Welcome from the Director

Hello friends,

I think this newsletter is the biggest we’ve ever put together—plenty of information and activities included in here, so read on! Everyone here at the Adult Center wishes you and yours the happiest and most fun-filled holiday ever!

See you at the Center—Kathy

Holiday Bazaar—December 7th
9:00 am—3:00 pm

Our annual Holiday Bazaar is December 7th, 9 am to 3 pm. Our vendor tables are almost sold out and that means a great variety of shopping for you!! There are just a few tables left so see Kathy right away if you’re interested in being a vendor.

You can sign up at the front desk if you’d like to donate baked goods for our bake sale! Bake sale items need to be at the Center by 3 pm on Friday December 6th. As always, we’ll offer fresh-baked cinnamon rolls and a hot lunch for sale. Plan to do your holiday shopping with us and this fun event happens just once a year—don’t miss it!

Holiday Events—
This month is filled with so many holiday events, literally something for everybody! See page 5 for details on "Christmas Sock Day", December 4th, "Ugly Sweater Day" December 20th, and of course our annual visit from Santa on Monday, December 23rd, complete with our Hot Cocoa Bar!

Holiday Reminders—
December 24th, Christmas Eve: Center closes at 3:00 pm; December 25th, Christmas Day: Center closed

December 31st, Center closes at 3 pm for New Year’s Eve; January 1st - New Years Day—Center closed.

BINGO PLAYERS: SCHEDULE CHANGE NO BINGO - Tuesday, December 24th.

New Year’s Eve, December 31ST—BINGO PACKETS SELL AT 11:15 and games begin at 12:00 this day only.

Lunch reservations required on Friday December 20th—Canby High School Cantalinas Annual Performance

With our wonderful Christmas Lunch and the annual performance of Canby High School Cantalinas, our lunch on Friday, December 20th is by reservation only. The Cantalinas will visit us with their beautiful music at 12:20 on the 20th. Sign up beginning December 2nd—and we are limited to 140 guests that day.

Two Guest Speakers in December!

Red Barn Hemp: CBD/Hemp what’s it all about? December 5th at 1 pm

Join Cheri Holland, Director of Sales at Red Barn Hemp, Thursday, December 5th at 1:00 pm, to learn about how and why the Iverson Family, 3rd generation family farmers in Woodburn, Oregon, added the hemp crop to their farm. Learn how hemp is grown, harvested, and processed into products to promote wellness. Bring your curiosity and your questions! They will be at our Holiday Bazaar, December 7th, to sell their products!

Holiday Blues due to Grieving for a loved-one? Join us December 12th at 10 am

Join Melissa Lindley, from Willamette Valley Hospice, on Thursday, December 12th at 10:00 am, to learn about how and why the holidays can be a particularly hard time when grieving the loss of a loved one. Join us for a time of learning tactics to help with those feelings, and enjoy a holiday craft of remembrance. Join Melissa Lindley of Willamette Valley Hospice to learn more about Holiday Grief.
Canby Adult Center prepares and serves nutritious hot meals in our kitchen each Monday, and Wednesday thru Friday. Meals are served in our dining room and lunch 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. Musicians provide musical entertainment occasionally; check the activity calendar for specific dates.

**Meals on Wheels:** Volunteer drivers deliver freshly prepared, nutritious meals four days each week, following the dining room menu. Additional frozen meals are available to cover weekend needs as well. Call 503-266-2970 to sign up!

**TRANSPORTATION**

**Daily Transport:** Call between 8:30—9:00 a.m. Mon/Wed/Thurs/Friday if you need a ride to the Center and we will pick you up in our bus or van in time for exercise classes. We also offer a late morning pick-up time for those who want to join us for lunch. Call between 8:30 and 10 am if you are coming for lunch only. We also offer a second run to take you home in the afternoons at 3 pm on Wednesday/Thursday/Friday.

**Transportation Reaching People - TRP**

Volunteer drivers transport seniors to destinations in Clackamas, Washington and Multnomah counties for important pre-scheduled appointments. 5 to 7 business days notice is required (we have a limited number of volunteer drivers). Call Wendy at 503-266-2970 to schedule a ride.

**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. Trips offered may be free of charge, include a bus donation and/or an entrance fee. Often a meal-stop is included as part of the trip. See page 6 for the monthly trip schedule and a detailed trip summary. Trip fees vary and bus donations are always gladly accepted.

**FITNESS & WELLNESS**

**Fitness Programs:** We offer a variety of fitness programs ranging from:
- Better Bones & Balance Geri-Fit®
- Tai Chi Pound Class
- Walk With Ease— Advance sign-up required.
- Line Dancing (this is an informal, volunteer-managed group

**Wellness Programs:** Canby Adult Center offers time-bound workshops and one-time speakers on a variety of fitness and wellness topics. See inside for the schedule of guest speakers, which change monthly.
TOPS Group Meetings (weekly)
Tops (Taking Off Pounds Sensibly) meet each Tuesday. Membership is $32 per year. Weigh-in each Tuesday, 8:30 am to 9:45 am; Meetings run 10 am to 11 am.

AARP Free Tax Clinic (seasonal)
This service is provided through AARP volunteers. Appointments are taken beginning in mid-January for tax services that run February through mid-April.

Lions Club Glasses & Hearing Aid Collection
We offer a collection box for your used eye glasses and hearing aids. A Lions Club representative maintains the box and delivers it to its destination where your donations can be reused.

Bulletin Board
We offer a bulletin board for the community 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 your donations of books (especially large-print books), puzzles, and small items for 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 a year-round food collection barrel located in our outer lobby to benefit Canby Center.

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 styrofoam peanuts) on our benches. We cannot use those items.

Thank You!
Board News and Announcements

Excerpts from Board meeting Wednesday, November 13, 2019

Directors Present: Debbie Jewell, David May, Johni Thayer, Mary Bosch, Bill Reif, Brenda Mootz, Millie Reser and Ruth Howard

Excused: Jim Davis and City Liaison Greg Parker

Guests Present: John Bettendorf and Greg Sherwood from Quest Investment; Jeremy Gingerich from Wilcox Arredondo.

The Meeting was called to order at 12:55PM by Chair Debbie Jewell; it was established there was a full quorum. The Chair asked for approval of the October 9th minutes; they were unanimously approved and accepted.

Quest Update: John and Greg shared that our portfolio remains very stable. Volatility and risk are very low and the CAC portfolio continues to grow in value.

Wilcox Arredondo: CAC has received an Unmodified Opinion in our 2018-2019 Audit, which is the highest opinion that can be given. Special thanks were given to Kathy and Timpra for providing all required documents and for keeping outstanding records.

Treasurer Report: Available upon request. Brenda Mootz and Bill Reif presented their report and agree with Quest that our portfolio performance is good.

Directors Report: Available upon Request. Kathy provided updates on services and programs, fundraising and administration.

Old Business: Kathy will continue to review bylaws and submit recommendations at our January board meeting. BOD should be looking at bylaws and submit any feedback to Kathy.

New Business: None

At 2:20 Brenda Mootz motioned to move to Executive Session and Millie Reser seconded; Motion was approved. At 2:30 there was a motion to adjourn executive session and conclude our meeting. Meeting was adjourned. There will be a short meeting on December 11th.

Submitted by Ruth Howard, Secretary

Volunteer Help Wanted!

Volunteer Position: Handy men – and women – needed! With the loss of Howard Brooks, who has moved with lovely wife Linda to Tennessee, we are looking for a volunteer with a very special skillset: Handyman skills! We are in search of someone who can climb short ladders to change out lightbulbs, use a screwdriver or electric drill on occasion, and just generally fix “stuff”.

Please see Timpra or Kathy if you are able to fill this critical need!

Paid Position—Help Wanted!

Back-up Bus/Van Driver Needed

CAC is looking for someone willing to train as a back-up van/bus driver; this is a paid position.

With the growth of our transportation programs, we need additional help! No CDL required, but there is training to complete at our expense.

See Lynne if you’re looking for something fun to do and a little extra retirement income.

Consider volunteering for the Senior Companion Program of Clackamas County

The Senior Companion Program offers support to homebound seniors and adults with disabilities in Clackamas County. Volunteers are required to spend at least 5 hours per week volunteering in order to meet program guidelines. Senior Companions help individuals in need of assistance and become companions for seniors to helping clients get to critical appointments and services; assisting with household needs; participate and encourage social activities; and help clients maintain independence. You must be 55 or older to volunteer; are no longer in the regular workforce, and are capable of serving adults with unique needs. Income eligibility determines if you will receive a small, non-taxable stipend plus mileage reimbursement. For information or to get involved call 503-655-8875

Just 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.
December 4th at 1 pm
United Healthcare Medicare Presentation.
Medicare Enrollment deadline is December 7th, 2019!

December 5th at 1 pm
Red Barn Hemp: CBD/Hemp what’s it all about?
Join Cheri Holland, Director of Sales at Red Barn Hemp, Thursday, December 5th at 1:00 pm, to learn about how and why the Iverson Family, 3rd generation family farmers in Woodburn, Oregon, added the hemp crop to their farm. Learn how hemp is grown, harvested, and processed into products to promote wellness. Bring your curiosity and your questions! They will be at our Holiday Bazaar, December 7th, to sell their products!

This is a free presentation. Please sign up at the front desk, either by phone or in person, if you plan to attend. Space is limited.

December 12th at 10 am
Holiday Blues due to Grieving for a loved-one?
Join us to learn some tactics to help with those feelings!

Join Melissa Lindley, from Willamette Valley Hospice, on Thursday, December 12th at 10:00 am. She will share with us why the holidays can be a particularly hard time when grieving the loss of a loved one.

Join us for a time of learning tactics to help with those feelings, and enjoy a holiday craft of remembrance. Join Melissa Lindley of Willamette Valley Hospice to learn more about Holiday Grief.

CAC Annual Holiday Bazaar
December 7th - 9 am to 3 pm
Plan to do your holiday shopping with us on Saturday, December 7th. We have a great selection of vendors to help with your holiday shopping needs: greenery, wreathes, center pieces, bird houses, hand-crafted wood, knitted, crotched and sewn items just to name a few! And of course cinnamon rolls and lunch for purchase. Don’t miss this great annual event!

Christmas sock day at noon on December 4th!
Wear your most attractive or crazy Christmas socks and we’ll have a “sock parade” at noon!

The ever-popular Ugly Sweater Contest on Friday, December 20th! Wear that ugly Christmas sweater and we’ll show them all off on Friday, December 20th.

Santa’s Visit—Lunchtime on Monday, December 23rd! Plan to have lunch with us on the 23rd—we’ll have our annual visit from Santa, sing a few old-fashioned Christmas Carols after lunch, and enjoy a hot cocoa bar—great fun!

December 13th at 10 am
Christmas Craft with Wendy—Walnut Reindeer
You’re invited to join us to make a cute reindeer ornament. It is easy, fun and cute.

Sign up required. Call 503 266 2970 or sign up at the front desk.
Class size is limited to 15.
No fee

Happy December Birthdays!

1 Elaine Hill
2 Bobbie Hibbert
3 Pat Rupprecht
4 Norval Clavett
5 Richard Carroll
6 Julia Chapin
7 Bob Henry
8 Juanita O’Hara
9 Evie Berg
10 Barbara Daniels
11 Sharon Wright
12 Lucy Berman
13 Arline Herr
14 Ken Monaghan
15 Russell Stuve
16 Kathy Davis
17 Dona Withers
18 Debbie Schauer
19 Richard Hands
20 Dawn Kindall
21 Elaine Hill
22 Bobbie Hibbert
23 Pat Rupprecht
24 Norval Clavett
25 Richard Carroll
26 Julia Chapin
27 Bob Henry
28 Juanita O’Hara
29 Evie Berg
30 Barbara Daniels
31 Sharon Wright
32 Lucy Berman
33 Arline Herr
34 Ken Monaghan
35 Russell Stuve
36 Kathy Davis
37 Dona Withers
38 Debbie Schauer
39 Richard Hands
40 Dawn Kindall

Canby Kiwanis Annual Food & Toy Drive—Donations Accepted thru December 16th
We are continuing to collect food and toys for the Kiwanis thru December 16th. Your donations help local families and children enjoy the holidays. Food basket and gift applications for children are available at the front desk. Thank you for your contributions!

DISCLAIMER: In the normal course of our Center activities and events, there may be times when your likeness may be caught on video and/or camera. In addition, your likeness may be inadvertently used in, and or placed on a variety of media, i.e., YouTube, Twitter, Facebook, Instagram and the many others that exist. If you are not comfortable with this and/or you find that by chance your likeness has been used and want it removed, please contact the Center and we will gladly do all we can to remove you and/or your family’s likeness.

December 11th: **National Lampoon's Christmas Vacation**, starring Chevy Chase and Beverly D'Angelo. The Griswold family's plans for a big family Christmas predictably turn into a big disaster.

December 18th: **The Nutcracker and the Four Realms**. A young girl is transported into a magical world of gingerbread soldiers and an army of mice. 2018 Disney retelling of the classic story!

December 6th: **Holiday Affair**, starring Janet Leigh and Robert Mitchum. A young widow is romanced by a sales clerk whom she inadvertently got fired.

December 13th: **Christmas in Connecticut**, starring Barbara Stanwyck and Dennis Morgan. A food writer who has lied about being the perfect housewife must try to cover her deception when her boss and a returning war hero invite themselves to her home for a traditional family Christmas.

December 20th: **Holiday Inn**, starring Bing Crosby and Fred Astaire. At an inn which is only open on holidays, a crooner and a hoofer vie for the affections of a beautiful up-and-coming performer.

December 27th: **The Final Countdown**, starring Kirk Douglas and Martin Sheen. A modern aircraft carrier is thrown back in time to 1941 near Hawaii, just hours before the Japanese attack on Pearl Harbor.

December 4th: **December Movies, Music & More**

**Classes!**

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**Monthly Music Line-Up for December**

**Wednesday December 11th**—“The Strings” - This three piece strings trio performing a beautiful blend of holiday music!

**Thursday, December 12th** - Jim Wilkey Gospel & Country!

**Friday, December 13th** - Scott Goetchius and “Flipside” - Festive Holiday Music Sing-Along

**Thursday, December 19th** - CAC Line dancers dancing to some Christmas Favorites!

**Friday, December 20th 12:20 pm** - Canby High School "Cantalinas" Unique and Beautiful local performers!

**Monday, December 23rd** Christmas Carol Sing-Along, your favorites and ours!!

**Thursday, December 26th** “Accordion to Go” with Leta. "Classics & Favorites" for everyone to Enjoy!

**No Pie Raffle in December**

Our pie raffle will resume beginning in January. Thanks to our kitchen staff for their wonderful pies!

Thanks to all of you who help with this “fun”draiser buy purchasing raffle tickets!! This year we earned $606.80 thanks to your raffle ticket purchases. Thanks for your support!

**Do You Have A Movie Request?**

If you’d like to see a particular movie or a movie/TV series, drop a note in our movie suggestion box, or let Kathy or Timpra know, and we’ll see if we can show it for you! G, PG and PG-13 movies only, please. If there’s a rental cost to showing a movie, we will schedule it for a regular Wednesday movie time. If its free on Amazon Prime, we’re happy to log in for a viewing any afternoon.

**Thank you New & Renewing CAC Members**

Chris & Diana Boon          Joan & Gary Gorbett          Pat & David Purcell
Donnise Brown           Bob & Lori Grady           Joan Ranaudo
Jan Brown           Heidi Grevstad           Sterling Roth
Patti Busse           Julie & William Harney          Tom Rushton
Mary Butler          Carolyn Heininger         Deborah Simmons
Mary Ann Crites        Judy & Oren Hesse           Joann Stoehr
Peggy Dallas          Dixie Isom  
Dorothy DeHackbeil      Loren & Veneta Lesher     Patricia & Roger Swanson
Richard & Marlene Dopp  Loren & Veneta Lesher     Annie Toney
Betty & Larry Faist    Betty McDaniel            Lloyd & JoAnn Walch
Evelyn Fernau          Marilyn Micallef     Cathy Whiting
Jerry Gobet           Micki Paul  

Arlene Young
Toys of my generation were different than today. The first toy I remember was a dump truck about the size of two toasters side by side as my memory serves. My Dad wanted a boy so I guess in his mind if he had the truck before I was born, I would be a boy? Surprise, surprise I was not, and he didn’t get a boy until the 4th child and then again the 6th child. By then the truck was probably worn out as us girls played with it. I think later I had a doll but don’t remember it well as my sisters acquired it or them?

I played jump rope, marbles, hopscotch, climbed trees and was outside as much as possible. I finally saved up enough money for my father to buy a bike at the Police Auction for $5.00. Then I had to learn how to ride it and I did after many falls and wobbles. I saved up for another bike and this one was $10.00 at the Police Auction. Now my sister could learn how to ride and I shared with my siblings. How do I earn the money? I babysat, helped clean houses, picked up bottles, picked berries as we didn’t have allowances. When there are 7 children there was no extra money. I was under 11 years of age and we worked for extras.

Blankets were for keeping warm so no blankies to drag around. Paper dolls were part of my memory and you colored the clothes. You sent away in the mail for them. My Mother always had paper and crayons for us to draw and color; maybe they were broken or pieces but they worked. Colored pencils were a real treat, easier to keep inside the lines.

You wouldn’t call him a toy but more of a companion and friend, his name was Poochie. He was a cross between a Chow and Retriever. He loved children but not adults unless he knew them, and we had to say it was OK for them to get near us. He was a medium size dog. He slept under our house and was also a watch dog. One winter in the snow a car swerved to the side of the road where he was waiting to cross; the driver thought he was going to run in front and Mail from home was always an upper. Even if a letter contained bad news, you were still glad to hear from people close to you. I remember learning about the deaths of my grandmothers, sister and brother in letters from her. She wrote me after the funerals so I would not come home using my leave for such an event.

My best friend from high school and I, kept in touch via letters. I wrote to him asking to be my best man after proposing to Sharon. Less frequently I corresponded with my father and brothers.

In boot camp one of the first things they made us do was write a letter home. When you are issued uniforms the next morning you are required to pack up your civilian clothes for shipment home. We were required to write a note or longer, if we wished, to be included in the package. It had to contain two pieces of info. 1 - that you had arrived at basic training and 2 - that you had been issued clothing and were well.

Later that week I had a picture taken in a photo booth and sent copies home to my family and girlfriend. No hair and fatigues too large for my skinny frame. I lost 8 pounds in basic training. When I entered the Air Force I was six foot tall and 163 pounds. When I had a physical in Denver 2 months later I weighed 155 pounds. I laugh at my pique then when people called me “slim”.

Mail call was often the highlight of the day. Until I entered technical school, my days were filled with details and other boring activities. In boot camp the early days buzzed by as you became accustomed to the routine and learned all you would need to adapt into the Air Force. After 2-3 weeks the days again became boring as you had it all down pat and wanted to get on with life. Every afternoon we would fall out for chow, the evening meal. Before we would march to the mess hall, we had mail call. If a package arrived for one of number, we all wanted to know what it contained. Often it was cookies or some other treat which we all shared.

Once at the base for your school, mail call was a bit different. There was a mail box in the day room and you went there to check for mail. We were on “A” shift. This shift was 6AM-Noon for school, then afternoon for details. I did two things which got me basically out of daily details. I joined the squadron basketball team. On the team was the supervisor for “permanent” details. He got me a job as a fireman, which meant I was responsible every other day for keeping the coal fired furnaces in the barracks running. It was an easy job which took about an hour every other day.

While in school, Christmas rolled around. My father and brothers sent me a box of chocolate chip cookies. The box arrived the day before Christmas. The Post Office had seen to it that the biggest piece left in the box was about 1/8 of a cookie. I put the box on a table in the barracks where everyone knew it was to be shared. My mates would come by and grab a handful eating it like popcorn. I think it lasted until Christmas afternoon. There were other goodies to share that came via mail. It was my first Christmas away. Mail was the link to home, family and friends.
TRIPS GUIDANCE:
Please take note of the following procedures:

Trips sign-up begin the last Monday of the month prior, except as noted.

Phone Bookings accepted only for trips without prepayment. Bookings phoned in on the first Monday of sign-ups are processed AFTER all travelers who have come into the Center to book a trip in person.

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 pre-paid tickets ONLY if we have another traveler ready to take your place.

Seniors (age 60+) and caregivers receive first priority for trips. Under 60 travelers may attend if space permits.

Travelers 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!

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**Walmart, Bi-mart, Goodwill Shopping Shuttle**
December 3, 2019

We are offering a SERVICE that consists of a once a month, First Tuesday, no frills shopping trip to Walmart, Bi-Mart, and Goodwill stores for 1 hour each stop to fill your once a month shopping needs. We will not be making an extra stop for lunch this day.

- Depart: 9am
- Cost: FREE
- Return: 2:00pm
- Bus Fee: Donations Accepted

**PIR Light Show**
December 5, 2019

From the seats of the bus, come enjoy the lights of the PIR racetrack, an old Portland favorite. Recognized throughout the Pacific Northwest as the Largest Holiday Light Show West of the Mississippi. Come along and enjoy the glimmer and glow around every corner of the track. Donations of canned food are accepted at this event to benefit the Sunshine Division.

- Bring money for dinner at Burgerville (or a similar priced restaurant) before the lights.
- Depart: 4:30pm
- Cost: Free
- Return: 9pm
- Bus Fee Donations Accepted

**Christmas in the Garden**
December 6, 2019

Stroll through the forest and their 1 million lights while sipping a warm hot chocolate or a spicy Gluhwein (a warm wine drink with spices). Feast on a variety of international dining options from pizza to fondue and explore the Market vendors and find the perfect Christmas gift. Enjoy choirs singing and cozy up to the wood burning fire pits or watch some Ice skating or snowless tubing. Enjoy this immersive holiday event that is based on a traditional European-style Christmas market where you can experience the sights, sounds, and smells of the season.

- Bring money for food during your time in the garden.
- Depart: 4:30pm
- Cost: $12.00 (pay at event)
- Return: 9pm
- Bus Fee Donations Accepted

**Keizer Lights and Dinner**
December 9, 2019

Sit back and relax on the bus and enjoy the light shows in the Gubser neighborhood of Keizer shines with Christmas decorations and lights, creating a winter wonderland. This event is a tradition worth experiencing. Bring money for dinner at Panera Bread on our way or bring your own sack dinner to eat there with us.

- Depart: 4:30
- Cost: Bring cans of food for the food drive
- Return: 9pm
- Bus Fee Donations Accepted

**LINCOLN CITY Hike, shopping, or Casino**
December 10, 2019

Go with us to the beach and play away the day at Chinook Winds Casino that offers over 1100 slot machines including a non smoking Roulette. Three Card Poker, Fortune Pai Gow Poker, Bonus Let It Ride, Poker, Keno and a 1,000 seat bingo hall. OR take a hike on the beach OR shop at Lincoln City Outlet Mall. Bring money for lunch that day. **We must have 10 people to make this trip “a go”!**

- Depart: 8:00am
- Cost: Free
- Return: 6PM
- Bus Fee: Donations Accepted

**Christmas Ship Dinner Cruise on the Portland Spirit**
December 11, 2019

Join us for a Willamette River cruise for front row seats to see the Christmas Ships. Includes a 2.5 hour cruise, plated entree selected on board (including your choice of beef, chicken, seafood and vegetarian), fresh bread, dinner salad, house dessert, and live piano entertainment. Cruise boards at 6:30 Cruise from 7:00pm-9:30pm

- Depart: 5:15pm
- Cost: $80.00 (pay at sign up)
- Return: 10:30pm
- Bus Fee Donations Accepted
Grotto Lights and Music
December 12, 2019
Presenting the sights, sounds and sensations of the season, The Grotto’s Christmas Festival of Lights is the largest Christmas choral festival in the world. The festival features more than 160 indoor holiday concerts performed by many of the region’s finest school, church and civic choirs. Offering a family-oriented blend of traditional celebration and serene reflection, the festival theme reflects the special season of hope that Christmas offers to many thousands of families from around the Pacific Northwest. Bring money to eat at the Grotto.
Depart: 4:30pm
Cost: $11.50 (Pay at Event)
Return 9pm
Bus Fee Donations Accepted

Molalla Singing Christmas Tree
December 14, 2019
Get ready for the 25th annual Singing Christmas Tree! The Molalla High School Choral Department presents this wonderful event for the community as a fundraiser for the Concert Choir tours that occur every other year. If you have not attended a Singing Christmas Tree performance before, you will find it to be a delightful event, both theatrically & musically! This year’s theme is "a Spirited Christmas Carol" A wonderful Christmas tradition for the whole family!
Depart: Noon
Cost: $10.00 (pay at sign up)
Return 4pm
Bus Fee Donations Accepted

Albertina Kerr Shopping and Lunch
December 17, 2019
When you shop or dine at volunteer-run Albertina’s Place, 100% of the proceeds and tips go to Albertina Kerr. Founded in 1981 and powered by 300+ volunteers, Albertina’s place has an upscale thrift clothing store, jewelry store, and an antique store where you’ll find heirlooms, dishes, glassware, and other unique gifts. After shopping we’ll enjoy a wonderful heritage inspired lunch in the Old Kerr Nursery building. You may delight in their specialty creations of the season or ala cart. Bring cash for lunch that day.
Depart: 9am
Cost: Free (bring money for shopping and lunch)
Return 2:30pm
Bus Fee Donations Accepted

It Happened One Christmas @The Broadway Rose
December 19, 2019
Broadway Rose Theatre presents: Take a fanciful trip to “Santa’s Chalet” in the heart of Grimble’s department store one snowy Christmas Eve. As Walter, the security guard, and Frances, the cleaner, make their evening rounds, their holiday fantasies spring to life in this merry, musical spectacle. The two enjoy a tuneful Christmas dinner together, remembering the magic of the season and discovering that with a wish and a song you are never truly alone. Enjoy your favorite festive tunes and warm your holiday season with this joyful new musical from the creators of Your Holiday Hit Parade! Bring money for dinner after the show. (Show starts at 2pm) Please note: There is a healthy amount of stairs to navigate on this trip; not appropriate for walkers or wheelchairs.
Depart: 12:00pm
Cost: $36.00 (pay at sign up)
Return 7:30pm
Bus Fee Donations Accepted

Miracle of Lights and Concert
December 20, 2019
Hearts in Harmony Quartet invites you to be our guest for a festive hour of Christmas music. Come enjoy classic carols along with our renditions of well-known holiday songs. PLUS take a walk through and enjoy the beautiful Christmas light displays through-out the gardens. Bring money for dinner on our way to the Concert. This venue is not ADA accessible.
Depart: 4pm
Cost: $5.00 (pay as you board bus)
Return 9:30pm
Bus Fee Donations Accepted

Special Note for December Trips
Ordinarily you are limited to signing up for just two trips on the first day of sign up; this rule is waived for December as we have so many trip offerings. For December only, you may sign up for a maximum of four (4) trips on the first day of sign-up. In January we will return to our regular “two trip” rule for day one of sign up. If you have questions, please talk with Lynne.
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**January 1, 2020**  

**Happy New Year!!**  

Sign up begins December 2nd for "Savvy Caregiver" and Diabetes Prevention Workshops  

Both offered in January 2020
On-going Classes and Activities

Exercise Classes Open to Everyone!!!

Geri-Fit (Seated Exercise): Class meets Monday and Thursdays at 10:30. A great choice for focusing on strength training with light weights (provided) all performed from a seated position. The new class has an in-house instructor—meet Mindy!

Better Bones & Balance— Class meets Monday at 9:30, Wednesday and Friday at 10:30 and 11:30 Monday, Wednesday and Friday. Get a great work-out involving light cardio, and lower body strengthening with the goal of maintaining existing bone strength and density. Join this class with our experienced instructor, Mindy Tilden.

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.

“Let’s Dance” Line Dancing Classes: Monday, Tuesday & Thursday at 1:00
No partner needed for these popular and fun line dance classes! An early class on Thursday from noon—1:00 will focus on learning new dances and review of old ones. New dancers welcome!

POUND—Every Thursday at 2:30 pm
You become the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, it provides the perfect atmosphere for letting loose, toning up and rockin’ out! The workout is easily modifiable for men and women of all ages and abilities.

Quilting Class—Dec 4th & 11th, 9am – 12pm.
Suzie Voss facilitates a monthly class for quilters—all levels welcome! You need a portable sewing machine to get started. Come to class with either your own project or participate in the group project. Always happy to see new faces!

MONDAY at 10 am—Woodcarving Workshop
Come join our woodcarving workshop 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. See Wendy if you have questions.

TUESDAY

TOPS: Take Off Pounds Sensibly
Meet every Tuesday: Weigh-in 8:30 to 9:45 am
Membership $32 per year Meetings 10 am to 11 am

Handiwork Group Meets at 10 am: Bring your own projects to work on while socializing with friends. Everyone welcome!

Beginning Clogging at Noon: (Appalachian Tap Dancing) - Loaner shoes Available; no fee, No sign-up Instructor—Ann Skoe

BINGO” Doors open at 12:15, games begin 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
Christmas eve—December 24th—No Bingo
New Year’s Eve—Dec. 31—bingo starts 1 hour early

WEDNESDAY

Mahjong - every Wednesday at 2:00 pm!
Join our group for a fun afternoon of mahjong—we supply the tiles, you have the fun! Beginners always welcome!

THURSDAY

Memoir Writing Group at 10 am: If you enjoy writing, this group is for you! Participants are given a topic to write about at home and share their work at the next meeting. Topics often involve recording memories—a great gift to your family!

Walk With Ease Walking Group—Hiatus
The Walk With Ease exercise program will be taking a hiatus during the cold winter months. Please check back after the first of the year for more information about this offering.
This & That

Quilting Group Meets December 4th & 11th, 9 am—12

We’re working on finishing up projects! Upcoming classes are December 4th and 11th, all starting at 9:00 am. Come bring your project or take our classes. Some quilters are starting a new project: Block of 12” to make with Fat Quarters. We’re always happy to see new faces and welcome quilters of all ages! Suzie Voss is our Facilitator for this group; contact the Center at 503-266-2970 if you have questions.

We meet the first two Wednesdays of each month; Our monthly lunch date will be announced when we meet on the 4th and 11th. See you then!

Local Bridge Groups Seek More Players!

Several bridge groups are looking for additional members to add to their regular games. If you are interested in playing, either as a regular member or as an alternate, call Dale Williamson at 503-263-3729 for more information!

Beginner Clogging Class (Appalachian Tap Dancing) Continues Every Tuesday at noon

Every Tuesday, noon to 12:50pm

Loaner shoes available

Instructor: Ann Skoe 503-266-1321

No fee. No sign up. Show up.

BINGO News! Join us for Bingo every Tuesday (except Christmas Eve, no bingo, and early bingo on New Years Eve, 12:00 pm to 3:00 pm. Packet sales start at 11:15 on New Years Eve.)

An afternoon of enjoyment for as little as $7” Bingo winnings are progressive, based on number of players. Bingo Black-out every week with a guaranteed consolation prize if there is no winner. Join us and have some fun!

Almond Joy Hot Chocolate (Diabetic Friendly)

It’s good to save sweets for special occasions. Enjoy this warm drink by substituting it for some of the carbohydrates in your meal or snack! Makes 4 servings.

Serving size 1 cup + 2 Tbsps. Whipped topping + 1 Tbsp sliced almonds.

Ingredients

Unsweetened almond milk 4 cups
Cocoa powder ¼ cup
Coconut extract ½ tsp
Almonds (sliced) ¼ cup
Splenda Sugar Blend ¼ cup
Whipped topping (fat-free) ½ cup

Directions

1. Add almonds to a dry sauté pan over medium-high heat and sauté until lightly toasted. Set aside to cool.
2. Add almond milk, cocoa powder, Splenda, and coconut extract to a blender and blend until incorporated and slightly foamy
3. Add hot chocolate mixture to a saucepan over medium heat and bring to a simmer
4. Add one cup of hot chocolate to a coffee mug, top with 2 tbsps whipped topping and sprinkle with 1 Tbsp cooled, toasted almonds.
5. Repeat for three remaining coffee mugs.

Nutrition Facts:

Calories – 105
Total fat 7 g
Total carbohydrates 11 g
Protein 3 g

In-Home Senior Service: “Miles of Styles”— Licensed hair-stylist, Tilly, provides haircuts, beard trims, styling, perms and other haircare services right in your home. Tilly also provides services at CAC several Thursdays each month. Call or text Tilly at 503-756-4496 for more information and pricing for in-home services.

[License no: COS-Cl-10146489 & COS-HA-985111]

Reminder: We close at 3 pm December 24th

Closed Christmas Day, December 25th

We close at 3 pm December 31st

Closed New Year’s Day, January 1, 2020

Need a little extra income? Work for the 2020 Census! Extra Income, Flexible Hours, & Weekly Pay!

If you are interested in some additional income in the New Year, consider working for the Census Office!. There are various job opportunities—it doesn’t just mean canvassing—and the pay ranges between $14.50 and $20 an hour.

If this temporary employment opportunity interests you, call 1-855-562-2020 or apply on line at: www.2020census.gov/jobs

Reminders:

We close at 3 pm December 24th

Closed Christmas Day, December 25th

We close at 3 pm December 31st

Closed New Year’s Day, January 1, 2020
The holidays are here! You can surely find me cranking up the holiday music, decorating my house in red, gold and green and making homemade gifts to give family and friends. Not everyone loves the holiday season….it can bring on stress AND sickness. Please read on for some tips to handle those stresses, and please get a flu shot! And PLEASE come try one of the several fitness offerings here at the center!!

Stay Healthy, Mindy

‘Tis The Season.....

The holidays can be a joyful time, offering a chance to reconnect with friends and family. But they can also be stressful. You may feel pressure to buy and give gifts. Maybe you are worried about money. The holidays can also be hectic. There never seems to be enough time to get things done. Often, it’s difficult to set limits or say “no”.

Think about the kinds of events that trigger stress for you during the holidays. Then you can focus on one or two things you can do that will help the most to reduce stress.

Here are some ideas:

Preparing for the holidays
- Know your spending limit. Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget, and don't spend more than you've planned.
- Give something personal. You can show love and caring with any gift that is meaningful and personal. It doesn't have to cost a lot. Or use words instead of an expensive gift to let people know how important they are to you. Make a phone call or write a note and share your feelings.
- Get organized. Make lists or use an appointment book to keep track of tasks to do and events to attend.
- Share the tasks. You don't have to do everything yourself. Share your "to do" list with others. Spend time with friends and family while you share tasks like decorating, wrapping gifts, and preparing the holiday meal.
- Learn to say no. It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.
- Be realistic. Try not to put pressure on yourself to create the perfect holiday for your family. Focus instead on the traditions that make holidays special for you. And remember that just because it's a holiday, family problems don't go away. If you have a hard time being around your relatives, it's okay to set limits on your time at events and visits.

During the holidays you may not be able to avoid stressful situations during the holidays. But you can plan to respond to them in a healthy way.
- Take breaks from group activities. Pay attention to your own needs and feelings. Spend a little time by yourself if you can. Meditate, or do some relaxation breathing. Go for a short walk.
- Keep a regular sleep, meal, and exercise schedule. Limit your alcohol. Taking care of yourself will help you deal with stressful situations during the holidays.

Get support if you need it. Holidays can sometimes trigger depression. They can be especially hard if you are already dealing with the death of a loved one or the breakup of a relationship. You may feel embarrassed to ask for help, or you may think that you'll get over "the blues" on your own. But most people need treatment to get better. Talk with your doctor about counseling and medicine for depression.
Part of keeping yourself healthy mentally, is keeping yourself healthy PHYSICALLY! The flu is more serious than the common cold, so do everything you can to prevent it. A flu shot is your best defense. The vaccine is safe, won’t make you sick, and generally has only a few side effects.

Who should get a flu shot?
The Center for Disease Control (CDC) recommends everyone 6 months and older get a flu vaccination every year. The flu shot helps prevent you from getting the flu and from spreading it to others. Even healthy people can develop serious complications or even die from the flu — so protect yourself and your loved ones by getting vaccinated. Vaccination is especially important for:

- people 50 years and older
- children 6 months through 4 years old
- women who are or will be pregnant during flu season
- people with chronic medical conditions or weakened immune systems
- people who live in nursing homes and other long-term care centers
- health care workers

WHAT IS SELF CARE??

Have you ever felt run down during the holidays or gotten sick right at Christmas? If so, you have experienced the consequences of holiday stress. Sometimes we may blame those feelings or getting sick on being inside more or on the cold weather. However, think about it. During November and December, we are:

- eating more than normal (and not necessarily healthy options)
- socializing more
- trying to get our enormous to-do lists knocked out
- spending more money (causing stress all on its own)
- sleeping less

One of the first things to be neglected at this festive yet stressful time of year is self-care. Practicing self-care during the holidays takes a little discipline but is well worth the effort. We get so busy planning, shopping, coordinating, cooking, and celebrating that we tend to push aside our calming and stress-relieving rituals. That’s when holiday fun becomes holiday stress and headaches. We need a break from the stress! Maybe we skip the gym to bake and eat cookies. Or perhaps we opt out of GeriFit class and stay up late to catch up with chores that we missed while out shopping or merrymaking. Holiday time is surely delightful, but the amount of added anxiety can at times, become frightful. Sound familiar?

Self care encompasses any activity that you do to shut off your mind, relax, and relieve stress. Tension accumulates in our muscles throughout the busy day. We need to get rid of that stress — either through exercise or through mindful (or mindless?) relaxation. This is where self care comes in. Self care helps us turn our minds off — which we need to do in order to be healthy! While we have modern technology to thank for keeping our minds constantly active, engaged and on high alert, it’s still up to us to find ways to practice self care.

Exercise is one of the best stress-relieving forms of self-care. Here’s an interesting (random) fact: weight-bearing exercise, like walking or jogging, helps the body hold onto calcium. Not only does a self-care ritual like running strengthen your muscles and cardio-vascular system, but it’s also good for your bones!

Self-care does not have to mean exercise, though certainly in many cases exercise helps us look and feel better.

In some cases, self-care simply means reducing stress by indulging in pastimes that relax us and provide enjoyment.

Do crafts to relieve stress
Crafting is also a form of self-care. Studies confirm that knitting, crocheting and other types of handicrafts have a calming effect on the human brain.

You don’t have to wait until New Years’ resolutions kick in to start improving your self care. Start today!

Source: Kaiser Permanente & Pinterest
Energy Assistance Program

You may be eligible for help with your power bill and you don’t have to have a past-due notice, and you may be eligible even if you pay your bill monthly! Assistance is available for a variety of needs. Call Clackamas County Energy Assistance at 503-650-5640 for more information

Household size of 1: Gross monthly income $2165.25*
Household size of 2: Gross monthly income $2831.50*

[*Gross monthly income (before taxes and deductions 10/1/19-9/30/20]

NAMI Support Group Opportunities

NAMI Family Support Groups are for family and friends who care about someone with a mental illness of any age or relationship.

NAMI Family / Peer Support Groups are for family and friends who care about someone with a mental illness of any age or relationship and individuals with lived experience with mental health issues.

NAMI Support Groups are led by trained facilitators who are in recovery with a mental illness or working to support a loved one’s recovery from mental illness. Drop-in, casual, and confidential environment

Oregon City Family/Peer Group
Dinner, program, support sessions
Oregon City Evangelical Church
1024 Linn Ave
Oregon City OR 97045
2nd Tuesday of each month
6:00pm to 9:00 pm

Molalla Family/Peer Group
Molalla Christian Church
223 E 3rd Street
Molalla OR 97038
1st Monday each month
6:30 pm to 8 pm

Are you caring for a loved one with dementia?
Sign up NOW for this January Workshop
Offered at Canby Adult Center!

Taking care of a person living with Alzheimer’s or related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves. The Savvy Caregiver Program is a free, six-session training for family and friends who are actively caring for those living with Alzheimer’s or related dementias.

Savvy Caregiver will help you:

• Understand the impact of dementia on both you and the person in your care
• Learn the skills you need to manage daily life
• Take control and set goals
• Facts about the progression of dementia, and more
• Communicate more effectively
• Strengthen family resources
• Feel better about your caregiving
• Take care of you!

A hand-book to complement the classes will be provided. A trained facilitator from Clackamas County will facilitate the Savvy Caregiver Workshop starting on January 30th from 1 p.m. to 3:30 p.m. The class will run every Thursday for 6 weeks. The final class will be on March 5th. Participants are required to attend all 6 classes.

Stop by the front desk or call 503 266 2970 to sign up or ask questions! No Fee; Class size is limited, and sign up required (in person or by phone). This workshop begins January 2020 and is offered at Canby Adult Center.

The SAGE LGBT Elder Hotline: Operated by the GLBT National Help Center

NO MATTER WHERE THEY LIVE, LGBT elders now have a place to call when they need peer counseling, information and local resources. The holidays can be a lonely time and the SAGE LGBT Elder Hotline is here to listen. LGBT Volunteers are trained to speak with LGBT older people about relationship concerns, bullying, workplace issues, HIV/AIDS, anxiety, safer-sex and information and more! Learn more at sageusa.org/hotline  Call toll free 1 888 234 SAGE

Hours Mon-Fri 1-9 pm PST Sat: 9-2 PST
Free and confidential
6 Tips for a Happy, Healthy Holiday with Diabetes

The holidays are a wonderful time of year, where you get to spend time catching up with family and friends. It’s also a time where there is a lot of focus on food, which can be very stressful if you have diabetes. You want to enjoy the holidays and eat delicious food, but managing diabetes can pose challenges. With some advanced planning and preparation, you can still enjoy holiday favorites without compromising blood sugar goals. Read on for tips to help you prepare for a happy, healthy holiday season.

1. Timing of Meals: Throughout the holidays you may find yourself heading to family feasts or parties at odd times. For example, holiday dinners can be served at 3 or 4pm. Plan in advance for how you will handle making changes if your meal does not align with your regular meal schedule. If you take insulin injections or a pill that lowers blood sugar, you may need to have a snack at your regular meal time to prevent a low blood sugar reaction. Speak to your diabetes care provider before the holidays so you can best plan for how to handle meal time changes throughout the holiday season.

2. Be Physically Active: With food being the center of holiday attention, many folks forget to move around! Try to keep up your regular physical activity. If you’re surrounded with family and friends around the holiday season, then start a new tradition that involves moving around, such as after dinner walks, active holiday events, or even turn up the music for a little dance party.

3. Plan Your Snacks: During the holidays, you may head to a party where you have to wait a little while before the food is served. Check with the host to see when food will be served and if there will be any healthy appetizers to munch on. If you know in advance that the options will be deep fried and high in calories then consider packing a small snack for yourself (like a few pieces of low-fat cheese), or offer to bring a healthy appetizer to share, like a platter of raw vegetables with this healthy Spinach Yogurt Dip.

4. Be Selective: Many traditional foods served during the holidays tend to be high in carbohydrates. For example, traditional holiday fare includes mashed potatoes, sweet potatoes, stuffing, dinner rolls, cranberry sauce, pumpkin pie, and other desserts. Remember, you don’t have to sample everything that is offered. Focus on dishes that are more “special” or that you only have this time of year. For example, mashed potatoes or a dinner roll might be things you’ll eat any time of year; skipping those can make room for your Aunt’s famous sweet potato casserole or a slice of pumpkin pie.

5. Eat Smaller Portions: Most holidays are filled with carbohydrate-based foods. Although you can have a taste of a few, being mindful of portions can help you better manage your blood glucose. If you cannot decide on one or two carbohydrates foods to eat, Use “Toby’s Two Tablespoon Rule” which involves scouting everything that is available (you can always ask the host what is going to be served) then take two-tablespoon “samples” of your favorites. But, keep in mind that even in small portions, these things can add up. Remember, to maintain blood glucose in the normal ranges, you want to keep your total carbohydrate intake similar to a regular day.

6. Don’t Forget Your Vegetables: During the holidays the vegetable selection tends to be limited. However, just a few simple vegetable dishes can add beautiful colors (and nutrients) to the table. Offer to bring a green salad or a side of steamed or roasted vegetables seasoned with delicious herbs or spices. If you choose to bring a vegetable dish, opt for non-starchy vegetables (like cauliflower, broccoli, or spinach) which are low in carbohydrates and calories. This will help fill you up and make it easier to reduce portions of other high calorie, high carbohydrate, and high fat foods that are being offered.

Source: https://www.diabetesfoodhub.org/articles/6-tips-for-a-happy-healthy-holiday-with-diabetes.html

You CAN make a change… For Life

Have you ever been told by a health care professional that you:
Are at risk for getting diabetes?
Have prediabetes?
Have borderline diabetes?
Have high blood sugar or glucose?
Had gestational diabetes?

You may be at high risk for type 2 diabetes, but there IS something you can do about it.

The Centers for Disease Control and Prevention – led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent type 2 diabetes.

This group meets for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach.

We are starting this National Diabetes Prevention Program in January 2020.

The introductory class is January 7th at 9:00 am. Sign up begins December 2nd, in person or by phone by calling 503 266 2970. Class held at Canby Adult Center; Class size is limited to 15 participants.

*All participants must be pre diabetic and willing to complete a questionnaire to determine eligibility.
**Library Link—**

- Holiday Swag making. Dec. 3 at 5 pm and at 6:30 pm. Make a holiday swag with fresh greenery. Bring personal decorations to add. Registration required.
- Library Open House. Dec. 5 at 4:30 pm. Get into the Christmas spirit with music by The Dickens Carolers and the Adult Center carolers.
- Music in the Stacks. Dec. 7 at 2:30 pm. A Very Cello Christmas. Enjoy the beautiful strains of the cello as you embark on a musical journey through history, tracing the origins and development of our most beloved Christmas tunes. Cellists Nikki Graybeal and Dr. Joseph Harchenko.

**Canby Adult Center Holiday Bazaar**, December 7, 9 am to 3 pm—1250 S. Ivy Street in Canby. Hand made gift items include jewelry, birdhouses, knitted, crotched and hand-sewn items, wreathes and center pieces. Cinnamon rolls available & hot lunch served!

**Community Christmas Dinner** — Dec 25th, 1:00 pm, Canby Adult Center, 1250 S Ivy Street.

Are you alone on Christmas day? We have a free dinner of turkey, ham and all the trimmings just for you. Please call or text Pam at 503.320.2245 with your name and how many will be attending. Please note: this is **Not** a CAC event—this is a dinner hosted by a group of generous individuals who use our space!

**Light Up the Night** - December 7th, Wait Park, **Corner of 3rd Ave. and Grant in Downtown Canby**

Light Up The Night is a holiday celebration that has become a tradition in Canby. On the first Friday of December, celebrate the season with a parade through downtown and a lighting ceremony at Wait Park. Carolers, hot chocolate, and Santa make this a night to remember!

**Canby Pioneer Chapel Performing Arts**, 508 NW 3rd Ave, Canby

- **Michael & Julianne Christmas**, Dec 08, 7:30 PM – 10:00 PM. Holiday heroes Michael Allen Harrison & Julianne Johnson return for their 4th Annual Christmas Special!
- **The Carpenters Tribute by Rebecca Hardiman and Band**, Dec 14, 4:00 PM – 6:00 PM. Take a walk down memory lane with renditions of the beloved Christmas songs from "The Carpenter's Christmas Portrait" album.
- **Joni Harms & Band**, Dec 15, 2:00 PM – 4:00 PM.

**Christmas Bazaar**, December 1 - 8, Portland Expo center. America’s Largest Christmas Bazaar has 400 booths of juried handcrafted items plus 500 booths of commercial holiday products. Open only Fridays, Saturdays, and Sundays. For more information, visit [http://expochristmasbazaar.com/](http://expochristmasbazaar.com/).

**CAT Open House**, December 18th, 6-7:30 pm, 222 NE 2nd Ave. Come visit Canby Area Transit for the snacks, drinks and door prizes, or reserve a trip to a holiday light tour on the way. Please make your reservation by calling 503.266.4022 by 5 pm on 12/14.

**American Legion Update**

Canby American Legion Post #122, 424 NW 1st Street, invites you to the following events:

- **Thursday Evenings Bingo** - Tacos or Hot dogs, 5:30-6:30 pm, games begin at 6:30 pm.
- **Friday Night Hamburger Feeds** - 5:30 to 7:30. Burger & fries $5.
- **Sunday Breakfasts**—8:30-11:30 am,$6 per/person.
- **Tuesday, Dec 17th** — Veterans Luncheon at noon.

**Winter Wonderland at Portland International Raceway** – Dec 1-29, 1940 N Victory Blvd.

One of the biggest holiday light displays in the area, Winter Wonderland takes over the track at the Portland International Raceway with hundreds of individual light displays.

**Christmas Festival of Lights at the Grotto** – Dec 1-30, 8840 NE Skidmore St.

The Grotto is decked out for the annual Christmas Festival of Lights and performances by local choirs. Five indoor concerts are scheduled each evening in The Grotto’s 500-seat chapel, known for its cathedral quality acoustics. Continuous family entertainment in The Grotto’s plaza area includes outdoor caroling, puppet shows and a live petting zoo. Holiday foods and beverages are also available, as is seasonal shopping in The Grotto Gift Shop.

**Christmas in the Garden** – Nov 29 – Jan 5, 895 W Main St., Silverton.

You can find a garden-themed holiday light display at Christmas in the Garden at the Oregon Garden in Silverton. Christmas in the Garden is a charming European-inspired, outdoor event featuring ice skating, snowless tubing, an artisan vendor market, photos with Santa, fire pits, live music and more, all in The Oregon Garden in historic Silverton.

**ZooLights**, Nov 29-Dec 5, Oregon Zoo.

The hugely popular light display at the Oregon Zoo in Portland is back this year with more than 1.5 million little lights. Visitors can see the resident elephants and other animals and take a ride on the ZooLights train. For more information, visit oregonzoo.org.

**Christmas Fantasy Trail**, Dec 2-28, Wenzel Farm, 19754 S Ridge Road, Oregon City.

Once the Wenzel Farm removes the Halloween decorations, it puts up the lights on its Christmas Fantasy Trail, A wooded, walk-through display that includes a tunnel, maze and 40-foot castle.

**The Miracle of a Million Lights**, Dec 8-22, Victorian Belle, 1441 N McClellan St.

The Victorian Belle mansion in North Portland will deck its halls and gardens for the holidays, in a display known as The Miracle of a Million Lights. There will also be vendors selling gifts, food and drink.
Thanks for your Support!

**Gold Donors:** Donations of $101—$250

- Thomas and Anna Adams
- Linda Allen
- Gloria Allenhofen
- Heather & Kyle Anderson
- Jennifer & Richard Anderson
- Angela and Hank Baker
- Ken & Millie Blodgett
- Laurel Boone
- Tina Borges
- Marjorie Brood
- Alice Clark
- Bob & Cec Cullison
- Delta Dental
- Irene Dietz
- Jim & Linda Dippman
- Debi Dow
- Daniel & Tamara Driver
- Merrill Farrington
- Evelyn Fernau
- Richard Freeman
- Judy Gardner
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- April & Jared Gensman
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- Marjie Guise
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- Carmen Hamilton
- Madeleine Henderson
- Larry & Yvonne Hepler
- Tom & Bobbie Hibbert
- Hickman Family
- Butch and Judy Hodgland
- Brian and Joanne Holgate
- Susan Hope
- Curt Hovland
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- Keith Jensen
- Debbie & Stan Jewell
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- Robert & Darlene Kauffman
- Michael and Lucy Kelsey
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- Darline Kraxberger
- Carol Laity & Sheldon Marcuvitz
- Kathy Levy
- Ron Lindland
- Frank Long
- Arnold & Pattie Lucht
- Todd May
- Michael McCoy
- Anne McKinney
- Ray & Margaret Means
- Alice Merrill
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- Shirley Morris
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- Joyce Peters
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- Ron Tatone
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- Rosemary Vanderzanden
- Janice Weeks
- Patricia Williams
- Wieden & Kennedy
- Witt Family
- Jay & Kathy Wolfe
- Peggy Yeats

**Sustaining Individual Donors:** Donations of $251+

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**Gold Business Donors:** Donations of $101-$250

- BPOE Elks 1189 Auxiliary
- Delta Dental
- OBC Northwest
- Rose City Railway Society
- United Methodist Women
- Wilcox Arredondo

**Sustaining Business Donors:** Donations of $251+

- Canby Kiwanis Foundation
- Canby Rodeo Association
- Custom Plumbing & Construction
- Clackamas County MOW
- Front Room Corporation
- Racklef Place

**Thank you Business Supporters**

- American Legion Auxiliary
- Canby Kiwanis Foundation & Thrift Store
- Custom Plumbing & Construction
- Cutsforth's Thriftway
- Direct Link
- Hope Village
- Hulbert's Flowers
- Kahut Waste Services
- Andrew Kauffman—Attorney at Law
- Oregon Food Bank
- Racklef Place
- Uptown Medical Billing

**October/November Donors**

**Financial Donors:**

- Canby Rodeo Association
- Benny Dodge
- Direct Link
- Patty Hatfield
- Toni Hvidsten
- Kathleen Jordan
- Charlie & Diane Lam
- Micki Paul
- Oregon City Elks #1189 Aux.
- Racklef Place
- Vicki Smith
- Howard Thomas
- Peggy Yeats

**Gifts in Memoriam**

Oliver Korsness
in Memory of Gretchen Korsness

Special thanks to:

Beth Luchini for the cloth covers for our plates and silverware!

Stan Jewell for replacing our lights throughout our building

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**October/November Donors**

**In-kind Donors:**

- Debbie Bramlage & family
- Canby Burgerville
- Dale & Roy Harvey
- Candy Riopelle
# CANBY ADULT CENTER MEMBERSHIP APPLICATION

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<td>Check: $______</td>
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<td>Check here to receive newsletter by e-mail only with thanks for helping us save on postage!</td>
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Renewal postcards are mailed quarterly as a reminder to renew your membership & update your information.

**DONATION:**  
Donor Name: ___________________________  
Donation Enclosed: $__________  
Address: ___________________________

**MEMORIAL:**  
In Memory of: ___________________________  
Memorial Enclosed $__________  
Acknowledgement Address: ___________________________
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| 1   | 2   | Spaghetti & Meat Sauce  
Green Beans  
Tossed Greens  
Garlic Bread  
Baker's Choice  
Service Group:  
St. Patrick's Church |
| 3   | 4   | Teriyaki Chicken  
Steamed Rice  
Cole Slaw  
Oriental Vegetables  
Fresh Fruit  |
| 5   | 6   | American Gyro  
Served on pita  
Orzo salad  
Fresh Fruit  
Serving Group:  
CAC Team |
| 7   |     | Parmesan Cod  
Roasted Potatoes  
Fresh Vegetables  
Cucumber Salad  
Chocolate Oreo  
Cheese Cake  
Serving Group:  
CAC Team |
| 8   | 9   | 10  | 11  | 12  | 13  | 14  |
| 8   | 9   | Chicken Fettuccini  
Caprice Salad  
Fresh Broccoli  
Fresh Fruit  
Service Group:  
LDS 2nd Ward |
| 10  | 11  | Tuna Salad  
Tossed Greens  
Vegetable Soup  
Banana Pudding  
Serving Group:  
LDS Sisters |
| 12  | 13  | Hamburger Feed  
Baked Beans  
Potato Salad  
Broccoli Salad  
Chilled Fruit  
Service Group:  
Canby Police |
| 14  |     | Frittata  
Fresh Fruit  
O'Brien Potatoes  
Fresh Muffin  
Service Group:  
CAC Team |
| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 15  | 16  | Pork Loin  
Herb Wild Rice  
Fresh vegetables  
Spinach Salad  
Fresh Fruit  
Service Group:  
LDS 1st Ward |
| 17  | 18  | Chicken & Dumplings  
Potatoes & Gravy  
Carrot Coin Salad  
Cookies  
Service Group:  
LDS Sisters |
| 19  | 20  | Cobb Salad  
Vegetable Soup  
Brownies  
Serving Group:  
Smyrna Church |
| 21  |     | Christmas Dinner  
Roasted Beef  
Tenderloin  
Herb Mashed Potatoes  
Roasted Asparagus  
Spinach Salad  
Service Group:  
CAC Team |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| 22  | 23  | Baked Penna  
Green Beans  
Tossed Greens  
Oatmeal Cookie  
Serving Group:  
Methodist |
| 24  | 25  | Closed For  
Christmas |
| 26  | 27  | Baked Fish  
Rice Pilaf  
Seasonal Vegetables  
Tossed Greens  
Jell-O Cake  
Service Group:  
CAC Team |
| 28  |     | Pulled Pork  
Sandwich  
Cole Slaw  
Chilled Fruit  
Cookie  
Service Group:  
CAC Team |
| 29  | 30  | 31  |
| 29  | 30  | Birthday Lunch  
Baked Meat Loaf  
Mashed Potatoes  
Fresh Vegetables  
Marinated Bean Salad  
Birthday cake  
Service Group:  
CAC Team |
| 31  |     | January 1, 2020  
Center Closed |
| 31  |     | January 1, 2020  
Center Closed |