksgiving Dinner Roast Turkey Potatoes & Gravy Stuffing Pumpkin Pie Service Group: CAC Volunteers	18
19	20 Honey Mustard Chicken & Rice Tossed Greens Apple Crisp Serving Group: LDS 1st Ward Volunteers	21	22 Pie Raffle Baked Ham Scalloped Potatoes Satin Chocolate Cake Service Group: CAC Volunteers	23 Thanksgiving Day Center Closed 	24 Thanksgiving Holiday Center Closed	25
26	27 Chicken Fajitas Lime Rice Pinto Beans Flour Tortilla Chilled Peaches Serving Group: United Methodist	28	29 Pulled Pork Sandwich Cole Slaw Banana Pudding Serving Group: CAC Volunteers	30 Meat Loaf Potatoes & Gravy Cole Slaw Ginger Bread Serving Group: Canby Telecom		



Street Address: 1250 S Ivy, Canby, OR 97013
Phone: 503-266-2970
Web: www.canbyadultcenter.org

November 2017—Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:30 Sign up begins for Thanksgiving Dinner 9:00 Tai Chi 9:30 Foot Clinic/Patty 10:15 Trip: Red Ridge Farm-Oil Press Demo 10:30 Senior Fitness 1:15 Movie: Terms of Endearment 2:00 Mahjong	2 10:00 Memoir Writing 10:30 Sit & Be Fit 12:00 Walgreen's Flu & Pneumonia Clinic 1:00 Line Dancing 2:30 Medicare/Senior Choices	3 9:00 Tai Chi 10:00 Regence Blue Cross 10:30 Senior Fitness 11:30 Walk with Ease 1:00 Pinochle	4 Trip Verboort Fest 12:30
5 Turn your clocks back	6 9:30 Senior Fitness 10:00 Woodworking Workshop 10:00 Blood Pressure Clinic 10:30 Sit & Be Fit 11:15 Fiddling Friends 11:30 Walk with Ease 1:00 Line Dance 1:00 Bridge	7 9:40 Trip: JFK Exhibit & Lunch 10:00 TOPS 10:00 Handiwork 11:30 Brain Training 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	8 9:00 Tai Chi 10:00 Haircuts with Linda 10:30 Senior Fitness 1:00 Craft with Wendy 1:15 Movie: "The Saint" 2:00 Mahjong	9 10:00 Memoir Writing 10:30 Sit & Be Fit 1:00 Line Dancing 1:00 Humana	10 9:00 Tai Chi 10:30 United Healthcare 10:30 Senior Fitness 1:00 Providence 1:00 Pinochle	11 Veteran's Day
12	13 Gift Tree requests Due today 9:30 Senior Fitness 10:00 Woodworking Workshop 10:00 Foot Clinic/ Laverne 10:30 Sit & Be Fit 11:30 Music with Dennis Stafford 11:30 Walk with Ease 1:00 Line Dance	14 10:00 TOPS 10:00 Handiwork 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	15 9:00 Tai Chi 9:30 Foot Clinic/Patty 10:00 Newsletter Folders 10:30 Senior Fitness 1:00 Board Meeting 1:00 Legal Assistance 1:00 Caregiver Support 1:00 Movie-"To Catch A Thief" 2:00 Mahjong	16 10:00 Memoir Writing 10:30 Sit & Be Fit 11:15 Music with Jim 12:30 Trip: NW Senior Theatre 1:00 Guest- Weatherization Workshop 1:00 Line Dancing 2:30 Senior Choices	17 9:00 Tai Chi 10:30 Senior Fitness 10:30 United Healthcare 12:00 Thanksgiving Dinner 1:00 Pinochle 1:00 Regence Blue Cross	18
19	20 9:30 Senior Fitness 10:00 Woodworking Workshop 10:00 Foot Clinic/ Laverne 10:00 Blood Pressure Clinic 10:30 Sit & Be Fit 11:15—Fiddling Friends 11:30 Walk with Ease 1:00 Line Dance 1:00 Bridge	21 10:00 TOPS 10:00 Handiwork 10:45 Trip: Huber's 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	22 9:00 Tai Chi 10:30 Senior Fitness 1:15 Movie: "Home for The Holidays" 2:00 Mahjong	23 THANKSGIVING DAY Center Closed 	24 HOLIDAY CENTER CLOSED 	25
26	27 9:30 Senior Fitness 10:00 Foot Clinic/ Laverne 10:00 Woodworking Workshop 10:30 Sit & Be Fit 11:15—Fiddling Friends 11:30 Walk with Ease 1:00 SHIBA apptmts 1:00 Line Dance 1:00 Bridge	28 10:00 TOPS 10:00 Handiwork 12:00 Clogging 1:00 Line Dance 1:00 Pinochle 1:00 Bingo	29 9:00 Tai Chi 10:00 Blood Drive 10:30 Senior Fitness 1:15 Movie: "Glory" 1:00 Providence 2:00 Mahjong	30 10:00 Memoir Writing 10:30 Sit & Be Fit 11:15 Music with Leta 12:00 Birthday Lunch 1:00 Line Dancing 1:00 Humana		