



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

November 2023

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www.canbyadultcenter.org
503-266-2970
Fax 503-263-6192
PO Box 10 1250 S Ivy
Canby, OR 97013
M—F 8:30 am—4:30 pm

Welcome from the Director

Dear friends,

I'm loving the crisp, clean fall air and hoping you are as well! We are busily preparing for a great holiday season at the center even as we work to update our annual NAPIS registration forms. You will be asked to complete an updated form every year, as required by the county, state and federal governments to keep our OAA funds flowing. We know its lots of paperwork, but we ask for your cooperation in filling out forms as completely as possible, even if there are sections that are not relevant to your situation. Going forward, we will be unable to claim funds for any service provided to someone for whom we do not have a date of birth. This could put services to YOU at risk, so please provide as much information as possible.

On a different note: November is Native American Heritage month, so we've lined up a couple of movies and a special menu on Nov 10th to acknowledge the Native American community. We hope you enjoy them!

Thank you, and see you at the Center—Kathy

Thanksgiving Lunch Thursday November 16th, 2023

Be sure to sign up early for our Thanksgiving lunch—Thursday November 16th! This is a popular lunch and seating is limited and by reservation only. Sign up starts Oct 30th.

In order to have room to serve our local, older adult guests, we ask that you NOT invite out of town friends or family under age 60. We always completely fill up for this holiday meal and wish to serve everyone from our community who wishes to attend.

Because the meal is so popular, we **also ask you to walk, carpool or use CAT wherever possible.** Parking is limited and we must ask people to leave the parking row in front of the swimming pool open for pool users. We want to be good neighbors! Better yet: call us and we'll come to get you AND take you home!

Canby Kiwanis Annual Food & Toy Drive Accepted thru December 8th

We are collecting toys for the Kiwanis Food and Toy Drive again this year. The barrel will be in our foyer beginning late October. We accept **new toys** for the toy collection. Food Basket applications are available at the front desk and must be returned to the Center no later than December 8th.

The CAC Gift Program is back!

We are partnering with **Shimadzu USA Manufacturing, Inc.** this year, a local Canby business, to help bring a bright holiday season to those older adults who find themselves alone this year. Application with details and deadlines inside!

Month at a Glance: See inside for details

Oct. 30	Trip sign up begins at 8:30
Oct. 30	Sign up begins for Thanksgiving "Dinner" (Lunch, November 17th)
Nov 1	AARP Safe Driving Course (part I)
Nov 1	Sing-along Group Mtg 1:00 pm
Nov 2	Oregon Dept of Veterans Affairs 1:00
Nov 3	Music with Scott 11:15
Nov 3	AARP Safe Driving Course (part II)
Nov 5	Daylight Savings Time Ends
Nov 6	Parkinson's Support Group, 2:00 pm
Nov 8	Board meeting, 1:00
Nov 8	Blood pressure checks return—10:00
Nov 8	Red Cross Blood Drive, 12:30—5:00
Nov 9	Music with Jim Wilkey 11:30 am
Nov 9	United Healthcare/Medicare 1:00
Nov 10	NAMI 1:00 pm
Nov 11	Veteran's Day—thank you Veterans!
Nov 15	Weatherization, 1:00 pm
Nov 16	Thanksgiving Lunch by reservation
Nov 16	Vaccination clinic, 2—5:00 pm
Nov 22	Blood Pressure Check 10 am
Nov 27	Trip Sign up for December Trips
Nov 30	FIDO, 1:00 pm

Reminder: We are CLOSED November 23rd and 24th so our staff and volunteers can enjoy their families!

VACCINATION CLINIC Thursday November 16th, 2—5:00 pm.

We are partnering with Clackamas County to offer a clinic for the latest COVID vaccine, as well as seasonal flu on November 16th, 2:00 – 5:00 pm. **Advance registration REQUIRED** – registration assistance here Nov 10th and 13th from 10:00—12:00.

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

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CANBY ADULT CENTER MEMBERSHIP APPLICATION Date _____

New Member ☐ Renewal ☐
Name _____
Under 65 65-70 70-75 75-80 Over 80

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

Birth Month _____ Birth Day: _____

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

Birth Month _____ Birth Day: _____

Address: _____ City & Zip _____

Phone: _____ E-Mail Address: _____

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

*Renewal postcards are mailed 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: _____

November Trips—2023

TRIPS GUIDANCE :

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

Phone Bookings accepted only for trips without pre-payment.

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

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

Please note that we expect travelers with mobility or other health issues to choose wisely when signing up for a trip with us. All travelers must be able to participate in all aspects of the trip independently, or else bring a caregiver.

Trips involving advance ticket booking by the Center **MUST** be paid in advance before your name goes on the list.

If you must cancel on a pre-paid 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.

Travelers are allowed to sign up for a maximum of two trips the first day of sign-ups; come back on subsequent days to sign up for trips that still have open spots.

The above is general guidance; CAC reserves the right to modify procedures to fit individual trip or client needs

CAC reserves the right to refuse service to anyone not complying with all the elements of our Code of Conduct.

Thank you for your cooperation!

Trip sign-ups are in person beginning **Monday, October 30th..** While you may call on the 30th to sign up for any trip that doesn't require a prepayment, your call will be put through to the Transportation Coordinator's voicemail and your trip request will be processed **AFTER** all in-person sign-ups are processed. **Trip requests that are phoned in may not get a spot on a desired trip if it fills up with in-person sign-ups. Any required pre-payments MUST be paid before a spot can be reserved.**

Verboort Sausage Dinner

Join us in celebrating the 89th annual Verboort Sausage Festival. Enjoy sausage, sauerkraut and applesauce made solely by hundreds of community volunteers and generations of families that have been in Verboort for over 150 years. See the Giant Sequoia Redwood trees brought to Verboort as seeds from Giant Sequoias in California in 1849 and planted in 1888.

Depart: 11am

Cost: \$17 (*pay exact cash that day on the bus*)

November 4, 2023

Return 5:30pm
Bus Fee: Donations Accepted

Ceramic Painting in Newberg

Their Motto: Painting with Friends is the Best Therapy, and You Get Pottery Too! They provide the creative space where you can design and paint in your own style, making not only one-of-a-kind pottery, but awesome memories too! It makes great Christmas presents to give away as well.

Purchase your own ceramics at this event. Bring money for lunch after painting.

Depart: 10:15am

Cost: Free

November 10, 2023

Return to Center 3pm
Bus Fee: Donations Accepted

NW senior Theatre event

Enjoy the entertainment performance with the gang at The Northwest Senior Theater. This group of experienced (55 and older) performers (sing, dance, and more) is comprised of retired performers – professional and non-pro - not yet ready to put their voices and bodies out to pasture. This is one of CAC's seasonal favorites! ***Bring money for dinner after the show.***

Depart: 1pm

Cost: \$10.00

November. 15, 2023

Return to Center 5:30pm
Bus Fee: Donations Accepted

Mother Hubbard Cupboard Shopping and More

Come along and shop for all things Christmas and beyond! We'll start at Mother Hubbard's Cupboard in Hubbard. Then we're off to Garden Gallery, lunch in Hubbard, and more! ***Bring money for shopping and lunch.***

Depart: 9:45am

Cost: Free admission

November 17, 2023

Return to Center 3:30pm
Bus Fee: Donations Accepted

Nordic Northwest Lunch and Stroll

Inspired by the sights and sounds of Swedish cafes and informed by the New Nordic movement, Broder, and now Broder Soder, is proud to serve a lunch menu that's been consistently ranked in Portland's Top Ten since 2007. Inspired by sights and sounds of Swedish cafes. ***Bring money for lunch.***

Depart: 10am

Cost: Free Admission

November 21, 2023

Return to Center: 2:30pm
Bus Fee: Donations Accepted

Goodwill Shopping and More in Salem

We've been looking as we've been out on adventures and are excited to try some resale shops in Salem this month! You might even find some treasures for Christmas! ***Bring money for shopping and lunch***

Depart: 9:30am

Cost: Free

November 28, 2023

Return to Center: 3:30pm
Bus Fee: Donations Accepted

Portland Singing Christmas Tree

You'll experience 90 min of non-stop music, dance & pageantry that will kick off your Holiday Season. ***Bring money for dinner before the show.***

Depart: 4:30pm

Cost: \$29.00 (pay at sign up)

December 1, 2023

Return to Center 10pm
Bus Fee: Donations Accepted

Center Services

Client Services Available in November

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 for guests age 60 and above. **A \$5 fee is REQUIRED for guests under the age of 60.** 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 (Monday, Wednesday-Friday), following a menu prepared in conjunction with the county dietician. Additional frozen meals are available to cover weekend needs. Call 503-266-2970 to sign up!

Current clients—if you need to make a change or cancellation to your meals, **call the Center prior to, or no later than, 9:30 am** on the day of delivery.

TRANSPORTATION

Daily Transport: If you need a ride to join us for lunch, call 503 266 2970, between 8:30—9:00 a.m. to request a ride to the Center. We will return you safely home after lunch!

Transportation Reaching People - TRP

Client Services Coordinator Wendy May manages the county Transportation Reaching People (TRP) program for rides qualifying Canby residents residing in the Canby School District Boundaries to destinations in Clackamas, Multnomah & Washington counties. Rides must begin/end between 9 am-4:00 pm, Monday-Friday. Contact Wendy May at 503-266-2970 to see if your trip qualifies for a TRP driver; 5 to 7 business days notice required. Rides are provided by volunteers, so provision of a ride depends on volunteer availability. This service is intended for rides outside of Canby only. [For in-town rides, contact Canby Area Transit at 503-266-4022.]

Recreation and Trips: Day-trips are pre-planned and offered each month. Trip sign-up is the last Monday of each month unless otherwise noted. Often a meal-stop is included as part of the trip. Trip fees vary and bus donations are always gladly accepted. Trip schedule and details on page 9.

FITNESS & WELLNESS

Fitness Programs: We offer a variety of fitness programs including Better Bones & Balance, Geri-Fit, Tai Ji Quan and Yoga (in person!) as well as volunteer-managed Line Dancing.

We continue to offer Zoom Exercise live with Mindy, Monday, Wednesday and Fridays at 10 am.

RECREATION and ACTIVITIES

CAC offers many opportunities to socialize and make friends. **Scheduled recreation includes:**

- | | |
|------------------|--------------------------------|
| * Bingo | * Pinochle |
| • Memoir Writing | * Crafting and Quilting groups |
| • Hand and foot | * Woodworking |
| • Ukelele | |

See our monthly calendar insert for information on scheduling of these activities.

Activities and resources available on a drop-in basis:

- | | |
|------------------|----------|
| ♦ Ping Pong | Pool |
| ♦ Books/library* | Puzzles* |

*Feel free to help yourselves to books from our library, magazines and puzzles. No check-out required. Donations are also always welcomed.

CLIENT SERVICES

Home Visits: Client Services Coordinator visits clients in their homes to determine eligibility for Meals on Wheels, as well as assess and educate them on other services or programs that may be useful to clients.

Information and Referral: The Client Services Coordinator has extensive knowledge of community resources that are relevant to older adults. Clients can schedule an appointment with the Client Services Coordinator to learn about resources and how to access them.

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!

Canby Adult Center Tours Available: Schedule your personal tour of the Adult Center with Client Services Coordinator, Wendy May. She will give you a full tour of the Center and share with you all the resources and services we have to offer. To schedule your tour, contact Wendy May at 503 266 2970 Monday through Friday.

Notary Services Available: We offer Notary Services. The Notary is not an attorney licensed to practice law and is not allowed to draft legal records, give advice on legal matters, including immigration, or charge a fee. **Appointment required.** Contact Wendy May at 503 266 2970. We reserve the right to refuse service. This is a free service, donations to Canby Adult Center accepted.

Wellness Programs: Canby Adult Center offers time-bound workshops and one-time speakers on a variety of fitness and wellness topics. **New offering: Relaxation and meditation, Mondays at 2:30 pm.** See inside for the schedule of guest speakers, which change monthly.

Thank you 2022—2023 Annual Appeal Donors

Sustaining Individual Donors: Donations of \$201+

Patricia Achenbach	Ron Lindland
Abbie Allen	Frank Long
Jennifer Anderson	Byron Marshall
Paul and Mary Ashton	Roof Masters Inc
Hank Baker	Larry & Ann McBride
Florence Ball	Michael & Gretchen McCallum
Norma Benjamin	Nellie McCarty
Doug and Deb Berkner	Anne McKinney
Dennis Berkheiser	Bernie & Mary McWilliams
David and Marge Bolton	Ray & Margie Means
Debbie Bramlage	Mark & Kathy Milhauser
Jennifer Brands	Jeffrey Mills
Robert & Vicki Breitbarth	Rosita & Jerrell Mills
Marjorie Brood	Brenda & Jerry Mootz
Sheila Brown	Marty Moretty
Judi Christiansen	Lori Naylor
Bob Cornelius	Sigrid Neale
Ernest Cowan	Gale Nelson
Robert Cullison	John & Yoka Noordwijk
Jessica Cummins	Richard & Kathy Oathes
Jane Dahl	Charles Odell
Mason Diegel	Mariah Olson
Hardy & Kim Dimick	Ron & Cherrol Pacholl
Benny Dodge	Micki Paul
Scott & Susan Enyart	John Pendleton
Scott & Susan Enyart	Joyce Peters
Roger Etzel	Sunya & Wade Porter
Mel Farrington	Gordon Rasted
Jeff Feller	Bill & JoEllen Reif
Adrian and Kay Fisher	Leslie Rhodes
Marieanne Flagg	Lisa Rivera
Ron and Cheryl Fullerton	Sharon Sample
Keith and Jan Galitz	George and Joy Schmidt
Al and Linda Geddes	Roger and Marilyn Shell
Bruce Gehrke	Roger Skoe & Sharon
Jared & April Gensman	Arrigott-Skoe
Fred Gill	Doug & Diane Skille
Marlene Gooding	Vicki Smith
Donna Gould	Charles Stinson
Ellen and Emmett Gray	Irene Strobel
Carmen Hamilton	AJ and Deve Swaim
Rosemary Hands	Mary Ann Taufest
Patrick & Laurie Harmon	Jim Thompson
Leona Hart	Cordell Tietz
James Hassler	Greg Timmons
Patty Hatfield	D'Anne Tofte
Paulette and Jim Hefflinger	Jorge and Karen Tro
Delbert Hemphill	Linda Tucker
Larry and Yvonne Hepler	Dave & Verlene VanDerSluis
Jennifer & Rob Hickman	Rosemary & Darrell
Don & Susie Hope	VanderZanden
Jennifer Hudson	Bill and Diana Vermillion
Arbie Irwin	Jon Viter
Randall Jenkins	Lorene Voss
Robert & Charlotte Johnston	Susan and Earl Voss
Barbara Karmel	Peggy Yeats
Robert Kauffman	Ed and Cindy Wales
Michael & Lucy Kelsey	Trent Warren
Darline Kraxberger	Lawrence & Mary Weber
Brenda Lais	Jeffrey & Ann Whitman
Ray & Mary Lambert	James & Greta Wiersma
Robert Larson	Patricia Williams
Kathy Levy	Jay & Kathy Wolfe
Craig & Deone Lewelling	Eleanor Zieg
	Fred & Jan Zittleman

Sustaining Business & Organizational Donors:

Donations of \$201+

American Legion Auxiliary
Aurora & Salem Outdoor Power Equipment
Canby Garden Club
Canby Kiwanis Foundation
City of Canby
Custom Plumbing & Construction
Cutsforth's Thriftway
Desert Rose Properties
Martins Town & Country Furniture
Quest Investment Management
Rackleff Place
Reif & Hunsaker Law Office
Roofmasters, Inc.

Thank you on-going Business Partners for your in-kind support

Andrew Kauffman—Attorney at Law
Canby Kiwanis Foundation & Thrift Store
Custom Plumbing & Construction
Cutsforth's Marketplace
Direct Link
Home Instead
Hulbert's Flowers
Kahut Waste Services
Marquis at Hope Village

October/November Donors

In-Kind Donors: Breigh Frauendiener, JoAnn Kempfer, Jean L., Tim Clark-McKittrick, Larry Townsend

Financial Donors: Abbie Allen, Dennis Berkheiser, Michael Bradney & Helen Ferguson, Debbie Bramlage, Marieanne Flagg, Patty Hatfield, Toni Hvidsten, Gary Kluever, and Kristina. Hattan, Robert Larson, Oregon City Elks Auxiliary #1189, John & Yoka Noordwijk, Marie Ornelaz, Diane & Doug Skille, Greg Timmons, Margo Uhre, Peggy Yeats

Memorial Donors:

Patricia Achenbach in loving Memory of Les Achenbach



Client Services—Resources & Support Groups

If you have questions, contact Wendy May, Client Services Coordinator, 503-266-2970.



Clackamas County Crisis Line & Clinic: 503 655 8585

National Suicide Hotline 988

Senior Loneliness Line 503 200 1633 or www.SeniorLonelinessLine.org

Clackamas County Aging & Disability Resource Connection Information and referral: 503 650 5622



INCREASE YOUR COMFORT ALL YEAR ROUND AND SAVE ENERGY

Proper insulation can help keep your home cool in the summer and warm in the winter. Start saving on your utility bills and increase the comfort of your home with energy-efficient upgrades to your attic, wall or floor insulation. **Energy Trust of Oregon is offering cash back on insulation projects** whether you DIY or work with a participating contractor. Find the right insulation solution for you and see available incentives.

To learn more, visit www.energytrust.org/insulation or call 1.866.368.7878.



Untangling the Challenges of Aging—This is A Free Educational Series

Live programs will run from 12:30-1:30 pm on Wednesdays:

November 1 (webinar)

Dementia: Options for Support & Care in the Community— with Dr. Melissa Cannon, Professor of Gerontology at Western Oregon University

November 8 (in-person):

Healthcare at home: Options as you age with Dr. Cheryl MacDonald, Medical Director at Willamette Vital Health and Rita Isaac, Primary Care at Home Liaison at Housecall Providers

November 15 (in-person): Legal Issues as you Age with Attorney Ryan Collier of Collier Law & Melissa Lindley, Community Outreach Coordinator at Willamette Vital Health

Visit wvh.org/Untangling for more information or to register. Contact Melissa Lindley with questions. melissal@wvh.org or 503 588 3600

Save the date!

Stroke Survivor Support Group
On **Thursday January 4th at 1:00 PM**, The Canby Adult Center will be hosting the initial meeting of a monthly stroke survivor support group. The group will meet at the Center on the first Thursday of each month at 1:00 pm.

The group is intended to provide stroke survivors the opportunity to join together and share their experience, strength and hope with each other and offset the social isolation many experience in their recovery. The group will be facilitated by Mike Long, MSW, who suffered a hemorrhagic stroke in 2018.

For those who are not able to attend in person, Stroke Awareness Oregon.org offers a virtual stroke survivors support group via ZOOM on the 2nd and 4th Tuesdays of each month at 3 pm. For more information call 541 323 5641

Parkinsons Sing-Along

Online or at PRO Beaverton
3rd Thursday of the month
2 -3:30 pm November 16,
and December 21



All are welcome! Join in LIVE at the PRO offices in Beaverton or via a shared ZOOM link for those who are unable to join in person.

Participants who join the fun virtually will also receive a song list and lyrics in advance of the group. December 21st will be the holiday sing-a-long! For more information call 1 800 426 6806 or visit www.parkinsonsresources.org

Brief & On-line Sleep Intervention Research Study at UC Berkeley

Individuals 60 or older experiencing sleep problems may be eligible to participate in a brief and on-line sleep intervention delivered via video. For more information, contact (510) 575-9319 or sleepandmemoryteamUCB@gmail.com. Currently enrolling new participants!

Do you need help installing or checking your current or new smoke alarms or carbon monoxide detectors? Canby Fire can help with that!

The purpose of the **Oregon Office of State Fire Marshal Smoke Alarm Installation Program** is to provide smoke alarms to Oregon fire agencies to install in residences that are unprotected. **Canby Fire crews are more than happy to help ANY-ONE** install or check their current or new smoke alarms or carbon monoxide detectors. **Please call the main station at 503 266 5851.** **Because of the limited amount of alarms the department receives each year, they kindly ask that only those with a financial hardship request an alarm.*



Utility Assistance

- You may be eligible for help with your utility bill
 - You don't have to have a past due notice
 - You may be eligible even if you pay your bill every month
- Assistance is available for a variety of energy needs. Call Clackamas County Utility Support at 503 650 5640 to find out more or to request an application, or visit their webpage at <https://www.clackamas.us/socialservices/energy.html>
Income guidelines are included in the table that follows.

Household Size	Gross Monthly Income Before taxes & deductions 10/1/23-09/30/24
1	\$2,785.58
2	\$3,642.37
3	\$4,499.75
4	\$5,356.83
5	\$6,213.92

Center Services (continued)

OTHER SERVICES

By way of volunteers and Friends of the Center we are pleased to offer services listed below, free of charge except as noted.

Legal Assistance

Usually the 2nd Wednesday of each month, an attorney will meet with you at the Center for a free 30 minute consultation. This month's appointments are Wednesday, November 8th. Appointment required; call 503-266-2970 to schedule your appointment.

Senior Health Insurance Benefits Assistance S.H.I.B.A. Virtual or phone meetings only

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

Blood Pressure Checks—Return to the Center Twice each month—This month the 8th & 22nd

Roger Livengood is an RN who will be providing a blood pressure clinic usually the **first and third Wednesday of every month**. Roger is a RN and is willing to provide you with a medication consultation. He does not give medication advice or prescribe medication, but he can answer questions about side effects, interactions, reasons why a medication is prescribed, etc. This month Roger will be here November 8th and November 22nd.

Foot Clinics—Jenelle Ediger offers Appointments 2nd & 4th Mondays each month

Jenelle is a footcare nurse who has lived in the area and worked in the Health/Hospice field for more than 20 years. Jenelle offers services on the 2nd and 4th Mondays of each month, from 9 am to 2 pm. This is a nail trim (no foot soak) and the fee is \$40. Jenelle offers 7 appointments each Monday. This month's schedule is November 13th and 27th. Appointment required.

Jenelle is a trained medical professional providing this critical service; she has provided footcare to several other senior centers in Clackamas County for years, and comes highly recommended.

American Red Cross Blood Drives

We host American Red Cross blood drives at the Center on a bi-monthly schedule. Dates for blood drives in 2024 available soon. This month's blood drive is November 8. Schedule your appointment time on-line or contact Kathy Robinson at 503 266 2970 if you need assistance.

Lions Club Glasses & Hearing Aid Collection

We offer a collection box in our foyer 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 re-used.

Terracycle Recycling

We offer recycling bins for those hard to recycle items: oral care products and packaging, all brands, used or empty; non-electric blades/razors/and packaging, as well as deodorant containers. Please make sure all items are dry before placing in recycling bin. Funds from these recycled products benefit Canby Adult Center.

AARP Free Tax Clinic (seasonal)

This service is provided through AARP volunteers. Appointments are usually taken beginning mid-January for tax services that run February through mid-April. AARP

Bulletin Board

We offer a community bulletin board where advertisements are posted for upcoming events and personal services. These announcements and advertisements have not been vetted by the Center, but are made available for informational purposes only.

Inclement Weather Closures

Our inclement weather policy is based on Canby Schools: If the School District is closed due to inclement weather, then Canby Adult Center will also be closed. Our answering machine is updated when we close due to bad weather; call us at 503-266-2970 for updates.

Center Donations:

We gladly accept your donations of books (especially large-print books), puzzles, and small items for our bingo raffle.

We also accept locally grown fresh produce to use in our meals and to offer to our senior community to take home and use.

We keep a year-round food collection barrel 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!

Bits, Pieces & “Save the Dates”

SAVE THE DATE

**ANNUAL APPEAL FOLDING/
STUFFING PARTY**
Wednesday and Thursday afternoons,
November 15th & 16th, 1 pm to 4 pm

If you'd like to help with our biggest fund-raiser of the year join us on November 15 and 16, at 1 pm for a **“folding and stuffing” party!** We send our annual appeal mailing to approximately 7000 Canby area households and we can use your help in getting those letters folded and placed in the envelopes. If you are able to help join us!

SAVE THE DATE

Save the Date— December 2, 2023
BAKERS NEEDED for Holiday Bazaar
Baked Goods Sale!

Our annual Holiday Bazaar is just around the corner, Saturday, December 2nd, and we'd love to offer some of your baked goods at our Bake Sale. Your baked goods are popular and a big fund-raiser for the Center. If you would like to contribute, please bring your home-made items to the Center on Friday, December 1st. You can package them or bring them and we will package them up. Thank you for your contributions!

AARP TAX CLINIC APPOINTMENTS — Update!

Beginning January 8, 2024, you may call us at 503 266 2970, to book your AARP tax service appointment. Appointments are limited and will be available in February, March and two weeks in April. All of our appointments are on a Friday. Please be aware that the AARP tax clinic appointments fill up quickly and we do not keep a waiting list. We are grateful to the AARP tax clinic volunteers for providing this service to our community!

Are you a CAC Member? Membership to CAC has an annual fee of \$15 for an individual, or \$25 for a couple. Complete the membership form on the last page of this newsletter or print the form from our website; send it, along with your membership fee to:

PO Box 10, Canby OR 97013

If you send a gift of \$51 or more at any time during the year you receive a one year membership.

Membership includes the monthly newsletter for one year, (paper copy or by email) and a discount on building rental. Join today! Thank you for your support!

**Remember to move your clock
BACK
Sunday, November 5th**



Like to sing?
**Want to sing in a casual group
that's all about FUN?**

Do you love to sing? Join us for an organizational meeting on November 1st, at CAC, at 1 pm in Classroom 2. Bring song ideas and any instrument you play! Sign up at in person at the front desk, or by calling 503 266 2970.



Share your angel in our showcase

We are going to change the December showcase to a show of angels! If you have a decorative angel that you would like to display in our showcase, mark it with your name and phone number, and bring it in to Mindy or Wendy for the December showcase. **Please be sure that your angel is labelled in some way** with your name and phone number and bring it to us any time during the month of November!

Canby Kiwanis Annual Food & Toy Drive Accepted thru December 8th

We once again have a toy collection barrel in our lobby for the Kiwanis Holiday Toy and Food basket program. We accept **new toys** for the toy collection. Food basket/gift applications are available at the front desk and must be **returned to the Center by December 8th**. All details for picking up baskets and gifts are on the application.

Box and Socks Drive for Homeless Veterans— Collection BOX Located in CAC Lobby-Donations accepted thru December 9th!

Fort Kennedy is sponsoring a **new** socks and underwear drive for male homeless veterans. There is a collection box in the front entry way of the Canby Adult Center. Acceptable donations include:

Underwear for men: Boxers of briefs
Socks: Cotton or wool

Donations accepted now thru December 9th.
Thank you for helping with this collection!

Did you know...

November 13th is World Kindness Day

A day to celebrate and promote kindness in all its forms, and to appreciate the positive benefits of kindness to health, overall well-being, community, nature and the environment.

**“NO ACT OF KINDNESS,
NO MATTER HOW SMALL,
IS EVER WASTED.”**

Aesop

Board News and Announcements

BOARD OF DIRECTORS 2022-2023

CHAIR

Loren Bell

loren@canbylawfirm.com
(Term ends Sept 2026)

Treasurer

Keith Galitz

kgalitz@canby.com
(Term ends Sept 2024)

Sandie Field

s.field289@yahoo.com
(Term ends Sept 2025)

Millie Reser

softballady63@gmail.com
(Term ends Sept 2025)

Pat Schauer

pschauer1951@yahoo.com
(Term ends Sept 2024)

Matt English

menglish@canbyfire.org
(Term ends Sept 2024)

Tim Nichols

ODBGoldFish@web-ster.com
(Term ends Sept 2025)

Brandon Leonard

leonardb@canbypolice.com
(Term ends Sept 2026)

Joyce Peters

joyce4432@canby.com
(Term ends Sept 2026)

October Board Meeting: Please note that at the printing of this newsletter, the monthly board meeting has not yet been held. Typically the October meeting is an off-site Board Retreat. This year's board retreat is October 25th and the minutes from that meeting will be included in the December newsletter. The November board meeting will be held Wednesday, November 8th at 1 pm at Canby Adult Center. Members and Guests are invited to attend.

Canby Adult Center Hosts Volunteer Appreciation Event: We held our annual volunteer appreciation event on October 10th and it was a great success. We had nearly 100 of our active volunteers in the dining room to enjoy appetizers, and a delicious meal prepared by our kitchen team. We had some incredible statistics regarding our wonderful volunteers, all gleaned from the "MySeniorCenter" electronic sign-in system. We are thankful for our many wonderful volunteers as well as the many local businesses who supported the event. Please support these businesses with your patronage:

Thank you local businesses:

1st choice Advisory Services

All About Seniors

Backstop Bar and Grill

BHG Realtors, Team Unger

B's bakery

Denny's

Dominoes

Dutch brothers

Filberts Farmhouse restaurant

Fultanos

Guacamole Bowl

Hulberts

Jarboe's

Millar's Point S

Oliver Insurance

Pappy's Greasy Spoon

Puddin River Chocolates

Rainbow hair

Swan Island Dahlia

Tin and Paisley

Wild Hare

Willamette Valley Country Club

Individual supporters:

Angie Neal, Sandie Field

Cindy Wales, Marlene Gooding

All Staff for donations and hard work!

A Note on volunteer hours and future appreciation events: For this year's event, we relied heavily on our electronic sign-in system, MySeniorCenter, to generate our volunteer appreciation list and to view hours given in service. For future years' events, we will generate our volunteer lists ONLY from MSC, so it is really, really important that you sign up to receive a key fob so that your hours are counted! We are also likely to put a few rules in place regarding numbers of volunteer hours provided, volunteer frequency and whether hours are current (ie within the last six months), so that we are sure to adequately recognize those individuals who make volunteer service a regular part of their busy schedules.

Thank you, dear volunteers, for ALL that you do!

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.

AARP Tax Clinic Scheduled for 2024

Good News! We will be hosting the AARP tax clinic again in 2024! The clinic runs 2/2/2024 through the 2nd Friday in April which is 4/12/23. **We will start booking appointments on Monday, January 8th. You can call 503 266 2970 to schedule your appointment.**

The AARP tax clinic is a **volunteer service** and the Canby Adult Center is the venue for the service. The volunteers are trained thru AARP and are **not employees of the Canby Adult Center**.

Reminder on Center Closures in November

Just a reminder, that the Center is CLOSED on Thanksgiving Day as well as the day after—November 23rd and 24th this year. This allows staff and volunteers to spend the holiday with family, near and far. We hope you have a wonderful Thanksgiving with loved one!

On-going Classes and Activities

Exercise and Wellness Classes Open to Everyone!!!

Geri-Fit (Seated Exercise): We are pleased to offer Geri-Fit classes three times weekly! Class meets every Monday, Wednesday and Friday at 11:00. This class is a great way to start your fitness journey if you're new to exercise. Instructor, Mindy Tilden

No fee—donations appreciated

Better Bones & Balance: Class meets Monday, Wednesday and Friday at 10:00. Get a great work-out, rain or shine, using dumbbells and your own body weight. Join this class with experienced instructor, Mindy Tilden.

No fee—donations appreciated

Tai Ji Quan

We now offer Tai Chi Quan classes three times weekly. Class meets every Monday, Wednesday and Friday at 9:00. Check out this class—a great way to increase mobility and balance! Instructor, Mindy Tilden

No fee—donations appreciated

Walk with Ease—See you in the spring!

The weather is a-changing! We look forward to sunnier skies and drier walks in the spring. Check back here for dates in the spring.

Yoga— Tuesdays at 9:30 am

This class is offered weekly, every Tuesday at 9:30 am with Yoga Instructor Kathryn Kendorf. This class is intended for older adults and includes some seated work. No charge; donations accepted to help off-set the cost of the instructor's fee.

No fee—donations appreciated

Relaxation and Meditation: Mondays at 2:30 pm, Instructor Robert Baguio leads you through an exercise to fully relax and release tension and stress, redirecting your energy to wellness and healing.

No fee—donations appreciated

“Let’s Dance” Line Dancing Classes: Every Tuesday & Thursday 1 pm —

No partner needed for this popular and fun line dancing class! New dancers welcome!

No fee—Donations accepted



WEEKLY CARD GAMES: Open to anyone who wishes to participate. Walk-in's always welcome, no sign-up required.

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

Pinochle: Tuesdays & Fridays 1:00 pm
This is double-deck pinochle and the group is flexible with the number of players; 3 to 6 people at a table and lots of room for new players! New players always welcome!

MONDAY

Woodcarving Workshop at 10 am:

Woodcarving is back!!! Join our woodcarving workshop every Monday at 10:00 am. This is a woodworking group, not a class, so bring your projects and tools and see what others are working on! See Wendy if you have questions.

Walk-ins welcome

No Fee

TUESDAY

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

Classroom 2

No Fee



BINGO Every Tuesday:

Packet sales open at 12:15

Games begin promptly 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

WEDNESDAY

Quilty Friends— November 1st, 8th and 22nd

This group meets several times each month on Wednesdays—all levels of quilters are welcome! You need a portable sewing machine to get started. You can work on individual or group projects (some are for charities). New quilters and walk-ins always welcome!

No Fee

THURSDAY

Memoir Writing Group 1st and 3rd Thursdays 10 am – 11:30 am:

If you enjoy writing, this group is for you! Class facilitator suggests a topic to write about at home and you share your work at the next class. Topics often involve recording memories—a great gift to your family! Consider joining us.

Drop-ins welcome; no fee.

Ukulele Class—Every Thursday 10am-11 am

Class instructor teaches basics in a step by step series. There is a \$5 charge for the book that you keep. Bring your ukulele and join this fun group! Walk-in's welcome.

The instructor comes from Vancouver to teach this class; a weekly donation of \$5 is suggested for instruction.

November Speakers and Activities

AARP Smart Driver course—Two Sessions WEDNESDAY November 1st 1pm—4:30 AND FRIDAY November 3rd 1pm— 4:30

Would you like to save money on auto insurance?

- ⇒ Learn techniques for handling left turns, right of way, following distance, and roundabouts.
- ⇒ Understand how to reduce traffic violations, crashes, injury risk, and learn state specific items.
- ⇒ Discover proven driving methods to help keep you and your loved ones safe on the road

Class is open to the public and limited to 20 participants. Call 503 266 2970 to register by phone, or see the reception desk at The Canby Adult Center to register. Classroom course fee is \$20 for AARP Members and \$25 for non-members. Bring exact cash or check made payable to AARP at class time. NO debit or credit. Bring your AARP membership card or number to get the discount.



OREGON DEPARTMENT
of VETERANS' AFFAIRS

Thursday November 2nd

Dave Soto, Oregon Department of Veterans Affairs (ODVA) volunteer will be here on Thursday November 2nd at 1 pm. Dave is a veteran that will be sharing information on certain benefits available to veterans. He offers experiences with the VA to guide attendees in filing their own claims, the documents they will need and whom to contact. If documents are needed, he will provide the forms that may be utilized to request specific records. He will also have literature on hand that is most current and helpful.

Sign up at the front desk or call 503 266 2970

MONDAY, November 6

Parkinson's Resources Support Group

This group meets the first Monday of each month from 2 pm to 3 pm! Join this group to share, learn, and connect with others navigating Parkinson's. This group is open to people with Parkinson's, care partners, family and friends.

Contact facilitator Shirley at 503-380-1712 if you have questions. *[We meet the first Monday except when Monday is a holiday—then the group meets on Wednesdays.]*

American Red Cross Blood Drive November 8th:

American Red Cross blood drive; Schedule your appointment on line to give blood. If you have difficulty scheduling your appointment, please contact Kathy Robinson at 503-266-2970 for assistance.

November 9th at 1 PM; United Healthcare Representative from Northwest Medicare Advisors provides general information and answers questions regarding changing plans for the upcoming Medicare year OR for those who may be new and now eligible for Medicare! You can contact them with questions prior to the meeting by calling 503-303-7519 or at www.NWMedicareAdvisors.com

Friday, November 10th at 1 PM

NAMI Hearts + Minds



NAMI Hearts & Minds is a wellness program designed to educate and empower you to better manage your health—mentally and physically. You are a “whole” human being— not a medical condition or a mental health diagnosis. You are not alone, and you are not powerless. You'll learn about how your body systems interact, and how to more effectively manage both the physical effects of mental illness, and the lifestyle options that can help you feel better overall. **Join us Friday November 10th at 1 pm for Hearts + Minds; Sign up required either in person or call 503 266 2970.**

Clackamas County Energy-Saving Class November 15—1:00 pm with Kurt Torgerson



Energy costs are continuing to rise each year, causing many to be financially stressed. Are you interested in saving money on your utility bills? If so, join Kurt Torgerson, a Clackamas County Energy Educator, who is presenting an energy-saving class Wednesday, **November 15th at 1:00 p.m.** Kurt will show how to save on utility bills. He will have some energy saving materials that can be used to start saving right away. **People currently on Utility Support with Clackamas County may be eligible for a utility discount by attending this class! Sign-up required— call 503 266 2970 or sign up in person at the front desk.**

VACCINATION CLINIC Thursday

November 16th, 2—5:00 pm

We are partnering with Clackamas County to offer a clinic for the latest COVID vaccine, as well as seasonal flu on November 16th, 2:00 – 5:00 pm. **Advance registration REQUIRED** – registration assistance onsite Nov 10th and Nov 13th, 10:00—12:00.

Thursday, November 16th 12pm: Join us for a delicious Thanksgiving lunch with all the trimmings. Space is limited so sign up today in person at the front desk or call 503 266 2970 to make your Reservation.



FIDO: Helping People and their Pets November 30th at 1 pm



FIDO (Friends Involved in Dog Outreach) is a non profit that partners with senior centers through their AniMeal Program, which delivers pet food once a month for recipients who are often at risk of sacrificing their own nutrition to feed their pet companions. Canby Adult Center partners to support Home Delivered Meal clients and their pets. We will have a collection box for pet food at the center through November. Join us on **Thursday November 30th at 1:00 pm** for an informational presentation about the FIDO program and how you can make a difference to a pet and their person. **Sign up in person at the front desk or by calling 503 266 2970.**

November Movies, Music & More

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

November Movie Line-up

Wednesday Movie Features:

November 1st: **Smoke Signals**. A young man allows his nerdy friend to accompany him to Arizona to settle the affairs of his recently deceased alcoholic father. Along the way, the truth about a childhood tragedy unites them. A film to recognize Native American Heritage month!

November 8th: **A Million Miles Away**, starring Michael Pena. Based on the true story of Jose Hernandez, who started life as a farm worker in Mexico, but went on to become an engineer and an astronaut. A tale of perseverance, community and sacrifice to accomplish a seemingly impossible dream – highly recommend!!!

November 15th: **The Magic of Belle Isle**, starring Morgan Freeman and Virginia Madsen. A famous novelist with a writing impasse, rents a lakeside cabin for the summer, where he befriends a family who help him find inspiration again.

November 22nd: **An Old Fashioned Thanksgiving**, starring Jacqueline Bisset. Set in the 1880s, a widowed mother of three struggles to keep her family together. When the oldest daughter asks her estranged, wealthy grandmother for help, old wounds are eventually healed.

November 29th: **Te Ata**. A movie based on the inspiring true story of Mary Thompson Fisher, a woman who traversed cultural barriers to become one of the greatest Native American performers of all time.

Fridays with Cary Grant (by request!):

November 3rd: **None But the Lonely Heart**, starring Cary Grant and Ethel Barrymore. Down-and-out Londoner Ernie Mott makes the best of things – finding love here, dabbling in crime there.

November 10th: **Destination Tokyo**, starring Cary Grant and John Garfield. In order to provide information for the first air raid over Tokyo, a US submarine sneaks into Tokyo Bay and places a spy team ashore. To recognize our Veterans!

November 17th: **Arsenic and Old Lace**, starring Cary Grant as a drama critic whose life is turned upside down when he discovers that his two spinster aunts have taken to poisoning their gentlemen house guests.

Lunch service is at noon Monday, and Wednesday thru Friday. You must be seated by noon.

Music in the Dining Room: We are occasionally able to offer live music prior to, and up to 15 minutes after lunch is served. When available, we provide the date and time of our musical guests, however sometimes that is not possible.

Music with Scott - Friday, November 3rd, 11:15
Our very own Scott Goetchius will play for us from 11:15 to 12:15. A great variety of music for your enjoyment!

Music with Jim—Thursday, November 9th, 11:30
A great variety of old classics, country and more!



Remember Make Reservations for “Special Event”

Lunch Dates: We take reservations for special event lunch celebrations (such as Hamburger Day, Thanksgiving, Christmas Holiday Lunch, etc.) to insure we have appropriate seating for everyone. You don't need to be a member to make a reservation; your reservation guarantees seating. Our goal with the reservation list is to help us better prepare for special event meals, and help make the lunch service more efficient for your dining pleasure.

A LITTLE CLARIFICATION...DO YOU HAVE A KEY FOB? Do you want a key fob? They are used to sign in for lunch, trips, movies, speakers and classes!

A key fob has nothing to do with membership! It is a way for you to sign in for services (like lunch and exercise classes) or trips and presentations.

There is no fee to obtain a key fob and **all you need to do is complete a purple form from the front desk** and wait 7 -10 days! Then you can sign in to the Center electronically!

A Big Thank You to

Custom Plumbing and Construction for donating pumpkins for us to carve for our annual pumpkin carving contest, AND for gourds for decorations around the Center.



Healthy Body—Healthy You!

The weather is a-changin' ! The days are getting shorter, but that doesn't mean you can't keep some of your summertime routine! Bundle up in layers and try getting some steps in between rain showers. Substitute a fresh, green salad for your drive through hamburger! Reach for a warm blanket and a cup of tea on those chilly mornings, and PLEASE come to the center for exercise, lunch or any of our many activities!

Hope to see you here soon, Mindy



Did you know.....

In 2021, heating was the number two cause of residential fires in Oregon, making up 15% of all fires.

Heating and electrical fires can happen any time and in any room of your home because of overloading electrical outlets or extension cords, or placing combustible materials too close to heating equipment. In winter months, heating and electrical residential fires spike because of increased use of heating appliances and lights. To lower the risk of a fire caused by heating there are several simple things you can do to make your home more fire safe.

Space Heaters:

- Use newer, portable space heaters with an automatic shut-off so if they're tipped over, they turn off.
- Clean them each year before using and check for product recalls.
- Unplug portable space heaters when not in use. Never leave your heater running when you're sleeping or leaving the home.
- Make sure fuel-burning heaters are designed for indoor use and are properly ventilated.

Fireplaces, wood stoves, pellet stoves:

- Maintain heating equipment and chimneys by having them cleaned and inspected at least once a year by a qualified professional.
- In wood stoves and fireplaces, burn only dry, seasoned wood. In pellet stoves, burn only dry, seasoned pellets.
- Make sure the fireplace has a sturdy screen to stop sparks from escaping.
- Place ashes in a metal container, soak with water, and keep them at least 10 feet away from the home or anything that can burn. Dispose of the ash only after it is cool.

Electrical Fire Safety Tips:

- Avoid pinching cords between walls and furniture.
- Do not run electrical cords under carpets or across doorways.
- Avoid electrical overload.
- Consider having an electrician install additional wall outlets where you need them and add a breaker if needed.
- Electrical work should be done by a qualified professional.

Additional Fire Safety Tips:

Read the manufacturer's instructions before operating any electrical or heating equipment or appliances. Replace items (appliances) with cracked or damaged electrical cords, broken plugs, or loose connections. Plug appliances (portable space heaters, refrigerators, stoves, washers, dryers, etc.) directly into a wall outlet and never a power strip or extension cord. Extension cords are for temporary use only. Make sure you have working smoke alarms on every level of your home (including the basement), inside each bedroom, and in the hallway outside each bedroom.

Source: Oregon State Fire Marshal

Memoir Writing—

First and third Thursday of each month at 10 am, Classroom 2. Join us!

Please Note: The views and beliefs shared in these memoirs are those of the authors and do not necessarily reflect any policy or position of the Canby Adult Center.

Who taught Me to Drive... *M. O'Shea*

My father had taught a number of people to drive. He was not as patient with his children as with people who were not related. My mother decided I would learn thru Drivers Ed. My school had a relationship with a Drivers Ed teacher; he was not a member of the faculty, but sanctioned by the school. Students were charged \$35 for the class. If I remember correctly it was 20 hours of instruction combined class and behind-the-wheel.

We all attended a class session after school one day in the Fall. During that session we scheduled behind the wheel time. Mine was in the morning, since I was on the football team and practice was in the afternoon.

The instructor's vehicle was a 1955 Ford. It had dual foot controls with only one steering wheel. My first lesson consisted of about fifteen minutes of moving slightly forward and then backing up the same amount. The vehicle was a stick shift with the shift lever on the column. "Three on the tree" as we kids used to say. After getting the feel of the clutch and brake, the instructor told me to go. He instructed me to drive down the street to the freeway entrance. I remember being terrified we were going on to the freeway. Sure enough we did. The distance from the on-ramp to the next off-ramp was about one mile. I stayed in the right lane and never exceeded 45 mph. We exited the freeway and drove a short distance to the empty lower lot of San Francisco City College. In the lower lot we spent about 30 minutes doing turns, backing up and parking. When finished we drove to my school and stopped in front.

The instructor scheduled a lesson for the next Saturday. It was my habit to arrive at school about half an hour before the first class. Some of my friends and I would sit inside on the front steps, chat and greet later arrivals. The friends saw me exit the vehicle. When I entered the building they all wanted to know what the lesson was like. I related my experience including being scared half to death about the freeway.

Each lesson got better and soon I was done. I had one other harrowing experience. I was driving up Telegraph Hill

toward Coit Tower in the rain. The vehicle got stuck on the cable car tracks. It lost traction on the tracks. The wheels would just slip. My mind went into panic mode as there was a cable car behind us ringing his bell and I could not make any progress. The instructor was telling me what to do, but I could not make it happen. He had me set the brake. Then got out and came around to my side, told me to scoot over, took the car off the tracks and to the top of the hill. Next he explained what I needed to do and put me back behind the wheel. He had me drive around the block and get on the track again. He talked me through the procedure and I drove off the tracks and up the hill. I respect him a great deal for the way he handled the situation.

Lessons from my Grandfather *C. Donner*

Fred Nachtway was a tall, strong Paul Bunyan of a man, with broad shoulders and hands large enough to hold the biggest ax and arms bulging with muscles that allowed him to swing it with power and ease. He didn't have a blue ox, but he did have a little black Scottish Terrier named Snookie, and me, his oldest grandchild. Together we made a great team. I lived with him and my grandmother for the first eleven years of my life, in the little log house that my grandfather had built by hand. He felled the trees, stripped them of bark, cut them to size, notched them, set them in place and chinked them tight against the Pennsylvania mountain winter storms. Grandpa taught me so many lessons. We'd walk the woods and he'd show me how to carefully cut a slender, vertical strip of sassafras to chew on. We'd pick teaberries with their wintergreen flavor and crack open beech nuts. Who needed store bought chewing gum when Nature provided it in our own backyard? We'd climb the big rocks deposited by the ancient glaciers that carved out this land and talk about what it must have been like before roads and electricity. He would have marveled at computers and been so proud to watch America do the impossible and land on the moon. He did something for me that wasn't done with girls in the 1950s. He

taught me to think, to form my own opinions, to be analytical. Because of him, I became president of the Science Club, a writer for the school paper and a champion debater in the National Forensic Society. All that while most of girls were taking home economics and secretarial typing classes. Grandpa was a small businessman, owning a paint and wallpaper business while doing renovations on the side. I'd help him clean his tools when he came back from a job. He instilled in me respect for tools, teaching me to look at how they were forged, how the handles attached, how easy they were to maintain, and, most importantly of all, how they felt in your hand. If that wasn't comfortable, the tool would never work for you. You buy the best tool for the job that you can afford, and then you take good care of it. When he was getting ready for a sale at the store, he'd involve me in the planning. We'd put paint on sale, but he taught me that the money would be made on all the accessories needed to do the painting, brushes and rollers, paint trays and drop cloths. Learn to look at the bigger picture. He taught he how to listen to the customers with my ears and my eyes. Their body posture could tell you so much more than their words. Nervous about how to paint, but reluctant to ask for help? Fighting with the wife over the choice of color? Tackling more than he thought he could finish? You'd see it in the body before the words came out. Grandpa was so good at dealing with people. He always treated them fairly, gave them his best advice and searched for solutions. When he moved his store from downtown to miles out of town by his house, people thought nothing of driving the extra distance. He was 61 when a rare form of blood cancer felled this giant of a man. He melted away to skin and bones before they took him on his final ambulance trip to the hospital three hours away. He never returned home. My Grandmother, in a misguided but loving attempt to spare me seeing him like that, wouldn't let me say goodbye.

Goodbye, Grandpa. I miss you still. Thank you for all you taught me.

Birthdays & This & That!

November 2023 Birthdays!

1 Herman Maldonado	21 Gary Field
2 Marlene Bauge	21 David Greiner
2 Peggy Wyatt	21 James Leroy
3 Marilyn McCandle	22 Jan Etzel
3 Pam Reynolds	22 Robert Kauffman
3 Chris Donner	22 Robert Magee
4 Tricia Boyd	22 Paul Urke
4 Jennifer Cranmer	23 Betty Crawford
4 Patty Walters	23 Veneta Leshner
4 Thomas Adams	23 Del Thomas
5 Marie Ornelaz	27 Barbara Kendall
5 Jeanne Vanmeter	27 Fran McClurken
5 David Feldmann	28 Terri Haworth
6 Jack Pendleton	28 Peter Durkee
7 Glenda Christman	28 Allan Kawada
7 Cee Donner	29 Deborah Hancox
7 Judy Hogland	29 Denise Hawks
7 Jo Wheat	29 Rose Mills
8 Linda Baker	30 Linda Dippman
8 Deborah Planert	30 Cathy Schuh
8 Diana Vermillion	30 Georgia Thomas
8 Benny Dodge	
9 Karen Livengood	
9 Frances Monahan	
9 Gary Needham	
10 Cheryl Cannon	
10 Patricia Meakin	
11 Carol Bardwell	
11 Elaine Wilcox	
11 Robert Johnson	
12 Roberta Elders	
12 Donna Verdeck	
12 Wayne Vissers	
13 Janet Jeffries	
13 Mary Jo Kelly	
13 Wade Porter	
14 Toni Hvidsten	
15 Yvonne Recker	
16 Jan Brown	
17 Annie Kaufman	
17 Jesse Elders	
17 Rex Sebastian	
17 Les Zettergren	
19 Gerry Casale	
19 Don Purvis	
19 Dave Schedler	
20 Joel Daniels	



Happy Birthday

Thank You New & Renewing Members:

Carrie Anderson, Rita Beam, Mary Coy, Julie Curley, Patt DeLaney, Diane Fillis, Marianne Flagg, Janine Folger, George & Linda Hammons, Carolyn Heininge, Rebecca Hyatt, Caroleen Iselin, Lisa Joyner, Phyllis Kester, Gary Kluever & Kristen Hatten, Linda Lloyd, Jolene Marshall, Nicholas Mendoza, Janine Miller, Linda Moverly, Marie Ornelaz, Brenda Pace, Jackie Preuitt, Delores Reed, Maggie & Rick Riley, Dory Scott-Anderson, Virginia Stevens, Judith Stone, Johni Thayer, Patty Walters, Margaret Wyatt

Canby American Legion offers Proper Disposal of U.S. Flag

Canby American Legion Located at 424 NW 1st Street, has a deposit box outside the gate on the Fir Street side, where you can deposit flags in need of disposal. **Look for the mailbox with the VFW logo.** Anyone with a flag in need of disposal can deposit a flag inside the box at any time, and the American Legion will insure that the flag is disposed of properly.

Thank You Canby American Legion!

Thoughts on Gratitude and Gratefulness:

"Gratitude can transform common days into thanksgivings, and change ordinary opportunities into blessings."

"I am grateful for what I am and have. My thanksgiving is perpetual."

"Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse."

"Gratitude helps us see what is there, instead of what isn't."

"Thankfulness — the quickest path to joy!"



Sign up to Donate Your "Community Rewards" to CAC

You can donate your Kroger/Fred Meyer community rewards points to the Friends of Canby Adult Center and each quarter CAC receives a dollar amount from the Fred Meyer community rewards program based on a percentage of your shopping purchases. Choose CAC as your non-profit recipient.

To sign up: access your Fred Meyer account using the number on your **rewards card**; you need an email address. Select **Friends of Canby Adult Center** as your non-profit recipient and you can help support the Center as you shop! Let us know if you need help signing up. Rewards points **don't** take away from your personal quarterly points.

Thank you for your support!



Don't Miss a Newsletter:

If you move please change your mailing address with Canby Adult Center. The postal service does not forward newsletters to your new address. If you prefer an electronic copy please let us know your email address. **Thank you!**

Bingo Raffle Items Needed!

We have Bingo at Canby Adult Center every Tuesday at 1 pm. We accept new, or gently used items to use as **raffle gifts!** If you wish to donate an item, please bring it to the front desk and we will gladly use it.

Thank you!

Around Town

In Canby...

American Legion— Post 424, NW 1st Street

- ♦ Friday Night Hamburger Feed - Burgers, Chicken Nuggets and French Fries.
- ♦ BINGO every Thursday —opens at 5:00 pm, games start at 6:00 pm. Concession offers: Chips, candy, popcorn and sodas

ART-O-MADDIC, Saturday - November 11, 1:00 pm to 2:30 pm, 181 N Grant St Suite 107, Canby

Holiday Themed Fluid Acrylic Pouring - Ages: 8 and Up. There is nothing better than making a great gift for teachers and friends or decorate your own home with art that you made! Learn all about fluid pouring techniques while creating something fun and festive for the holiday season.

We will provide 2 candy canes, 2 round ball ornaments and a 10" snowflake to practice each technique along with pouring paints, cups, sticks, gloves, aprons, and all other necessary materials. Dress for a mess! We suggest wearing old clothes because this type of painting can be very messy.

Art is extremely wet and needs to be left to dry and picked up at the gallery the next day. \$50.00 (All Materials Included)

St Patrick Holiday Craft Bazaar, Sat. Nov 11 from 9 to 4 pm and Sun. Nov 12 from 9 to 2 pm, 498 NW 9th Ave. It is our 17th annual bazaar featuring 20+ tables with hand-made gifts, home decor and gourmet foods.

Country Christmas Bazaar, November 5th - 11th, Clackamas County Fairground

Over 150 vendors will be selected to sell handcrafted items at our 51st annual Christmas event. Items featured will be Christmas and Fall decorations, collectibles, home décor, gourmet treats, and much more!

Light Up The Night, Wait Park, December 1st

Light Up The Night kicks off at 6:00pm with a lighted parade throughout downtown Canby. The lighted parade will finish at Wait Park at approximately 6:30p as the Canby Fire District delivers Santa and Mrs. Claus on N. Grant Street. The winner of "Who Lights Up Canby" will turn on the lights in the park. Children of all ages are encouraged to stay for a chat and photo opportunity with Santa and Mrs. Claus.

For more information on Light Up The Night, please contact the City of Canby's Economic Development Department at 503.266.7001.

Smyrna UCC – Holiday Bazaar, Saturday November 4th from 10 AM-2 PM & Sunday November 5th from 12 PM-2 PM, 31119 S HWY 170 Canby, Oregon 97013. Come check out all the amazing items for sale! Runs every weekend until Sunday December, 10th at 2 PM

Just Outside Canby...

Oregon Garden Holiday Bazaar, December 16 & 17, 879 W Main St, Silverton, OR 97381

The Oregon Garden's holiday bazaar returns for its third year. Join us for a family friendly holiday event that's sure to please everyone – featuring a market of local artisans, food and beverage, holiday crafts, festive live entertainment and more!

Out of Town...

Verboort Sausage & Kraut Festival, Saturday, Nov 4th, 4317 NW Visitation Rd, Forest Grove, OR 97116

If you love tradition, then you will love our 89th annual Sausage and Sauerkraut Community Dinner. Come join the 89 years of handmade sausage, sauerkraut, and applesauce made solely by hundreds of community volunteers and generations of families that have been in Verboort for over 150 years. We now serve about 14 - 16 tons of sausage and nearly 8,000 dinners. Stroll around the grounds and beneath the Giant Sequoia Redwood trees. While all proceeds stay inside the parish, a portion of the proceeds from our dinner provide a subsidy for the Visitation Parish children who attend Visitation Catholic School.

Portland Singing Christmas Tree, Nov 25th – Dec 3rd, Sunset Church, 14986 NW Cornell Rd, Portland, OR 97229

Portland's Singing Christmas Tree is back to bring the magic of Christmas to audiences of all ages. Get ready for an unforgettable Christmas experience as we celebrate our 61st year! Our spectacular 90-minute show is packed with excitement, featuring an immersive nativity, a special visit from Santa and his dancing elves, and a non-stop extravaganza of music, dance, and pageantry that will kickstart your holiday season with joy and wonder. For more information, call 503-557-8733.

Portland Holiday Market, Nov 17-19, Portland Expo Center

Shop outside the big box! It's an entirely new holiday shopping experience and the one place you can go to get all your holiday shopping done!

There's more than 100,000 square feet of display space filled with hundreds of exhibitors. Food items, gifts, artwork, jewelry, home décor, clothing, spirits, craft items, books, ornaments, leather goods, bath and body and much, much more! This show's loaded with handcrafted, artisan and unique items you'll never find in big box stores. Looking for holiday ideas?

Festival of Trees, Friday, Dec. 1st, 9am - 1pm, Oregon Convention Center, Oregon Ballroom

Portland tradition for more than 40 years, Providence Festival of Trees features an elegant Gala and an inclusive community celebration at the Oregon Convention Center. This year's festivities are moving to the beautiful Oregon Ballroom. This magical setting is the perfect place to kick off the holiday season! Proceeds benefit Providence Children's Health.

The Portland Book Festival, Saturday, Nov 4th, Portland Art Museum, 1219 SW Park Ave. Portland, OR 97205

Reinvented in 2015 as a one-day celebration, the Portland Book Festival draws more than 100 authors each year. The largest celebration of literature and literacy in the Pacific Northwest includes an extensive book fair, large-scale events, smaller panels, on-stage conversations, and readings, all held at and around the Portland Art Museum.




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

Activities— November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 Better Bones & Balance 11:00 GeriFit 1:00 Sing-Along Group Organizational Mtg 1:00 AARP Driving Class-Part I 1:00 Movie: Smoke Signals	2 10:00 Memoir Writing 10:00 Ukulele Class 1:00 Speaker: OR Dept of Veterans 1:00 Line Dancing	3 9:00 Tai Ji Quan 10:00 Better Bones & Balance 11:00 GeriFit 11:15 Music w/Scott 1:00 Pinochle 1:00 AARP Driving Class-Part II 1:00 Movie: None But the Lonely	4 Trip: 11 Verboort
Daylight Saving Time Ends	6 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot 2:00 Parkinson's Support Group 2:30 Relaxation/ Meditation	7 9:30 YOGA 10:00 Handiwork 1:00 Pinochle 1:00 Line Dance	8 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 Blood Pressure 10:00 BB & Balance 11:00 GeriFit 12:30 Red Cross Blood Drive 1:00 Board Meeting 1:00 Attorney Consults 1:00 Movie: A Million Miles Away	9 10:00 Ukulele Class 11:30 Music with Jim 1:00 Medicare/United Healthcare 1:00 Line Dancing	10 9:00 Tai Ji Quan 10:00 Better Bones & Balance 10:15 Trip/Ceramics 11:00 GeriFit 1:00 Guest Speaker NAMI 1:00 Pinochle 1:00 Movie: Destination Tokyo	11 Veteran's Day
12	13 9:00 Tai Ji Quan 10:00 Better Bones & Balance 10:00 Wood Carving 10:00 Foot Clinic 11:00 GeriFit 1:00 Hand & Foot 2:30 Relaxation/ Meditation	14 9:30 YOGA 10:00 Handiwork 1:00 Pinochle 1:00 Bingo 1:00 Line Dance	15 9:00 Tai Ji Quan 10:00 Better Bones 10:00 Newsletter Folding 11:00 GeriFit 1:00 Weatherization Presentation 1:00 Movie: The Magic of Belle Isle 1:00 Trip: Theatre 1:00 Appeal Folding	16 10:00 Memoir Writing 10:00 Ukulele Class 12:00 Thanksgiving Lunch (<i>sign up required</i>) 1:00 Line Dancing 1:00 Appeal Folding 2:00 Vaccination Clinic	17 9:00 Tai Ji Quan 9:45 Trip: Mother Hubbard 10:00 Better Bones 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Arsenic and Old Lace	18
19	20 9:00 Tai Ji Quan 10:00 Better Bones 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot 2:30 Relaxation/Meditation	21 9:30 YOGA 10:00 Trip 10:00 Handiwork 1:00 Pinochle 1:00 Bingo 1:00 Line Dance	22 9:00 Quilty Friends 9:00 Tai Ji Quan 10:00 Blood Pressure Clinic 10:00 Better Bones 11:00 GeriFit 1:00 Movie: An Old Fashioned Thanksgiving	23 Thanksgiving Day Center Closed	24 Center Closed	25
26	27 8:30 Trip Sign Up Begins 9:00 Tai Ji Quan 10:00 Foot Clinic 10:00 BB Balance 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot 2:30 Relaxation/Meditation Bring Angels for the lobby Showcase	28 9:30 YOGA 9:30 Trip/Shopping 10:00 Handiwork 1:00 Pinochle 1:00 Bingo 1:00 Line Dance	29 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 Better Bones & Balance 11:00 GeriFit 1:00 Movie: Te Ata	30 10:00 Ukulele Class 1:00 Speaker: FIDO 1:00 Line Dancing	December 1 9:00 Tai Ji Quan 10:00 Better Bones 11:00 GeriFit 1:00 Pinochle 1:00 Baked Goods Due for Holiday Bazaar 4:30 Trip: Singing Christmas Tree	2 Holiday Bazaar



Menu—November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Beef Chili with Beans Cornbread Vegetables Cucumber salad Cookie	2 Plant Based Meal Lentil Stew with Quinoa & Mush- rooms Crusty Bread Steamed vegetables Blueberry Buckle	3 Shrimp & Sundried Tomato Alfredo with Fettucini Noodles Steamed Broccoli Green salad Brownie	4
5	6 Apple Dijon Pork Loin Rice Pilaf Fresh vegetables Apple Sauce Berry Cobbler	7	8 Taco salad Tossed Greens Beans/Rice Butter Milk Custard	9 Chicken & Dump- lings Mashed Potatoes Carrot & Raisin Salad Apple Spice Cake	10 Native American Meal Poyha with Gravy Wild rice Roasted Zucchini Flat bread Green Salad Vanilla Pudding with Berry sauce	11
12	13 Pork Stew w/roasted Vegetables Roasted Red Pota- toes Steamed Vegetable Green Salad Chef's Choice Des- sert	14	15 Chef's Salad Vegetable Soup Sugar Cookies	16 Thanksgiving Meal Roasted Turkey Stuffing Mashed Potatoes Green Beans Sweet Potatoes Pumpkin Pie	17 Breakfast for Lunch Assorted Quiche Fresh Fruit Tator Tots Muffin	18
19	20 Baked Ziti with Penna Pasta Mixed Vegetables Spinach Salad Apple Berry Crisp	21	22 Breaded Chicken Sandwich with Lettuce and Tomato Sweet Potato Fries Coleslaw Cookie	23 Thanksgiving Day Center Closed	24 Holiday Center Closed	25
						
26	27 Chicken Fried Steak With gravy Rice Pilaf Steamed Vegetable Carrot Coin Salad Chocolate Cake	28	29 Deli Sandwich Vegetable Garnish Chef's Choice Soup Pumpkin Pie	30 Hamburger Day Potato Salad Broccoli & Cauliflow- er Salad Fresh Fruit	Special Thanks to our Serving Groups: Canby Fire Department Canby Police Depart- ment Canby Utility LDS Church First Ward Student Transportation of America	