



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

December 2023

CENTER STAFF

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Carol Clark

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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,

Oh boy, the December newsletter is always packed so no room for my commentary!). Please read on to learn about all of the ways that you can celebrate the holiday season with us—starting with our Holiday Bazaar on the 2nd. Please plan to find that special gift AND support our local vendors. Music, meals, movies, trips and more are on for the month!

Happy holidays, and see you at the Center—Kathy

BAKERS NEEDED!

We need YOU—or your yummy baked treats—for our holiday bazaar! If you're willing to whip up some cookies or other desserts for us to sell at our bazaar, please sign up at the front desk. Please drop off your baked goods by Friday December 1st at 5:00 pm. Thank you!

Christmas Lunch Thursday, December 21st

Be sure to sign up early for our Christmas lunch—Thursday December 21st! This is a popular lunch and seating is limited and by reservation only. Sign up starts November 27th. Wear your holiday best!

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 usually fill up for this holiday meal and wish to serve everyone from our community who wishes to attend.

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!

Seasonal collections—so many ways to give!!

This holiday season, we are hosting barrels for several very worthy causes:

- Canby Kiwanis Toy Drive, serving over 400 LOCAL families
- FIDO Pet Food Drive
- Fort Kennedy—Socks and underwear for homeless veterans
- Canby Center Food Drive

All barrels are located in our foyer area—thank you for your support!

HOLIDAY BAZAAR, DECEMBER 2ND! 9:00 am—3:00 pm

Get your holiday shopping done with us—knitted, seasonal, jams and other foods, handsewn, jewelry, woodworking and much more! Hot cinnamon rolls ready at 9:00, lunch available for purchase from 11:30. Support local artisans AND the Center!

Month at a Glance: See inside for details

Nov 27	Trip sign up begins at 8:30
Nov 27	Sign up begins for Christmas "Dinner" (Lunch, December 21st)
Dec 2	Holiday Bazaar— 9 am—3 pm
Dec 4	Parkinson's Support Group 2 pm
Dec 6	Flower Arranging with Betty Crawford—1 pm
Dec 7	Music with "The Uke's" Ukulele group — 11:30
Dec 7	Beach volleyball 10:30,
Dec 8	Bee Organized at 10:00 am
Dec 8	Music with Scott 11:15
Dec 11	Lee School Kindergartners –Noon
Dec 11	Exercise review with Mindy, 1p m TO CONFIRM
Dec 13	Christmas craft, 1:00 pm
Dec 14	Conversations on aging, 11 am
Dec 13	Board meeting, 1:00
Dec 14	Music with Jim 11:30
Dec 14	Computer scams, 1:00 pm
Dec 15	Canby High School Cantalinas noon
Dec 20	Christmas Sing-a-Long — Canby Adult Center Music Group
Dec 20	"Ugly Sweater" Day
Dec 21	Blood pressure check—10:00
Dec 21	Christmas Lunch by reservation
?	Blood Pressure Check 10 am
Dec 26	Trip Sign up for January Trips

Reminder: We are CLOSED Monday, December 25th for Christmas and Monday, January 1st for New Years Day.
Have a safe and happy holiday season!

Center Services

Client Services Available in December

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.

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 6th & 20th

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 December 6th and 20th.

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 generally 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. Jenell offers 7 appointments each Monday. This month's schedule is December 11th only. 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 are: January 3rd, March 20th, May 20th and July 19th. More dates will follow later. Donor hours are 12:15 pm – 5:15 pm in Classroom 3. 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!

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

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

Safe Giving

It's the season for charitable giving, but unfortunately, it is also a time for an uptick in scams taking advantage of holiday generosity. Be on the look out for emails or phone calls from decoys posing as representatives of charitable causes or using "spoofing technology" that mimics charities. To safeguard generosity, look at an organizations website to find a legitimate phone number or online gifting option to make a donation. If you're unsure about a charitable organization, research nonprofits at *Charity Navigator* and **CharityWatch**.

See charitynavigator.org and charitywatch.org

Source: AAA Smart Travel Magazine No-

Parkinsons Sing-Along

Online or at PRO Beaverton
3rd Thursday of the month
2 -3:30 pm 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

Oregon State Bar

Affordable, Housing-Related Legal Help.
If you have a housing-related legal issue, you don't need to face it alone. The Oregon State Bar has a new resource to help you find affordable legal assistance—To learn more, go to <https://www.osbar.org/public/ris> or contact 503 684 3763.



Canby Fire Med Program



FireMed is an emergency ambulance membership program that helps cover the costs of medically necessary transports via ambulance. This program is not for profit, and is only intended to benefit the citizens within the Canby Fire District.

For just \$61.00 a year, you and each family member will receive up to \$500.00 in credit towards your ambulance transport bill after insurance remits payment.

Open enrollment now through December 31st 2023,

Register online at www.empspatient.com/canbyfiremed

For questions call 503 266 5851 or visit www.canbyfire.org

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 ANYONE** 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

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.

Board News Continued:

TO GENERAL MEMBERSHIP OF THE CANBY ADULT CENTER: PROPOSED AMENDMENTS TO THE BYLAWS

The Canby Adult Center Board of Directors has undertaken a review of the existing bylaws governing Board and Center practices, and has determined that two revisions to the existing bylaws are necessary, as follows:

Current bylaws, Article VII, Section 1, point “c” reads: “A Director may not hold office for more than two consecutive terms. Any partial term in which a Director is appointed by the Board due to the resignation, termination or death of a Board member shall not be included as one of the two consecutive three-year terms of a Board member.”

Proposed revision (changes in bold): “**Except as set forth herein**, a Director shall not hold office for more than two consecutive terms. Any partial term in which a Director is appointed by the board due to the resignation, termination, or death of a board member shall not be included as one of the two consecutive three-year terms of a Board member. **A Director that has held office for two consecutive terms, may upon approval of the Board, serve for an additional one (1) and not more than three (3) years.**”

Justification: On rare occasions, the Board of Directors has experienced a loss of continuity on major initiatives when a Board member who has served two full terms is obliged to step down, if that Board member was substantially involved in the initiative. In this situation, the Board believes it to be in the best interests of the center to have the authority to extend the service of the Board member(s) concerned, to ensure project continuity.

Current bylaws, Article VII, Section 2, point “g” read in part: “...the Board of Directors shall not have the authority to enter into binding contracts exceeding \$50,000 over the duration of the contract with the prior approval of a two-third (2/3) majority of members present and voting at a general membership meeting of the members. All member shall be notified of the purpose of this meeting thirty (30) days prior to the meeting date.”

Proposed revision: “...**the Executive Director shall have the authority to enter into binding contracts not exceeding \$75,000 over the duration of the contract without prior approval of the Board. Capital or operating expenses above \$75,000 during the duration of the contract must be approved by the Board either in the Budget or by specific Board approval.**”

Justification: The current language and limits are very outdated, and do not provide sufficient agility in current and future financial decision-making. Board members are elected by the general membership, and have a fiduciary responsibility. As such it is presumed that the general membership has confidence in the Board to make financial decisions that are in the Center’s best interests. Given possible upcoming capital investments in the building, together with prevailing wage rates for professional staff, increased financial authority assigned to the Director and to the Board are deemed essential to keep expenditures required for the good of the Center moving forward without undue interruption.

A brief general assembly meeting will be held on **Wednesday, January 10th 2024** at 12:45 to vote on these proposed bylaw changes. All current members of the Friends of Canby Adult Center are invited to attend.

Board News and Announcements

BOARD OF DIRECTORS 2022-2023

CHAIR

Loren Bell

loren@canbylawfirm.com
(Term ends Sept 2026)

Vice Chair

Matt English

menglish@canbyfire.org
(Term ends Sept 2024)

Treasurer

Keith Galitz

kggalitz@canby.com
(Term ends Sept 2024)

Secretary

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)

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)

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.

Board Meeting Minutes November 8, 2023

Directors Present:

Loren Bell, Keith Galitz, Matt English, Sandra Field, Tim Nichols, Joyce Peters, Millie Reser

Directors Excused:

Pat Schauer, Brandon Leonard

Guests Present:

Quest: Erik Wald, Jon Bettendorf

Staff Present:

Kathy Robinson

Call to Order & Approval of Minutes: The meeting was called to order by Chair, Loren Bell at 1:00 pm. A quorum was established, and a motion was made and seconded to approve the minutes of the October meeting. The motion was passed unanimously. Introductions of attending guests from Quest were made.

Presentation from Quest Investments: Jon Bettendorf and Erik Wald reviewed performance of the investment funds as of 11/3/23 and provided the board with detailed reports and charts supporting the board directed investment guidelines.

Report from City Council Liaison, Jim Davis: Councilor Davis reported that the search of a City Administrator is a priority for the council. Stakeholders and council members will be reviewing the three (3) candidates, and a final decision is expected very soon. He updated the Board with progress on the City's comprehensive plan, funding for various Park projects and confirmed allocation of funds from ARPA to CAC from the City for the remodel. He also reported on discussion on future plans for an Athletic Field that will attract various tournaments and events is in the planning process.

Monthly Reports

Treasurer: Keith Galitz deferred to the Quest Management Presentation as his report.

Director—Client Programs: Collection Barrels set up for various community projects including Veterans, FIDO pet food, Kiwanis Toy drive and Canby Center. Gift Tree partner identified as Shimadzu. Exercise class Better Bones and Balance and gaining popularity.

Fundraising and Other Events: Blood Drive and Vaccination Clinic scheduled in November. Thanksgiving lunch was fully booked within 48 hours. The Annual Holiday Bazaar scheduled for Dec 2nd has all vendor tables sold.

Building Remodel Update: A pre application for a government Grant to help fund over \$200K for some of the seismic upgrades and fire suppression systems required in the Building Remodel was completed and submitted by Kathy and the acting City Administrator. Kathy began initial steps to pursue a capital campaign consultant, two viable candidates have been identified. Interviews have been scheduled. The final Design Development set has been received. For now, our work with Jeff Erwin is concluded until completion of required fund raising.

Old Business:

Approval of clarification in Investment Policy – Article VII Investment Management Guidelines; Equity Investments – second bullet point. Proposed changes to clarify language limiting investment in securities was presented to the board and a motion was made and seconded to accept. The motion was approved unanimously.

Action Item: Kathy to make final changes to policy and distribute at Dec board meeting.

Recommendation on By-Law changes to go to full membership—Changes proposed by the BOD at the October 25, 2023, meeting to Article VII (c) and Article VII (g) were reviewed and approved. Said revised By-Laws must be presented to the full membership for vote. It was decided that the revised ByLaws would be included in the December Newsletter and a meeting would be set up to take a vote of the membership.

Action Item: Kathy to include updates in December newsletter and set up meeting to take the membership votes.

New Business:

Approval of new bank and investment account signatories and removal of old.

A motion was made and seconded to approve the removal of former chair, Brenda Mootz and the addition of new Vice Chair, Matt English to our Bank and Investment accounts. The motion was approved unanimously.

Action Item: Kathy to obtain required signatures to update bank and investments authorizations by EOY.

Meeting Adjourned: At approximately 2:15 pm a motion was made to adjourn the meeting. Motion was seconded and passed unanimously. Next meeting will be Wednesday, December 13th at 1 pm.

*Respectfully submitted by Sandra Field, Secretary
Sandra L. Field*

December Speakers and Activities

MONDAY, December 4 at 2 pm

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.]*

Wednesday December 6th

Silk Flower Arranging with Betty Crawford

Space is limited so be sure to sign-up early for this fun and festive opportunity. Betty will help you create a beautiful silk flower arrangement to enjoy during the holiday season.

This class is free, but advance sign-up required is required.

Thursday December 7th @ 11am

Seated beachball volleyball

Seated beachball volleyball is BACK! Wear your FAVORITE holiday sweater! Good fun, some exercise and prizes to the team with the most wins!

QPR with NAMI

Thursday, December 7th, 1 PM



We can all save lives! The QPR (Question, Persuade, Refer) mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. NAMI believes that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

Join us Thursday December 7th at 1:00 pm for this valuable presentation.

Registration required— contact 503 266 2970 or sign up at the front desk.

Friday, December 8th @ 10am — “Bee Organized”

Bee Organized will be here to discuss ways to declutter and organize your space! This organization believes everyone deserves organized spaces that serve them, their family and their season of life. Further, they believe in helping clients create customized, realistic and sustainable organizing solutions. Join us for tips on getting started!

Advance signup required; **No Fee.**

Monday, December 11th @ 1pm **“Exercise Explained” with Mindy**



Ever wonder what exercise class looks like here at the Center? Unsure if there's one that fits YOUR needs? Wonder no more!

Join Mindy on Monday, December 11 at 1 pm for a brief demonstration / explanation of the classes she offers on Monday, Wednesday & Friday mornings.

Wednesday, December 13th @ 1pm **Christmas Tree Craft with Mindy & Wendy**



Join Mindy & Wendy in making a festive table top Christmas Tree with wall paper and glitter.

All supplies are provided. Advance sign up required—Call 503 266 2970 or sign up at the front desk.
NO FEE

Thursday, December 14th @ 11am- **Conversations on Aging:** **Preventing Stress and Depression** **During the Holiday Season**

Our Conversations on Aging series is BACK! Join us as we share how to prevent stress and depression during the holidays and learn how to recognize your holiday triggers.

Advance sign up encouraged.

No Fee

Thursday, December 14th @ 1pm **Avoiding Computer Fraud**



Mark White (retired from law enforcement) worked in computer scams department for years and will be here to discuss online threats that you may see come across your phones and computers.

You won't want to miss this presentation!

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

Quilt Raffle Drawing **December 21st at noon**

Be sure to purchase your quilt raffle tickets; \$1 each or 6 for \$5 — this raffle benefits the Canby Adult Center. Thanks to the Quilty Friends Group for donating this beautiful quilt! You do not have to be present to win!

December Movies, Music & More

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

December Movie Line-up

Wednesday Movie Features:

December 6th: **The Natural**, starring Robert Redford. Using a bat from a lightning-struck tree, a mysterious middle-aged player comes out of nowhere to become a big-time baseball slugger.

December 13th: **The Love Punch**, starring Pierce Brosnan and Emma Thompson. When a crooked businessman steals the pension of an estranged couple, they must reunite to get it back.

December 20th: **Woman in Gold**, starring Helen Mirren and Ryan Reynolds. Maria Altmann, an octogenarian Jewish refugee, takes on the Austrian government to recover artwork taken from her family during WWII. Based on a true story.

December 27th: **Jules**, starring Ben Kingsley and Jane Curtin. Milton lives a quiet life of routine in a small Pennsylvania town, but finds his day upended when a UFO and its extra-terrestrial passenger crash land in his backyard.

Holiday Fridays!

December 1st – NO movie, bazaar set-up!

December 8th: **The Bishop's Wife**, starring Cary Grant and Loretta Young. An angel in human form enters the life of a bishop in order to help him build a new cathedral and repair his fractured marriage.

December 15th: **Little Women** (the original), starring June Allyson, Peter Lawford, Elizabeth Taylor and Janet Leigh. The four daughters of a New England family fight for happiness during and after the civil war.

December 22nd: **The Santa Clause**, starring Tim Allen. When a man inadvertently makes Santa fall off his roof on Christmas Eve, he finds himself magically recruited to take Santa's place.

December 29th: **The Apartment**, starring Shirley Maclaine and Jack Lemmon. A Manhattan insurance clerk tries to rise in his company by letting its executives use his apartment for trysts, but complications and a romance of his own ensue.

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.

December 7th at 11:30— Music with “the Uke’s”
An assortment of Christmas and other favorites! First performance from our Ukulele Class!

Music with Scott—December 8th at 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!

Lee Elementary School Kindergartners
December 11th—Noon with Lee; this is always a fun group to help ring in the season of Christmas. They'll sing some of our “old” favorites!

Music with Jim—Thursday, December 14th, 11:30
A great variety of old classics, country and more!

**Music with Canby High School Cantalinas —
December 15th, at noon**

December 20 at noon— Join our first ever Canby Adult Center Music Group as they croon the lovely Christmas Season.

Remember Make Reservations for “Special Event”

Lunch Dates: We take reservations for special event lunch celebrations (such as Hamburger Day, Christmas Holiday Lunch, etc.) to insure that we can offer 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:

Our Annual Appeal Folders for helping with this fundraising event.

All our volunteers who helped make our Thanksgiving Lunch so successful.

December 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, November 27th..** While you may call on the 27th 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. You may sign up for 3 December trips on the first day of sign up, to give everyone a chance to sign up for something special.**

Portland Singing Christmas Tree

December 1, 2023 Friday

From the cinematic living nativity and a visit from Santa and his dancing elves, you'll experience 90 min of non-stop music, dance & pageantry that will kick off your Holiday Season. Special guests include Georgene Rice, Timothy Greenidge, Erin Tamblyn, and Courtney Temple. *Bring money for dinner before the show.*

Depart: 4:30pm

Cost: \$29.00 (pay at sign up)

Return to Center 10:30pm

Bus Fee: Donations Accepted

Red Chair Farms Snowman Painting Class

December 5, 2023 Tuesday

Come Paint with us! This simple canvas is easy and fun! Step by step instruction and all supplies provided. No experience necessary! We will walk you through this 16x20 canvas with Christmas light wording optional. Bottled water and soda are always complimentary in our studio, feel free to bring your own beverages and snacks too! *Bring money for lunch at Tammy D's.*

Depart: 9:45am

Cost: \$10:00 (pay at sign up)

Return to Center 2:30pm

Bus Fee: Donations Accepted

Grotto

December 6, 2023 Wednesday

Enjoy the amazing lights thru out the gardens and sounds of local schools, churches and civic groups as they perform inside the Chapel of Mary, with its cathedral-like acoustics. Continuous entertainment for all ages is offered in The Grotto's plaza area, including outdoor caroling, puppet shows, and an assortment of musical guests. *Bring money for dinner at Spaghetti Factory and the entrance fee.*

Depart: 4:45pm

Cost: \$12.00 (pay at event)

Return to Center 9:00pm

Bus Fee: Donations Accepted

Oregon Gardens Christmas Market

December 7, 2023 Thursday

This event has become a beloved tradition and now resides on the grounds of the Oregon Garden Resort, bringing a longer and more intimate walking path with one million lights to enjoy. This event focuses on its German heritage with artisan vendors, traditional gingerbread hearts, mulled wine, and more. *Bring Credit or Debit card for entrance and food at the festival. This is a no cash event.*

Depart: 4:30pm

Cost: 15.00 (pay at event)

Return to Center 8:30pm

Bus Fee: Donations Accepted

Mt Hood Railroad Christmas Train Ride Hood River

December 9, 2023 Saturday

The Mt. Hood Christmas Train captures the magic and the spirit of the Christmas season with its warmth and charm. You will love it! You'll feel the holiday magic in the air the moment you arrive! You'll be greeted by our cheery & festive staff before the conductor calls "All aboard! The music begins as we depart the station and you will instantly be wrapped in the Christmas Spirit! We are excited to welcome everyone aboard to try this new experience.

Depart: 10:00am

Cost: \$64.00 (pay at sign up)

Return to Center 4:30pm

Bus Fee: Donations Accepted

Christmas Storybook Land Walk Thru in Albany

December 12, 2023 Tuesday

Re-live your childhood memories and make new ones in a magical indoor forest. Christmas Storybook Land is a collection of scenes from fairy tales, nursery rhymes, and family movies. At the end of the trail, Santa Claus is waiting to visit with you! We are delighted to report a successful 46th anniversary year! We DO collect nonperishable food items for our local food bank, Fish of Albany. Bring money for an early dinner before the stroll thru Christmas storybook Land.

Depart: 4pm

Cost: FREE (canned and non perishable foods accepted)

Return to Center 9:15pm

Bus Fee: Donations Accepted

December Trips Continued —2023

Dinner at Langdon Grill and Christmas Light Viewing

Let's enjoy together an evening out of fine food, fun friends, and beautiful festive Christmas lights too! *Bring money for dinner.*
Depart: 4pm
Cost: pay at restaurant

December 13, 2023 Wednesday

Return to Center 8pm
Bus Fee: Donations Accepted

Lakewood Theatre Presents "Holiday Inn"

Jim and his new friend Linda turn a Connecticut farmhouse into an inn with spirited performances to celebrate each holiday. But when Jim's best friend Ted tries to lure Linda to Hollywood to be his new dance partner, will Jim be able to salvage his latest chance at love? A joyous musical featuring Irving Berlin songs, including "Blue Skies," "Easter Parade," "Steppin' Out With My Baby," "Heat Wave," "White Christmas," "Be Careful, It's My Heart," and many more. *Bring money for dinner before the play.*
Depart: 4:00pm
Cost: \$33.00 (pay at Sign up)

December 14, 2023 Thursday

Return to Center 10:30pm
Bus Fee: Donations Accepted

Aspen Meadows Christmas Concert

Come and enjoy Aspen Meadow Band's blend of traditional carols and contemporary favorites, creating a memorable evening. The music Aspen Meadow Band shares is intended to offer the feeling that there is nothing too great that we have endured in our lives, nothing too big that cannot be overcome, and that all we need to do is believe in the reality of inspiration, amazement, and be resolved to embrace equal portions of patience and perseverance to see life through the lens of "all things are possible." Aspen Meadow Band began with their music of hope to touch those at the Muscular Dystrophy Association, Special Olympics, Relay for Life, local hospitals and retirement centers, as well as others. *Bring money for an early dinner at the Colton Café before the concert.*

Depart: 2:15pm
Cost: \$5.00 (pay at Sign up)

December 16, 2023 Saturday

Return to Center 8:30pm
Bus Fee: Donations Accepted

Granny Fi's Tea Party

You are cordially invited to "Granny Fi's Shortbread" and Tea House. The newest business in Aurora has invited us to come relax and enjoy a TEA TIME luncheon in a relaxing and newly remodeled atmosphere. As you can view posted in the center display case, you'll have 2 choices for your tea time lunch. **Please tell the front desk receptionist know your food choice #1 or #2 before day of event.** Come all dressed up for "Tea Time" or in your casuals, all are welcome!

Depart: 11:45am
Cost: \$20.00 (Pay at event)

December 19, 2023 Tuesday

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

Keizer Miracle of Lights

The light display consists of blocks of houses in the Gubser neighborhood, many of which have pulled out all the stops when it comes to holiday lights. *Keizer Miracle of Lights welcomes and encourages us to bring canned food donations for the Keizer-area food bank. Bring money for an early dinner before the lights.*

Depart: 4:30pm
Cost: FREE

December--- 20, 2023 Wednesday

Return to Center 9pm
Bus Fee: Donations Accepted

Reminder on Center Closures for the Holiday Season

Just a reminder, that the Center is CLOSED on Monday, December 25th, Christmas Day, as well as Monday, January 1st, 2024. We hope you have a wonderful Holiday Season.

Did you know that Oregon is home to "Christmas Valley"?

It is a small community in Oregon named after nearby "Christmas Lake". Although the town is small in size, their annual Light Parade is big on Christmas spirit! The parade features holiday floats, caroling and treats like cookies and hot beverages! Christmas Valley, Oregon

Healthy Body—Healthy You!

It's the most wonderful time, of the year!!!! It's December! We decided to take some time this month to reflect on 2023 and look forward to 2024. Maybe making resolutions isn't on your list of things to worry about, but we've got some great suggestions this month to help kick-start your 2024! From organizing your space to starting a new fitness program, we're here for you. Happy holidays, I hope to see you at the center soon ~ Mindy

Reflecting on 2023

Before we look forward to 2024, we need to reflect on 2023.

Did you set any goals or resolutions for yourself for this past year? Did you have success sticking to those resolutions or meeting your goals? If you struggled (it's ok, we all do!) what got in your way? One of the top resolutions for older adults is "try something new" Were you able to step out of your comfort zone and try something new? Did you have any big changes in 2023, either your health, or a big move? Do you feel like you could use a little nudge in the right direction to get some goals written for 2024?



Looking forward to 2024

Now that you've reflected on 2023, it's time to look forward to 2024! Making New Year's resolutions can be fun and can help you get healthier and feel better for many more years to come. The American Geriatrics Society's Health in Aging Foundation recommends these healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy.

1) Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats

In later life, you still need healthy foods, but fewer calories. The USDA's Choose My Plate program (choosemyplate.gov) can help you make good choices. Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/ or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. .

2) Be active

Physical activity can be safe and healthy for older adults—even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood.

3) Guard against falls

One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night

4) Get enough sleep

Older adults need less sleep than younger people, right? Wrong! Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening. Visit the National Sleep Foundation's website (www.sleepfoundation.org) for more tips on how to sleep better

5) Try something new

Put yourself out there and try something new. Take a cooking, art, dance or computer class. The local community college or library has many offerings available to older adults, sometimes free or discounted. We offer MANY opportunities at the Center perfect for meeting new folks or seeing new things. From daily lunches to exercise classes, as well as local trip opportunities.....bingo, line-dancing, wood carving, quilting group and MORE.

Don't overwhelm yourself, start small, pick one or two things and give yourself some patience and grace.

Source: HealthinAging.org



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.

Two Talented and Caring Men

Many years ago, there were two men who greatly impacted my life while I was a high school student. I did not realize it at the time, but I still use the skills these men shared with me when I was a student in their classes at Wappingers Central School in New York.

Mr. Peter Funari was our junior and senior high school wood shop teacher. He was a very talented carpenter, wood worker and a skilled home builder. Mr. Funari was a stern and demanding sort of man and expected much from his students. He loved to share his woodworking skills with us students and we greatly respected his knowledge and talent. There was no fooling around in his classes and he meant business because he wanted us to leave his classes at the end of each term gaining woodworking skills and making quality projects.

We made the usual small beginning projects such as bird houses and wooden candy dishes. One day Mr. Funari asked me if I wanted to turn a baseball bat on the wood lathe. I could hardly contain my excitement of being trusted to operate the wood lathe. Mr. Funari gave me basic instructions and showed me how to safely operate the lathe and use the sharp lathe tools.

I was timid at first and made cautious cuts on the spinning shaft of clear grained ash but soon settled into making satisfying cuts on the hardwood bat. Each day I hurried to wood shop class so I could work on the lathe making my bat. One day I was totally engrossed in making smooth cuts with the sharp skew chisel, when Mr. Funari stepped near me and asked how I was doing. He asked, "Roberts, are you feeling comfortable using the lathe now?" I replied, "Yes sir, I feel good operating this lathe. Thank you for having confidence in me." He replied, "Roberts, I knew you would be a natural on the lathe." Mr. Funari patted me on the shoulder and smiled. I was on cloud nine because he knew I was a capable student and he cared enough to give me a compliment.

Mr. Funari had a partner in a summer home building business who was also a teacher in my high school. Mr. Tony Cacamo was our high school engineering drafting teacher, and he was just as demanding as Mr. Funari as far as his students were concerned. Mr. Cacamo was an architect and designed homes that he and Mr. Funari built during summer vacations.

Mr. Cacamo's students knew he was a talented draftsman and carpenter because of his home designing skills. He wanted his students to make quality 'plates' as our drawings were called. Mr. Cacamo came to my drafting table one day and asked if I was having any challenges. I shared I was struggling trying to draw perfect arrows. He leaned in and talked as he slowly demonstrated by drawing a fine arrow on my paper. He remarked, "Now Roberts, just practice what I just showed you about holding the pencil and flexing your wrist." (Both Mr. Funari and Mr. Cacamo called me by my last name to let me know they cared about me.) He guided my hand at an angle and helped me draw a very nice arrow just the correct shape and length. I felt a sense of accomplishment.

These two teachers were demanding, but we knew they really cared about us students... especially me. My self-esteem and confidence rose because of these caring men.

B. Roberts

NO KUMBAYA

Maureen Whitman – January, 2018

In 1964, we moved to Albany, Oregon from Los Angeles, California where I had lived all of my life. We were ready to begin our somewhat rural adventure. We lived in a small town and had fun exploring our environment.

We fell in love with the Willamette Valley and reveled in driving around, enjoying the trees, small towns and the miles and miles of orchards and market crops. The kids loved seeing cows and horses and we even had some Banty Hens for awhile until we found out they pooped all over porches, front and back, and we couldn't get out of the house.

We made new friends and became interested in the many outdoor activities in which they participated. In a few months, Summer arrived and the subject of camping came up. "You mean sleep outside?" asked the quivering voice of this city girl. Oh, sure, we would have a tent, we'd have sleeping bags – oh, such fun! We'd be roughing it and get tough! "What? Sleep on the ground?" Oh, well, O.K., we'll get blow up mattresses and they'll be so comfortable!

"I'm assuming there's no 'take-out' to Cascadia State Park – so I'm guessing we're going to cook something there?" Of course – we'll take cans of beans, stuff for sandwiches, steaks and bacon – and we'll fish! The Santiam River is right there with lots of fish – no problem. Actually, forget the steaks – we'll have lots of fish. We'll cook them over the campfire in bacon grease.

So, everything goes in the station wagon – and on top of it; tent, folding chairs, sleeping bags, pots, pans, coolers, clothes, extra blankets, blow up mattresses, fishing equipment, etc. Since we had a one year old who was barely walking, we had a playpen, diapers, bottles, milk, toys, food for her – the usual paraphernalia needed that far exceeds the size of the child. We managed to also cram two little kids and two adults in (pre-seat belts) and off we went into the "wild."

Arriving in the beautiful Cascadia we selected a campsite and proceeded to instruct each other while installing the tent. O.K., almost level and workable, now for the air mattresses. Bicycle pump? Who knew? So, lung power and only one established fullness – that one was claimed by me. More sorting and arranging – trying to find things and finding a place for things. Finally, we're ready to start a fire!

A word about our campsite: it was dirty! There was no place to set something that wasn't dirt. Oh, there were plenty of pine needles around, but somehow their magic didn't ameliorate the feeling of grit on everything I handled. I know you have to eat a pound of dirt before you die, but I think our baby ate her pound during that camping trip. The other thing she ate was the blueberries I had brought along for dessert.

Fire started and let's have beans. Oh -- can opener? I know it got packed somewhere, didn't it? O.K. sandwiches are always good. Baby food for the baby. We'll fish tomorrow.

The fire was smoky due to damp wood, but we had our cold supper and were happy campers – until we noticed a very un-forest-like odor and noticed that our baby had blue poop escaping her diaper and running down her legs, mingling with the dirt. The blueberries she had been gobbling were coming back with a vengeance! Oh, well, a new challenge – trying to find a way to heat up enough water to wash a baby's bottom.

So my first – and last – campfire experience lingers in my memory – ut, Oh Lord -- you'll hear no Kumbayas from me!!

Bits, Pieces & “Save the Dates”

December 2, 2023 - **BAKERS NEEDED** for our Annual 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!

Volunteer Drivers Needed
Transportation Reaching People



Are you looking for a volunteer opportunity that is flexible? Consider becoming a **Transportation Reaching People Volunteer Driver**. Volunteer drivers are caring people with reliable cars who drive seniors and people with disabilities to medical appointments and important errands.

Volunteers receive:

- Mileage reimbursement
- Free defensive driving training, which may give you a discount on your auto insurance
- Flexible scheduling

Contact Wendy May, Client Services Coordinator, at 503 266 2970 to learn more about this great volunteer opportunity!

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!



Like to sing?
We offer a fun music group—no experience necessary. They meet several times a month to practice. Check with Scott Goetchius for more details!

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 Fridays. 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!

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 or briefs
Socks:	Cotton or wool

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

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!

Birthdays & This & That!

December 2023 Birthdays!

1 Elaine Hill	20 BJ Schmader
1 Aj Swaim	20 Wanda Hallam
1 Bonnie Zacher	21 Alex Bello
2 Carolee Iselin	21 Kay Walter
3 Keith Murphy	21 Rod Youngquist
3 Colby Stevens	22 Larry Faist
4 Elaine Kallis	22 Daniel Kaniho
7 Barbara Daniels	22 Patty Brown
7 Sharon Wright	22 Kathleen Jeskey
8 Lucy Bergman	23 Tom O'Brien
8 Arline Herr	23 Sue Glaspey
8 Mary Ann Hoffman	23 Holly Wilson
9 Lori Grady	24 Gerri Ballas
9 Pat Usinger	24 Gretchen DeLaney
10 Juanita Champ	24 Betty McCall
10 Linda Cosgrove	24 Katherine Thompson
10 Verla Kreilkamp	25 Mike Elario
12 Dana Marble	25 Reni Erk
12 Judy Nygard	26 Karen Sadoff
13 Phyllis Kester	27 Jorge Tro
14 Jerry Johnson	28 Jerry Keen
14 Norm Lind	28 Darrell Schuh
15 William Patton	28 Judy Sprague
15 Susan Hill	29 Mary Wintermantel
15 Alice Merrill	30 Irene Harmon
16 Richard Hands	30 Linda Lloyd
16 Rebecca Baker	30 Kathryn Pearson
17 Christine Anderson	30 Virginia Reed
17 Julie Westphal	31 Allen Lind
19 Connie Ables	31 Doug Smith
19 Carole Allison	31 Karen Hunt
20 Greg Erk	31 Joyce Prue



Thank You New & Renewing Members:

Carrie Anderson, Peggy Bagby, Michelle Bayley, Linda Baker, Rita Beam, Debbie Brown, Paula Burke, Linda Capps, Mary Coy, Julie Curley, Daryn & Bill Fenton, Kathleen Hilley, Junior Hodge, Darlene Jacobucci, Mary Jo Kelly, Rudd & Korschgen, Sandy Kuehn, Pennie Lien, Dave Lien, Jim & Judy Long, Connie Owens, Peggy Peterson, Melinda Sherman, Deborah Simmons, Dwayne Snook, Cyndy Poppen & Tanali Todd, Pat Young

Just for "fun"

"I Want a Hippopotamus for Christmas" is a Christmas novelty song written by John Rox and performed by 10-year-old Gayla Peevey in 1953. The song peaked at number 24 on Billboard magazine's pop chart in December 1953

All I Want for Christmas Is My Two Front Teeth" is a novelty Christmas song written in 1944 by Donald Yetter Gardner" while teaching music at public school

"The Chipmunk Song (Christmas Don't Be Late)" is a novelty Christmas song written by Ross Bagdasarian (under the stage name of David Seville) in 1958. Bagdasarian sang and recorded the song, varying the tape speeds to produce high-pitched "chipmunk" voices, with the vocals credited to Alvin and the Chipmunks, Seville's cartoon virtual band. The song won three Grammy Awards in 1958, for Best Comedy Performance.



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!**

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!



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

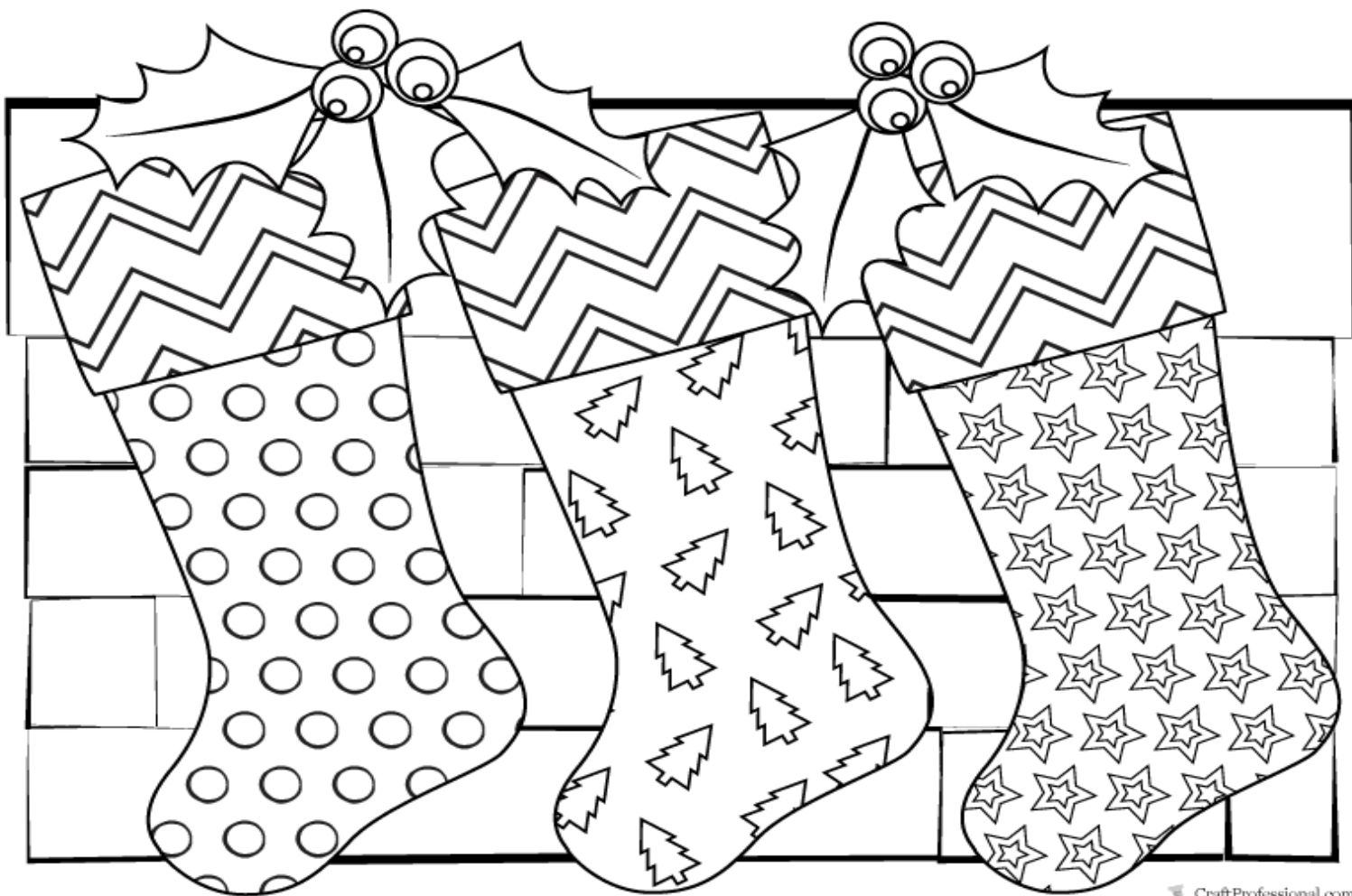
Canby American Legion, Located at 424 NW 1st Street, has a deposit box outside the gate on the Fir Street side, where you can deposit flags in need of disposal.

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!

Seasons Greetings from Canby Adult Center Staff





CraftProfessional.com



Christmas Word Scramble



1. BEGIERDARGN _____
2. LBLSE _____
3. EEVLS _____
4. OSNW _____
5. OLARSC _____
6. SNONAEMTR _____
7. TCROEDEA _____
8. BMCDEERE _____
9. INYMHEC _____
10. ERET _____
11. MHACSSRIT _____
12. GGTEEIRSN _____
13. ALDIOYH _____
14. STGLHI _____
15. MAOWNSN _____



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

Canby Adult Center Holiday Bazaar, December 2, 9 am to 3 pm—1250 S. Ivy Street in Canby. Hand made gift items include jewelry, birdhouses, knitted, crocheted and hand-sewn items, wreathes and center pieces. Cinnamon rolls available & hot lunch served!

Christmas Tree Lighting and Parade, December 1st. Wait Park, 6:00 pm. Enjoy this Canby tradition!

Christmas in Canby, December 2nd starting at 9:00 am. Wait Park. Enjoy the first annual event celebrating downtown Canby! Music, activities, food and beverages await you!

Allegro Dance Studio Presents: The Nutcracker December 16th and 17th, at Canby High School Richard Brown Fine Arts Center!

Winter Fair & Holiday Market! Weekends in December, 5pm -9 pm, Clackamas County Fairgrounds

This Holiday Market features over 30 local crafters and vendors showcasing gifts for the whole family. Start your evening with a little shopping, then head outside to take a stroll through the nearly half mile of more than 200,000 lights and scenes. Featuring a one and a half mile walk through tunnels, 200 foot building light display and a 30 minute Christmas tree show. Visit Santa and Mrs. Clause upstairs and don't forget the kids' picture taken with Santa. There are kid friendly vendors and some local groups will play live holiday music as well. This is a great place to hang out and enjoy some family time and holiday cheer.

For more information on tickets call the Clackamas County Event Center Office. Tickets are valid 5pm-9pm for the selected date purchased.

Michael Allen Harrison & Julianne Canby Concert, December 1st thru 3rd, Canby Pioneer Chapel

They return for their 6th Season in Canby for their popular holiday music show at The Canby Pioneer Chapel. Michael Allen Harrison is an American Composer Pianist, Creator of Ten Grands and the founder of The Snowman Foundation which supports Music Education. This is a must see!

The Aurora Wine and Chocolate Walk, Dec 2-3, downtown Aurora

Enjoy more than fifteen locations with local wines and artisan chocolates to benefit Aurora Colony Museum and local merchants. Join the fun and wander the historic town and sample artisan wines in the shops along with locally made chocolates. These include locally grown & made sparkling wines, barrel select Pinot Noir and "Bank Robber Red Blend" plus handmade chocolates and savory items. The Passport for Two allows you to sample in multiple locations and enjoy the seasonal atmosphere while the proceeds benefit Aurora Colony Museum and local merchants too. The event has raised over \$10,000 to non-profits during the past years.

Just Outside Canby...

Garden University: Wintertime Wreaths, The Oregon Garden, Sat, Dec 2, 2023 11:00 AM - 1:00 PM, 879 W Main St, Silverton, Oregon 97381

The season of cheer is almost here, and it's time to get decorating! We're teaming up again with Stamen & Pistil's Heather Desmarteau-Fast to create festive wreaths with hand-picked greenery and holiday decor. Participants will be provided with a wreath form, greenery material, ribbons, and guided instruction with design tips. Bring your own gloves and pruners if you have them, all tools we provide will be shared among participants. As always, ticket purchase also includes admission into the Garden. Spots go fast, so sign up today!

Out of Town...

Sunshine Division's Winter Wonderland Holiday Lights, Fri, Nov 24th, 2023 – Mon, Jan 1st (5:00pm – 10:00pm, daily), 2024

Presented by the Sunshine Division - The largest drive through light show in the Northwest. Recognized throughout the Pacific Northwest as the "Largest Holiday Light Show West of the Mississippi", the 30th annual Safeway Winter Wonderland powered by Advantis Credit Union, will grab your attention with glimmers and glows around every corner. All proceeds from the event will benefit Sunshine Division's year-round hunger relief efforts that provide thousands of free, nutritious meals to Portland families in need. Since 1993. For more information visit, www.winterwonderlandportland.com or (503) 300-7992.

The Grotto Christmas Festival Of Lights, Friday, Nov. 24 – Friday, Dec. 30 (Closed Christmas Day), NE 85th & Sandy Blvd. in Portland

Join us for The Grotto's Annual Christmas Festival of Lights! Enjoy nightly performances by local high school and community choirs in The Chapel, puppet shows, carolers and musicians around the grounds, and over two million lights! Plus, stop by our snack booth for hot chocolate and treats. Celebrate the Christmas season at The Grotto! For more information, visit <https://thegrotto.org/christmas-festival-of-lights/>.

Crafty Wonderland Holiday Art + Craft Market, Dec 9-10, Oregon Convention Center

The Crafty Wonderland Holiday Art + Craft Market features over 250 makers selling amazing handmade goods at the Oregon Convention Center! Support local artists + makers and stock up on one-of-a-kind gifts for everyone on your list – and grab something for yourself too!

Oregon Zoo Lights, November 19, 2023 to January 7, 2024,

Oregon's most popular holiday tradition is just around the corner! Enjoy an immersive and dazzling display of millions of lights! Walk through tunnels of sparkling lights, pose next to colorful animals, take a ride on the zoo train, and marvel at our biggest light display to date. Enjoy elephant ears, hot chocolate, and other delicious treats. For more information, visit <https://www.oregonzoo.org/lights>.

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
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Dennis Berkheiser	Bernie & Mary McWilliams
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Kathy Levy	Eleanor Zieg
Craig & Deone Lewelling	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

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Patricia deCarteret
Patty Hatfield
John and Yoka Noordwijk
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Connie Owens
Micki Paul
Diane and Doug Skille
Dwayne Snook
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Connie and Joe Kalinowski in Memory of Gloria Kraft
Kathy Oathes in Memory of Gloria Kraft

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PO Box 10
Canby OR 97013-0010

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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: _____




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

Activities— December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				We will gladly accept your baked goods on Friday, December 1st to sell at the Holiday Bazaar on Saturday Thank you!	1 9:00 Tai Ji Quan 10:00 Better Bones & Balance 11:00 GeriFit 1:00 Pinochle No Movie Today — Bazaar Set-up 4:30 Trip: Singing Christmas Tree	2 Holiday Bazaar
3	4 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 No Relaxation/ Meditation	5 9:30 YOGA 9:45 Trip: Snow man painting 10:00 Handiwork 1:00 Pinochle 1:00 Line Dance	6 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 Blood Pressure 10:00 BB & Balance 11:00 GeriFit 1:00 Flower Arranging 1:00 Movie: The Natural 4:45 Trip: Grotto	7 10:00 Ukulele Class 10:00 Memoir Writing 11:00 Volleyball! 11:30 Music-The "Uke's" 1:00 Speaker: NAMI 1:00 Line Dancing 4:30 Trip: Oregon Garden Market	8 9:00 Tai Ji Quan 10:00 Better Bones & Balance 10:00 Speaker: Bee Organized 11:00 GeriFit 11:15 Music w/ Scott 1:00 Pinochle 1:00 Movie: The Bishop's Wife	9 10:- Trip Mt. Hood RR
10	11 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 10:00 Foot Clinic 11:00 GeriFit 12:00 Music-Lee Kindergartners 1:00 Hand & Foot 1:00 Speaker: Exercise Class Demonstration No Relaxation/ Meditation	12 9:30 YOGA 10:00 Handiwork 1:00 Pinochle 1:00 Bingo 1:00 Line Dance 4:00 Trip: Story-book Land Walk	13 9:00 Tai Ji Quan 10:00 Better Bones 10:00 Newsletter Folding 11:00 GeriFit 1:00 Board Meeting 1:00 Attorney Consults 1:00 Christmas Craft w/Wendy & Mindy 1:00 Movie: The Love Punch 4:00 Trip: Langdon Grill	14 10:00 Ukulele Class 11:00 Speaker: Handling The Holidays 11:30 Music with Jim 1:00 Line Dancing 1:00 Speaker: Internet Scams/Fraud 4:00 Trip: Lakewood Theater	15 9:00 Tai Ji Quan 10:00 Better Bones 11:00 GeriFit 12:00 Music-Canby HS Cantalinas 1:00 Pinochle 1:00 Movie: Little Women	16 Trip: Aspent Meadows 2:15
17	18 9:00 Tai Ji Quan 10:00 Better Bones 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot No Relaxation/ Meditation	19 9:30 YOGA 10:00 Handiwork 11:45 Trip: Tea Party 1:00 Pinochle 1:00 Bingo 1:00 Line Dance	20 Ugly Sweater Day 9:00 Quilty Friends 9:00 Tai Ji Quan 12:00 Canby Adult Ctr Music Group 10:00 Blood Pressure Clinic 10:00 Better Bones 11:00 GeriFit 1:00 Movie: Woman in Gold 4:30 Trip: Keizer Lights	21 10:00 Memoir Writing 10:00 Ukulele Class 12:00 Christmas Lunch (reservation required) 12:00 Quilt Raffle Drawing 1:00 Line Dancing	22 9:00 Tai Ji Quan 10:00 Better Bones 11:00 GeriFit 1:00 Pinochle 1:00 Movie: The Santa Clause	23
24	25 Christmas Day Center Closed 	26 9:30 YOGA 10:00 Handiwork 1:00 Pinochle 1:00 Bingo 1:00 Line Dance	27 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 Better Bones & Balance 11:00 GeriFit 1:00 Movie: Jules	28 NO Ukulele Class 1:00 Line Dancing	29 9:00 Tai Ji Quan 10:00 Better Bones 11:00 GeriFit 1:00 Pinochle 1:00 Movie: The Apartment	30
31						

Menu—December 2023

Sun Mon Tue Wed Thu Fri Sat

	<p>Thanks to our serving groups:</p> <p>Canby Fire Department Canby Police Department Canby Utility LDS Church First Ward Zion Mennonite Church Student Transportation of America</p>				<p>1</p> <p>Tuna Casserole Green Beans Fresh Baked Roll Cucumber salad Punch Cake</p>	<p>2</p> <p>Holiday Bazaar</p>
3	<p>4</p> <p>Meatloaf Mashed Potatoes Seasonal Vegetables Green Salad Peach Crisp</p>	5	<p>6</p> <p>Shrimp Louie Tossed Greens Vegetable Garnish Chefs Choice Soup Fruit Jello</p>	<p>7 Plant Based Meal</p> <p>Vegan Shepard's Pie Steamed Vegetables Coleslaw Gingerbread</p>	<p>8</p> <p>Teriyaki Chicken Steamed Rice Cole Slaw Oriental Vegetables Fresh Fruit</p>	9
10	<p>11</p> <p>Sausage and Cheddar Quiche Hashbrown Potatoes Applesauce Blueberry Muffin</p>	12	<p>13</p> <p>Chicken & Dumplings Mashed potatoes Steamed Peas Three Bean Salad Baker's choice</p>	<p>14</p> <p>Club Sandwich with Vegetable Garnish Vegetable Soup Oatmeal Bar</p>	<p>15</p> <p>Tamale Pie Steamed Vegetables Green Salad with Tomatoes & Cucumbers Jello with Fruit</p>	16
17	<p>18</p> <p>Swedish Meatballs Buttered Noodles Steamed Broccoli Greek salad with Feta Tapioca Pudding</p>	19	<p>20</p> <p>Turkey Sandwich Veggie Garnish Vegetable soup Cookie</p>	<p>21 Holiday Meal</p> <p>Christmas Ham Scalloped Potatoes Fresh Vegetables Wheat Roll Ceasar Salad Figgy Pudding</p>	<p>22</p> <p>Sloppy Joes Cole Slaw Tots Steamed Vegetable Cookie</p>	23
24	<p>25 Christmas Day Center Closed</p> 	26	<p>27</p> <p>Chicken Caesar Salad Romaine Lettuce Chefs Choice Soup Chocolate Pudding</p>	<p>28</p> <p>Hamburger Day Potato salad Broccoli & cauliflower salad Fresh Fruit</p>	<p>29</p> <p>Breaded Pollock Rice Pilaf Mixed Vegetables Cole Slaw Carrot Cake</p>	30