



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

October 2025

CENTER STAFF

DIRECTOR
Kathy Robinson
caccdir@canby.com

SUPPORT SERVICES
Timpra McKenzie
timpram@canby.com

CLIENT SERVICES
Wendy May
caccsc@canby.com

FOOD SERVICES
Mary Ellis
cacfsm@canby.com

MEALS ON WHEELS
Jeanne Vodka
cacmow@canby.com
Judy Long
Janet Skinner

TRANSPORTATION
Lynne Bonnell
lynneb@canby.com

WELLNESS PROGRAMS
Mindy Tilden
cacfit@canby.com

KITCHEN STAFF
Daniel Campa
Carol Clark
Beth Millican
Ralene Tennis
Garrett Lisenbee
Asael Serrano Montania

TRANSPORTATION
Scott Goetchius
Frank Hosford
Karen Reinhard
Jim Davis

CUSTODIAN
Carol Clark
Asael Serrano Montania

MONITORS
June Nice
Carol Clark

Office Hours
M—F 8:30 am—4:30 pm

Welcome from the Director

Dear friends,

Fall is definitely in the air, and I'm ready for it—loves the smell, colors and TEMPS of this time of year! I'm sorry to see my tomato plants die off, but will be happy to put away my canning tools for another season. Hope you all are enjoying it as well. A special thanks to everyone who shared their excess produce with our community on the "free" bench—so much bounty!

Every once in awhile, I offer up a refresher on our dining room "etiquette": As a reminder, we serve lunch promptly at noon. Please be seated prior to that time, or we might be obliged to refuse entry; please do not save seats for people who are not present in the building; please do NOT help yourself to tea and coffee—this presents hazards for our staff and volunteers, so please wait for a volunteer to get to you; finally, please bus your own dishes after you've finished your lunch. Our volunteers have already been on their feet for several hours by the time lunch service is over, so we do not ask them to clear tables—that is everyone's responsibility. Finally: lunch donations ALWAYS appreciated!

See you at the Center—Kathy

Attention Bingo Players — No bingo October 21st!

Bingo players— there is ***no bingo on October 21st***. ***This schedule change is for one-day only, bingo will resume as usual Tuesday, October 28th.*** Thanks for your understanding!

October Kicks off Medicare Enrollment Season

Medicare enrollment season is almost upon us. Check out page 7 for all of our scheduled medicare enrollment resources including presentations, information and one-on-one sessions to help you with your medicare choices!

New—Women's Grief Support Group First and Third Tuesday of every month from 2:30 to 4:00 starting in October

Given our aging population, many of us have experienced or are experiencing the loss of loved ones. Grieving, while a natural process, can be made easier by talking with those who are also going through grief. A moderated peer grief support group is a welcome addition to the programs offered by The Canby Adult Center.

New this month: we are hosting a peer support group facilitated by trained grief support facilitator, Chris Donner. This group is just getting started. Sign up required. For more information contact Chris at 503 278 6324.

Month At A Glance: See inside for details

Sept 28	Sign up for October trips & activities
Oct 1	CarFit
Oct 2	Oregon Money Mgmt Info. Table 11
Oct 3	Pumpkin Craft— 1 pm
Oct 6	Parkinson's Support Group 1 pm—
Oct 7	Medicare Open Enrollment Begins
Oct 8	Board Retreat (Off Site)
Oct 8	Blood Drive 1—6 pm
Oct 8	Alzheimers Support 3:00
Oct 9	Conv on Aging: 10:30 am
Oct 9	NW Medicare 1:00
Oct 10	Oregon Livestock Council 1 pm
Oct 10	Scam Alert Presentation 1 pm
Oct 13	Nutrition Education—1 pm
Oct 15	Medicare 101 at 1 pm
Oct 15	Medicare Sign up w/Appointment
Oct 22	AARP Smart Driving Course part 1
Oct 22	Seated Beachball Volleyball 10 am
Oct 22	Mandala class 1 pm
Oct 24	United Healthcare at 10 am
Oct 24	AARP Smart Driving Court part 2 pm
Oct 30	Bunco at 1:00 pm
Oct 27	Trip & activity sign-up for Nov events
Oct 31	Halloween Costume Parade noon

Annual Halloween Costume Parade— Friday, October 31st at noon. Are you ready?

Get your costume ready for our **Annual Halloween Costume Parade** on Friday, October 31st at noon! Use your imagination and wear your scariest, or most creative costume. We'll have a costume parade in the dining room where you can show off your costume!

Center Services

Client Services Available in October

Canby Adult Center prepares and serves nutritious hot meals in our kitchen Monday, and Wednesday thru Friday. Meals are served in our dining room and 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. Guests should be seated by noon.** Musicians provide musical entertainment occasionally; check 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.

Food Allergy? CAC advises that food prepared in our kitchen may contain or have come in contact with peanuts, tree nuts, soybeans, milk, eggs, wheat, shellfish or fish.

TRANSPORTATION

Daily Transport: If you need a ride to join us for lunch, call 503 266 2970, between 8:30—10:00 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 8.

FITNESS & WELLNESS

Fitness Programs: We offer a variety of fitness programs including Better Bones & Balance, Geri-Fit, Tai Ji Quan, BingoCize, Yoga, and a walking group, 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 & Quilting groups |
| * Hand and foot | * Woodworking |
| * Ukulele | |

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.

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. Also offered is a Relaxation and Meditation group which meets weekly. 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

Offered the 2nd Wednesday of each month, an attorney meets with you at the Center for a free 30 minute consultation. This month **October 8th**. Appointment required; call 503-266-2970 to schedule your appointment.

Senior Health Insurance Benefits

SHIBA (Senior Health Insurance Benefits Assistance) 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 Check – At the Center

Offered **October 1st and 15th, 10:30 am to Noon**

Roger Livengood is an RN who provides a blood pressure clinic the **first and third Wednesday of each month**. He is willing to provide you with a medication consultation; he does not give medication advice or prescribe medication, but can answer questions about side effects, interactions, reasons why a medication is prescribed, etc. No appointment, walk-in

Foot Clinics—Offered Twice Each Month with Jenelle Ediger, this month **October 13th and 27th**

Jenelle is a footcare nurse who lives in the area and worked in the Health/Hospice field for more than 20 years. She is a trained medical professional providing this critical service and has provided footcare to several other senior centers in Clackamas County for years. She offers services twice each month, from 9 am to 2 pm. This is a nail trim (no foot soak) and the fee for service is \$50.

Appointment required.

Genealogy Services With Fred Gill —

No service for the month of October; please see the November newsletter for the next date of this service.

This is a free service where Family History consultants provide individualized help with building your family tree, learning about your ancestors lives, helping your extended family feel more connected to their ancestors, and preserving memories to be passed on to your posterity. 30 Minute individual consultations available from 12:30—3:30 pm once per month. Appointment required, sign up at the front desk or call 503 266 2970.

No Fee

American Red Cross Blood Drive—October 8th

Red Cross blood drives are monthly at the Center—due to the great need! Future blood drive dates for 2025 are: October 8 and December 10. If you need assistance scheduling an appointment call Kathy Robinson at 503 266 2970.

Lions Club Glasses & Hearing Aid Collection

We offer a collection box in our foyer for used eye glasses and hearing aids. The Lions Club maintains the box and delivers it to its destination where donations can be re-used.

Terracycle Recycling

We offer a recycling bin 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 box, located at the reception desk.

AARP Free Tax Clinic (seasonal)

This service is provided with AARP volunteers. Appointments are taken beginning late January for tax services that run February through mid-April. AARP tax clinic service is free!

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 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 year-round food collection barrel in our outer lobby to benefit Canby Center. Look for the blue barrel in our lobby.

We keep a year-round collection barrel for pet food, to benefit FIDO/AniMeal donations. Look for the red barrel in our lobby!

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 packing peanuts) on our benches. We cannot use those items.**

Thank You for your Donations!

Client Services—Resources & Support Groups

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

Monthly Support Groups offered at Canby Adult Center

Parkinson's Resources Support Group meets this month Monday October 6th at 1 pm

This group meets the first Monday of each month, **1 pm to 2 pm** 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. [If Monday is a holiday, the meeting is the first Wednesday of the month.]



Monthly Support Group

This Canby Caregiver monthly support group meets the 2nd Wednesday of each month, from 3 to 4 pm. This group is for people caring for others with Alzheimer's. Advance registration suggested by calling 1 800 272 3900 but walk-ins are welcome!

Womens Grief Support Group First and Third Tuesday of every month, 2:30- 4:00

A peer support group facilitated by trained grief support facilitator, Chris Donner. This group is new! Sign up required. For more information contact Chris at 503 278 6324.

Other Resources:

- ♦ Clackamas County Crisis Line & Clinic: 503 655 8585
- ♦ Senior Loneliness Line:
503 200 1633 or
www.SeniorLonelinessLine.org
- ♦ Clackamas County Aging & Disability Resource Connection
Information & referral: 503 650 5622



Get Help to Overcome Housing Barriers with a free 15-hour class series for low to moderate income renters with barriers such as evictions, criminal history, and poor or no credit or rental history. Classes include a background report and incentive funds for landlords who rent to Rent Well Graduates

Self Guided E-Course at www.rentwell.org/ecourse-Transition projects is an online Rent Well E course for low income renters in Oregon with at least one housing barrier. The course uses an interactive website that guides participants through the class materials. You can sign up and log in at any time from anywhere with a high-speed internet connection and you have 90 days to complete the course at your own pace. You may use a computer, laptop, tablet, and some smartphones, and it is available in English and Spanish.

There are live classes, in-person or zoom cases, which are taught by certified instructors. Find an updated class schedule at: www.rentwell.org/classes



Canby FireMed Open Enrollment October 1st through December 1st

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.***

One **FireMed** subscription covers the entire family, which means the primary member, spouse or domestic partner, and all relatives living in the same household. For \$61 per year, you and each family member of your household will receive up to \$500 in credit towards your ambulance transport bill after insurance remits payment. Ground ambulance transportation membership is \$61 per benefit year (Jan 1—Dec 31). Membership expires on December 31st of each benefit period.

To complete, submit and pay for your application visit: www.emspatient.com/canbyfiremed. Questions about payment options—call **800 238 9398**. Questions regarding program specifics—call **503 266 5851** or visit www.canbyfiremed.org

You can also see Wendy May for applications.

Grandparents Raising Grandchildren Retreat Wednesday, October 29th 9 am to 1:30 pm

Lake Oswego Adult Community Center is located at 505 G Ave, Lake Oswego, OR 97034. They are offering a free special event honoring grandparents and kinship families (55 and older) who are raising children.

This event provide valuable information and resources for grandparents who are raising grandchildren. It is a place to connect with other grandparents; enjoy a relaxing and supportive atmosphere; and take time to recharge and connect!

If you are interested in attending this event, or want more information, please call: 503 988 8210 and mark Wednesday October 29th on your calendar!

On-going Classes and Activities

Exercise & Wellness Classes Open to Everyone!!!

Geri-Fit (Seated Exercise): ****New Times**** Class meets every Monday & Thursday 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*

Bingocize® —What is Bingocize® ? It is a vibrant fusion of fitness and health education that incorporates the beloved game of bingo! Class meets every Wednesday & Friday at 11:00. **BEGINNERS WELCOME!** Instructor: Mindy Tilden *No fee—donations appreciated*

Yoga— Tuesdays at 9:30 am

This class is offered every Tuesday at 9:30 am with Yoga Instructor Kathryn Kendorf. 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 3:00 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*

Seated Beachball Volleyball — 4th Thursday each month at 10:00am

You've asked, we've answered! Due to the popularity of this class, we're having it EVERY month! No experience needed! *No fee-donations appreciated*

Walking Group: This group is on break and will resume in Spring.

"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 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!

Bunco: **Last Thursday every month 1 pm** This group is **NEW and open to everyone!**

MONDAY

Woodcarving Workshop at 10 am:

Join our woodcarving workshop every Monday at 10 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 11:00; Games begin at 12 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— September 3, 10, and 24th

Quilty Friends meets several Wednesdays each month; all levels of quilters are welcome—bring a portable sewing machine to get started. Work on individual or group projects (some are for charities). New quilters and walk-ins always welcome! **No Fee**

"Medi-Carolers"— October 1st and 15th

No experience needed to join this fun group of music-lovers. Meeting **first and third Wednesday each month at 1 pm.** **Bring enthusiasm and some music suggestions and join us for this fun singing group!**

Mandala Project—4th Wednesday each month, 1pm

This Month, October 22nd! Enjoy good company and explore how mandalas can unlock your inner creativity and bring you joy! Supplies provided; you are welcome to bring your own gel pens or colored pencils if you prefer. No artistic experience needed; drop-ins welcome! **No Fee**

THURSDAY

Memoir & Creative 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 10 am-11 am

[Beginner class 9 am—10 am]

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! **Instructor comes from Tigard; weekly donation of \$5 suggested; Walk-in's welcome.**

Board News and Announcements

Board Meeting Minutes—Excerpts August 13, 2025

BOARD OF DIRECTORS 2024

CHAIR

Loren Bell

loren@canbylawfirm.com
(Term ends Sept 2026)

Vice Chair

Matt English

menglish@canbyfire.org
(Term ends Sept 2027)

Treasurer

Keith Galitz

kgalitz@canby.com
(Term ends Sept 2027)

Secretary

Sandie Field

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

Robert “Cash” McCall

cashmccall@canby.com
(Term ends Sept 2025)

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)

Michael Vissers

DrMike@canby.com
(Term ends Sept 2027)

Directors Present:

Keith Galitz, Bob McCall, Mike Vissers, Brandon Leonard, Sandra Field, Tim Nichols, Joyce Peters, Matt English

Directors Excused:

Loren Bell

Staff Present:

Kathy Robinson

Guests:

Jim Davis, Rose City Philanthropy Team:
Jeri Alcock, Caryl Zenker and Mark Parker

Call to Order and Approval of Minutes: The meeting was called to order by Vice Chair, Matt English at 1:05 pm. A quorum was established, a motion was made, seconded and passed unanimously to approve the minutes of the June 11, 2025, meeting.

Report from Rose City Philanthropy: Introductions were made with the board members each sharing one word that explains their feeling about the capital campaign. The team explained the process and objectives of the 2 phases of the campaign we have engaged with them. Phase I – assessed the existing donor base and potential. Phase II – involves a Feasibility Study that begins with identifying 30 to 40 participants who will be engaged in discussion about the fund-raising needs and goals. A presentation campaign document to be used in the interviews was created outlining the CAC history and objectives with a summary of existing resources and the need for additional funding. When all interviews are completed, including board members, a final report will be provided in late 2025. An anticipated campaign kickoff could be as early as year-end.

Monthly Reports:

Treasurer: Keith reported that the investment fund balance at the end of July was \$8.5M, which was down from June but remains above the Board Recommended Minimum by \$1.2M. It is anticipated that funds will be needed to cover expenses related to the construction and remodel costs that will impact on the \$1.2M buffer. The investment fund manager is aware of this potential and will manage the portfolio accordingly to ensure that funds are readily available. Keith proposed that wording in board reports should be revised when referencing the minimum fund balance objectives of the board. There are no by-laws or requirements that set any specific minimum fund balance objective; however, the Director and the board do wish to establish a “recommended” minimum balance objective as guidance. It is understood that the officers and board could authorize adjustments to the amount set forth from time to time

Director: Programming: 2- night trip to southern Oregon Coast in July; Vanport flood Presentation was well attended, standing room only; Possible widow support group to start.

Administration, finance and staffing: 2025-2026 OAA contract numbers reflect potential deficit of \$35K for the coming year which means that 8400 home delivered meals will not be reimbursed; CAC took the lead in a grant application to CARE Oregon for funding to help cover the deficit; Annual general meeting September 10th at 12:30 pm will include adopting a slate of board members from existing members who were up for re-election as there were no other contenders.

N Holly Street: City site plan application approved with one small revision to include privacy wall around the generator; County permit documents submitted- no word yet; Site cleanup day was a success with help from Ulven, Canby Rental and Pac Fibre Soils; CAC and our Director featured in an article in the August Canby Community Advantage Magazine. We were unsuccessful in the State funding application this session but will resubmit it in February 2026. Generator grant for \$175K with Canby Center and the City is supposedly approved; awaiting funding; CDBG grant for \$300K is moving forward. Funds to be used specifically for kitchen equipment. Likely will need a project manager during the active construction phase.

Building Update: Kathy presented a question and a decision from the board. With permits in hand, do we move forward with the construction or wait for fundraising? After some discussion involving all attending board members, a motion was made and carried and passed unanimously to move forward with the remodel without waiting for fundraising.

At 2:45 pm a motion was made, seconded and passed unanimously to adjourn. The next scheduled board meeting and general meeting will be Wednesday, September 10, 2025. The general meeting will begin at 12:30 pm and the board meeting will follow.

Respectfully submitted by Sandra Field, Secretary

Sandra L. Field

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. Only CAC members may participate in votes for bylaw changes and board mem-

October Speakers and Activities



October 1st

AARP CarFit will be at Canby Adult Center on Wednesday, October 1st from 1 pm to 4 pm. Trained AARP volunteers help you check that all your vehicle adjustments fit YOU- mirrors, seat, steering wheel, etc. Sign up **IS** required for an appointment. Appointments run in half hour increments from starting at 1 pm and ending at 4 pm in the Canby Adult Center Parking Lot. You must check in at the front desk before your appointment.

Call Wendy May at 503 266 2970 to register for this service. Sign up required. No Fee



Oregon Money Management Program Informational Table: October 2nd 2025—in the dining room

The Money Management Program provides assistance to eligible low-income residents who need help with money management tasks. The County, with the assistance of trained and supervised volunteers, serves as Payee for individuals receiving federal benefits.

Stop by the informational table to find out more

Walk-in only; no advance sign up.

No Fee

Pumpkin Craft with Wendy & Mindy Friday, October 3rd @ 1pm



Join Wendy & Mindy for a simple, seasonal, FUN craft— a fun afternoon and you won't be disappointed! Guaranteed fun, and no pumpkin carving—we promise!!

Space is limited. Advance sign-up required. **NO FEE**

American Red Cross Blood Drive, October 8th

This month's American Red Cross Blood Drive is October 8th, from 1 pm to 6 pm. You may schedule your appointment on-line, or contact Kathy Robinson at 503 266 2970 if you need assistance registering.

See page 3 of the newsletter for future blood drive dates at the Center! (There is no blood drive scheduled for November)



American Red Cross

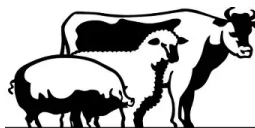
New this month: Womens Grief Support Group, First & Third Tuesday, 2:30 to 4:00. This women's grief support group is the first and third Tuesday of each month! The group will meet for an hour and a half. Sign up is required; For more information, contact group facilitator Chris Donner at 503 278 6324.

Thursday, October 9th @ 10:30am Conversations on Aging: Talking With Your Doctor

In a good doctor/patient relationship, you will feel you are part of a team. Join us for a conversation about the frustrations of dealing with doctors and share ideas on how to have a more satisfying relationship with them.

Advance sign up please

No Fee



Oregon Livestock Council— Informational Table Friday October 10th and 1 pm presentation

Oregon Livestock Council is a 501 © 3 nonprofit State Livestock Response Team supporting law enforcement, fire and emergency management who serve at incidents requiring livestock emergency response. OLC can respond to disasters, including but not limited to weather events, wildfires, and large/commercial vehicular accidents, in the urban, suburban or wilderness terrains within Oregon. Learn more about how the OLC partners with and assists the community and how you may become involved.

NO FEE – sign-ups strongly encouraged- sign up at the

Scam Alert—Friday, October 10th, 1pm



Ben Richardson, Senior Real Estate Specialist, will share valuable information about trending scams aimed at seniors, how to spot them and how to avoid becoming a victim. Arm yourself with the information you need to protect yourself from becoming a victim of a costly scam.

October 13th at 1:00 ~ Nutrition Education

Crunch into wellness! Join our quarterly nutrition workshop and discover a tasty, healthy recipe for a fresh cabbage salad. **Signup required, space limited.**

No fee

AARP SMART DRIVING COURSE—October 22nd & 24th

This 2-part refresher class on current rules of the road, and it may help you with your insurance premiums. Oct. 22nd & 24th, 1—4:00 pm, you must attend **both sessions and advance sign-up required with Wendy—Call 503 266 2970.**



- ⇒ 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.

Space is limited; fees payable at first class, \$20 for AARP Members; \$25 for non members. Bring exact cash or check made payable to AARP. NO debit or credit cards. Bring your AARP card or number to receive the discount.

Medicare Enrollment Information and Bits & Pieces

Medicare Meeting **October 9, 2025 1:00 pm** with NW Medicare Advisors

A representative is available each month to provide information and answer questions regarding a variety of Medicare plans, including questions for those who are new to Medicare. Call 503-303-7519 if you have questions.

Walk-ins welcome

No Fee

Medicare 101, Wednesday, October 15, 1pm-2pm

Are you new to Medicare, or do you already have Medicare and have questions about your coverage? Clackamas County SHIBA (Senior Health Insurance Benefits Assistance) Counselors* will explain the following:

- Medicare eligibility and enrollment
- Parts A, B, C, and D
- Covered services
- Optional coverage choices
- Financial assistance programs
- Medicare fraud prevention tips

Registration is not required. For more information, call Clackamas County SHIBA at 503-655-8269 (Monday – Thursday, 9am-4pm).

*SHIBA Counselors do not sell insurance – they are trained volunteers who provide free, objective Medicare education and assistance.

Medicare Open Enrollment Begins October 7th, So **WATCH OUT** for Medicare email Spam!

Here are some telltale signs of Medicare email spam:

- Unsolicited emails offering “free” benefits or services.
- Pressure to switch Medicare plans with promises of lower premiums or better benefits.
- Requests to renew or upgrade your Medicare card with personal or financial information.
- Threats to cancel your Medicare coverage due to “problems” with your account.
- Claims of eligibility for refunds or plan change, asking for your Medicare or bank details.

If you believe you’ve received a spam email, take these steps:

- Never share personal or Medicare information through email or phone.
- Check the legitimacy of the email sender’s contact details.
- If in doubt, contact Medicare directly at 1-800-MEDICARE(800-633-4227).
- Call Senior Medicare Patrol Resource Center 1 877 808 2468 or the Federal Trade Commission at 1 877 382 4357 to report the incident.

Source: <https://www.robbauserinsurance.com>

One-on-One Medicare Counseling Appointments Available October 15, 2025 2pm-4pm, With SHIBA volunteers—Appointment and Advance Registration required. Call— 503-655-8269

If you need help comparing Medicare coverage options or making a change to your medical insurance Clackamas County SHIBA volunteers are providing one-on-one in-person counseling to Clackamas County residents at the Canby Adult Center, October 15th from 2 to 4 pm. You **must have an appointment**; call 503 655-8269 to schedule your individual appointment.

Thank You

...to all our local farmers—we appreciate your donations of fresh fruits and vegetables—they are enjoyed by many in our community who no longer have a garden so thank you for sharing your bountiful harvest with us!

...to our line dancers for their great performance at lunch September 18th!

...to everyone who purchased quilt raffle tickets! And the winner of the beautiful quilt is: **Marcella B! CONGRATULATIONS!!** Thanks to everyone who helped make this raffle a fundraising success.

AARP TAX-AIDE PROGRAM RECRUITING VOLUNTEERS!

Looking for a volunteering opportunity where you can make a real impact? The AARP Tax-Aide program is looking for volunteers to help with their free tax preparation program!

AARP is recruiting volunteers across Oregon to assist taxpayers either in person or virtually. Volunteers are needed to help with tax preparation, technical support, interpreting and client facilitators.

AARP will begin providing free online training for the 2025 tax season in November; all volunteers will be trained to be IRS certified. Volunteers come from a variety of backgrounds and *you don't need to be a tax expert to assist with this program. People with all types of experience are welcome volunteer!*

To learn about volunteer opportunities, visit: aarpfoundation.org/taxaide. If you would like to be contacted regarding volunteering, or if you want more information or to sign up for training, complete the AARP volunteer application at: aarpfoundation.org/taxaidevolunteer or call 1-888-227-7669.

PLEASE NOTE: The AARP tax clinic runs from mid-February thru April 15th. Canby Adult Center will begin making appointments **the last week of January.**

Trips—October 2025

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, payable with check or cash only. **If paying cash, please bring small bills to pay for trips—we are unable to break large bills to make change.**

If you must cancel on a pre-paid trip, 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 may sign up for a maximum of 2 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-up is in person beginning **Monday, September 29th**. You may call on sign up day for any trip that does not require a prepayment. Your call will be sent to the Transportation Coordinator's voicemail and your trip request will be processed **AFTER** all in-person sign-ups. **Phone requests may not get a spot on a desired trip if it fills up with in-person travelers. Note: We reserve the right to prioritize travelers over age 60 residing within Canby School District boundaries for trips that are likely to fill up quickly.**

Bauman's Farms/Esotico Pasta Tour

October 7, 2025

At Bauman Farms they began celebrating the harvest in 1987 as a month for their 4 kids to bring their classmates out to pick a pumpkin and play in a small maze made from left over straw. It now has become a full service produce market and nursery along with a fall destination for pumpkin picking and more. Afterwards, *bring money for lunch at Country Cottage* and for visiting a start up pasta business in Hubbard where they'll have their delicious pasta for sale during our visit and tour.

Depart: 9:45am

Cost: Free Admission

Return to Center 3:30pm

Bus Fee: Donations Accepted

Astoria Portland Spirit Trip

October 8, 2025

Travel from Portland's vibrant harbor through the forest covered coast range on an adventure filled day re-tracing the route of Lewis & Clark, the famed American explorers. The broad waters of the Willamette and Columbia Rivers will carry you along the way. Ocean freighters and tugboats share our route to Astoria. This day long adventure covers 60 miles of the Willamette & Columbia River. You'll be treated to freshly prepared Northwest Cuisine (a morning snack, marvelous lunch, and an afternoon snack comes with your cruise) and Captain's Narration along the way. *Bring money for any for pay snacks and drinks along the way.*

Depart: 7am

Cost: 150.75 (pay at sign up)

Return to Center: 9pm

Bus Fee: Donations Accepted

Line Dancing Lessons and Dinner @ Bushwhackers

October 9, 2025

Join us for an evening of dancing and laughter. We will learn some line dancing moves and enjoy an evening of movement with new friends and old friends alike. *Bring money for dinner first* and then hit the dance floor to learn and dance with an in house instructor from 7:30 to 8:30pm. No prior experience necessary.

Depart: 5:30pm

Cost: Free Admission

Return to Center 9:30pm

Bus Fee: Donations Accepted

PDX Airport Tour, Shopping, and Lunch

October 21st, 2025

Check out the newly remodeled look at the Portland international Airport. This \$2 billion price tag and decade-long project length, the main terminal expansion, and a nine-acre timber roof with skylights are ready for us to enjoy without having to get on a plane or stand in long lines! This remodel created natural light to evoke a forest experience. The beloved original carpet is even back along with other elements that capture the beauty of the Pacific Northwest. AND it features a new Market Hall with local businesses and so much more. *Bring money for lunch and shopping after the tour.*

Depart: 9:00am

Cost: Free Admission

Return to Center 3pm

Bus Fee: Donations Accepted

Goodwill Shopping and beyond!

October 30, 2025

We are heading out to shop until we drop! *Molalla Goodwill, Cache Liquidation store, Woodburn Goodwill, and more. Bring money for lunch and shopping.*

Depart: 9 am

Cost: Free Admission

Return to Center 3:30pm

Bus Fee: Donations Accepted

October Movies, Music & More

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

Movie Line-up

October 1st: **Edie**. 83 year old Edie believes that it is never too late – packing a camping bag and leaving her old life behind – to climb the imposing Mount Sullivan in Scotland.

October 8th: **Another Mother's Son**. Lou lives on the Nazi-occupied island of Jersey. She agrees to hide a young Russian POW at her house at the risk of being imprisoned herself, and raises him as her own son.

October 15th: **Last Breath**, starring Woody Harrelson. The true story of seasoned deep-sea divers who battle the elements to rescue a crewmate trapped hundreds of feet below the ocean's surface. A very INTENSE movie, worth the watch!

October 22nd: **My Penguin Friend**, starring Jean Reno. An enchanting adventure about a lost penguin rescued from an oil spill who transforms the life of a broken-hearted fisherman. Inspired by a true story!

October 29th: In honor of spooky week – **Evil Under the Sun**. An Agatha Christie classic starring Peter Ustinov, Maggie Smith and James Mason. Hercule Poirot solves the murder of an actress at a Balkan resort.



Fridays with Katherine Hepburn!

October 3rd: **Philadelphia Story**, with Cary Grant and Jimmy Stewart. After a rich woman's ex-husband and a tabloid reporter show up just before her planned remarriage, she begins to learn the truth about herself.

October 10th: **The Rainmaker**, with Burt Lancaster. Under the spell of a wandering charlatan named Starbuck, an lonely ranch girl blossoms into full womanhood.

October 17th: **Summertime**. A single middle-aged woman travels to Italy and falls in love with an Italian antiques dealer. Then she discovers he's married...

October 24th: **Lion in Winter**, with Peter O'Toole. Perilous plotting provides ever-increasing tension in this historical drama.

October 31st: **Guess Who's Coming to Dinner**, with Spencer Tracey. A white couple's attitudes are challenged when their daughter introduces them to her black fiancé.

Lunch service in the Dining Room is NOON sharp 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.

Mickey Tickles those Ivories, October 6th and 20th
Join us to hear a fine selection of hits, and oldies & goodies.

Music with Jim - October 16th
Guitar music including patriotic tunes, gospel & more!

Music with Scott: October 24th A great selection of well known music and "something or everyone!"

Piano with Jonah, this month Wednesdays:
Classical, favorites and show stoppers!

Thanks to our musicians for the great entertainment!

Remember to a Make Reservations for "Special Events"

Lunch Dates: We require reservations for our "special lunch" celebrations and hamburger day. This month we offer: **Hamburger Day Wednesday, September 24th**. A reservation ensures that we can offer appropriate seating for everyone. **You don't need to be a member to make a reservation.**

While everyone is always welcome to lunch (under 60, \$5 fee), we ask that you refrain from inviting under-age guests or out of town friends to our special, reservation only, lunches. We always fill the room to capacity and want to make sure that everyone from our own community has an opportunity to join us.

If you make a reservation for lunch and then are not able to keep it, please call us at 503 266 2970 to cancel your reservation in advance. Often we have people who missed signing up and would love to fill your vacancy!

Thank you!



Healthy Body—Healthy You!

October.....a spooktacular month! Another one of my favorites. The leaves are REALLY starting to change, we're just one big windstorm away from winter. October is National Fire Prevention Month. We're taking this month to refresh our memories about fire safety! Take some time to check it out. Try getting outside between raindrops and as always, I hope to see you at the center soon ~ Mindy



**STEPS TO
SAFETY™**
PREVENT FIRE & FALLS AT HOME

8 STEPS FOR FIRE PREVENTION

- 1 If you smoke, smoke outside.** Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand, and never throw them in plants or mulch. Never smoke in bed. Never smoke if oxygen is used in the home.
- 2 Give space heaters space.** Keep them at least 3 feet (1 meter) away from anything that can burn—including you. Shut off and unplug heaters when you leave the room or go to bed. Plug heaters directly into a wall outlet and never into an extension cord or power strip.
- 3 Stay in the kitchen when frying food and cooking on the stove top.** If you leave the kitchen, even for a short time, turn off the burner. Use a timer when cooking. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication. Do not cook when taking new medication until you know how it will affect you. Wear tight-fitting or short sleeves when cooking. Use oven mitts to handle hot pans. Use lightweight manageable pans.
- 4 If your clothes catch fire: stop, drop, and roll.** Stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. If you cannot drop and roll, keep a blanket or towel nearby to smother flames. If you use a wheelchair, scooter, or other device and can get to the floor, lock the device before getting out and then roll until the flames are out. If you are a bystander, use a rug or blanket to help extinguish the flames. Use cool water for 3–5 minutes to cool the burn. Get medical help right away.
- 5 Smoke and carbon monoxide alarms save lives.** Install smoke alarms on every level of your home, inside each bedroom, and outside each sleeping area. For the best protection, have interconnected alarms, so when one sounds, they all sound. Have someone test your smoke alarms once a month by pushing the test button. Replace any that are 10 years old or older. If you or someone in your home is deaf or hard of hearing, use bed shaker and strobe light alerts that work with your smoke alarm. Install carbon monoxide alarms outside each sleeping area and on every level of the home.
- 6 Plan and practice your escape from fire and smoke.** If possible, plan two ways out of every room in your home and two ways out of your home. Make sure windows and doors open easily. If the smoke alarm sounds, get outside and stay outside.
- 7 Know your local emergency number.** It may be 9-1-1 or the fire department's phone number. Once you have escaped a fire, call the fire department from a neighbor's phone or a cell phone. In case of a medical emergency, keep family and contact names and numbers by the phone.
- 8 Plan your escape for your abilities.** Have a landline or a cell phone with a charger near your bed to call for help if you are trapped by smoke or fire. Have your walker, cane, scooter, or wheelchair by your bed. Keep your glasses, phone, and flashlight near your bed to reach quickly in an emergency.

©2023, National Fire Protection Association. All rights reserved.

Memoir/Creative Writing—

First and third Thursday, at 10 am

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 Canby Adult Center.

I Survived...

Have you ever seen the bumper sticker that says "I survived Catholic School"? I always chuckle at that. There is some truth in it if you attended a Catholic school in the 1940's, 50's or 60's.

In the fall of 1948 I started first grade at St Anthony's Catholic Grammar School. It was in San Francisco and four blocks away from our house. I started in the old building. My memories of first and second grade are scant. One thing I recall was a writing assignment, which I finished ahead of most of the class. I then decorated the paper with some artistic squiggles. The nun, I forget her name, did not appreciate my artwork. It earned me a cuff on the head. She called them "shenanigans".

Third grade was a good year. Sister Emmanuel was the teacher. She was the oldest of the nuns at St Anthony's. She was also very kind and knew how to keep order in the classroom without violence. During the year I broke my foot. Sister Emmanuel put me in the last desk in the last row in in the room so I could stick the cast out in the aisle. It would not fit in under the desk. I never got into any trouble in third grade. This, as you will learn, was not the norm.

During our third grade year the parish was building a new school building. When we started fourth grade, the new building was ready. After we moved into the new building, the old building was moved to the end of the lot and remodeled. That left us with no schoolyard during the work. There was a park catty corner from the school. We used that as a schoolyard during that year. Once the work was complete we had a nice large schoolyard.

Fifth grade year was another good year. We had Sister Flavia. She was kind and was respected by the entire class, even us bad boys. She died when we were in the eighth grade. She never hit any of us, but I did have to write a number of penances.

Sixth grade may have been the best and the worst of my years at St. Anthony's. Sharon, with whom I have shared 58 plus years of a great marriage, came to my school and our class. The nun, Sister Edwardine, who taught us, was the most sadistic teacher I ever encountered. She hit before you even knew you were in trouble. One time I got into trouble because I kicked a guy while we were returning from recess. The guy, who liked to pretend that he was tough, was trying to intimidate (today they call it bullying) one of my friends. So I gave him a light kick in the butt and told him to leave the other guy, who was much smaller, alone. Well the "tough guy" ratted me out to our teacher. She called me up in from of the class and asked if I kicked him. No explanation was allowed. Sister Edwardine broke a yardstick over my buttocks. The first swat hurt so much I

flinched and caught the second one on my left thigh. The bruise on my thigh was about 6 inches long and 3 inches wide. It swelled up about an inch. The bruise on my buttocks was almost as bad.

When I got home my mother saw me wince when I sat down and asked about it. When I told her what happened she took me back to the school and made me show the principal what happened. My mother's comment was that while I was no angel and she had no objection to corporal punishment, this was excessive. This was in the spring and no one was hit again, that I remember. That nun only spent that one year at our school. We heard later she left the order and teaching.

To my recollection, corporal punishment stopped after that incident. The replacement was penances. You had to write some lengthy sentence about your behavior some great number of times, like 500 or a 1000. It would take all week-end to do 1000 and most of the weekend to do 500. I was active and loved to play sports. To be kept inside all week-end doing a penance was excruciating and much worse than a swift whack. I became an expert on penance writing.

Seventh grade was another good year. Sister Mary Jane was the teacher. She was another nun who was respected and could keep order without violence. Corporal punishment returned in the eighth grade. The eighth grade teacher was also the principal at St Anthony's. Sister Eusebia came to the school when we moved to the eighth. She and I did not get along. She was very quick to swing on you. I was and still am an avid reader. I used to check out books from the school library every week. By the end of the school year I had read most of the fiction books in the library. During that year we had a contest to see who could name the most books thru a series of pantomimes. Kind of like charades. The whole school participated. I won. Sister Eusebia was surprised, however, the nun who was in charge of the library and taught music told her it was not a surprise. She said I read practically every book in the library.

The school was founded in 1893. In 1993 we went to a centennial celebration. At that event one of the girls who was a year or two behind Sharon and I was waxing poetic about Sister Eusebia. A couple of us who did not get along with her were trying to be kind and not say anything. One of the other girls who was in our class and was an excellent student said, "Marie, not everyone loved Sister Eusebia."

M. O'Shea

THE POWER OF
Writing

Birthdays & This & That!

October 2025 Birthdays !

1	Lionel Billeaudeau	18	Jan Harmston
1	Lawrence Krettler	18	Sondra Petterson
1	Sally Nichols	19	Judy Gascho
2	Rosie Cranston	20	Sheridan Lucas
2	Linda Schwerzler	21	Gerald Zimmer
3	Carolyn Wilmes	21	Virginia Daniels
4	Connie Kalinowski	22	Paula Burke
4	Barbara Newman	22	Carol Clark
6	Gary Kluever	22	Irene Holderby
6	Kay Wisdom	22	Shirley Wright
7	Julia Moraga	23	Garrett Lisenbee
8	Laurie Sandsness	23	Maggie Riley
9	Roger Rossman	23	Marie Richey
9	Julie Johnson	23	Roberta Wiesehan
10	Rollin Beauchane	23	Christie Goebel
10	Allen Holt	24	Cheryl Fullerton
10	Donna Sebersen	24	Toni VanHorn
11	Janet Braun	24	Mary Weber
11	Judy Corcoran	24	Terri Partridge
12	Tess Robison	25	Robert Baguio
12	Lisa Christensen	25	Dan Payzant
12	Naomi Gonzales	25	Tanali Todd
12	Micki Paul	26	Doug Daily
12	Linda Todd	26	Roberta Knapp
13	Don Hope	26	Carole Darling
13	Bruce Marshall	27	Cindy Caufield
13	John Salisbury	27	Jolene Marshall
13	Karen Marchant	27	Joan Stuart
13	Sue Wilson	28	Carol Holsten
14	Scott Way	28	Nida Lokteff
14	Margaret Alber	28	Lillibell Welter
14	Judy Summers	29	Nicholas Mendoza
15	Betty Anderson	29	Georgine Trammell
16	Boneita York	30	David Stabenow
16	Annie Lind	30	Casey Downham
16	Sue Farnsworth	30	Tricia McCarten
16	Pamela Moore	31	Jan Kester
16	Melinda Sherman	31	Suzanne Nichols
17	Robert McCall	31	Suzie Voss
17	Susan Duffy		
17	Cheryl Yates		
18	Peter Zenthoefer		
18	Susie Flores-Carillo		

Happy Birthday



For Your Information:

CAC Membership: Membership 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 it from our website); send it, along with your membership fee to: **PO Box 10, Canby OR 97013**— you will receive a subscription to our monthly newsletter!

Gifts: Did you know that a financial gift of \$51 or more **at any time during the year** provides a one year membership, which includes the newsletter for one year, (paper copy or by email) and a discount on building rental.

Electronic Donation Gifts: Did you know you can choose to donate to CAC electronically—you may make a one-time gift or a monthly reoccurring gift. Go to the CAC website, choose **support**, then choose **donate** and specify the amount you would like to donate.

“MySeniorCenter” at the reception desk has a touch screen and is available for you to sign in for activities, lunch, speakers, trips, etc. To sign up for a key fob, simply **ask the receptionist for a NAPIS form; complete it, turn it in** and within two weeks you will receive your “FOB” and you can sign in electronically!

Key-Fobs available free of charge: When you come to the Center, you can check in at the front desk electronically using your “FOB” (key card) with “MySeniorCenter”. Check in for lunch, speakers, and classes—it’s just that easy!

Bingo Raffle Items Accepted: Bingo is offered each Tuesday at 12 pm. We accept new, or gently used items for **raffle gifts!** If you wish to donate an item, please bring it to the front desk and we will gladly use it.
Thank You for Your Support!

Canby American Legion offers Proper Disposal of U.S. Flags: The flag disposal box is located at 424 NW 1st Street on the Fir Street side. You may deposit flags in need of disposal. **Look for the mailbox with the VFW logo**, deposit the flag inside the box and it will be disposed of properly.

Our thanks to Canby American Legion

Thank You to Our New and Renewing Members

Sandra & Jim Amos	Walt LaChapelle
Darlene Austin	Christine Lane
Hank & Angela Baker	Garrett Lisenbee
Larry Ball	Dick Meissner
Marie Banks	Linda & Daniel Mowry
Sherry Banks	Lissa Phelps & Celeste Tillo
Antonia & Daniel Barton	Anna Polkovnikova
Charles & Janet Braun	Carrie Reynolds
Kathi Browning	Marie & Dennis Richey
Jane Clayton	Linda Schwerzler
Julie Curley	Donna Sebersen
Patt DeLaney	Carol Shiveley
Suzan Duffy	Trina Trobaugh
Ron & Judith Engman	Nida Wigowsky
Terry & Lila Fillis	Stephen & Josefa Wilks
Margaret Gher	Reese Williams
	Holly & Roy Wilson



Donate your Fred Meyer community rewards points to the Friends of Canby Adult Center and each quarter CAC receives a donation from the community rewards program based on a percentage of your shopping purchases. To Choose CAC as your non-profit recipient, 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 and you can support CAC as you shop! Rewards points **don't** take away from your personal quarterly points.
Thanks for your support!

Around Town

In Canby...

American Legion— Post 122, NW 1st Street

- ♦ **BINGO** every Thursday —opens at 4:30 pm, games start at 6:00 pm. Snack bar available until after break time. Bar/lounge has food also.
- ♦ **Hamburger Feed**—every Friday night, starting at 5:30

Canby's Spooktacular Village, October 31st, Downtown Canby

Canby's Spooktacular Village is an annual event that transforms downtown Canby into a vibrant hub of Halloween festivities each October 31st from 3pm-6pm. Local businesses join in and offer a delightful array of treats for families and children of all ages. The event creates a magical atmosphere where the community comes together to celebrate the holiday. Participants can stroll along the charming streets, enjoy festive decorations, and partake in the excitement of trick-or-treating without any tricks in sight!

Flower Farmer and Phoenix & Holly Railroad, 2512 N Holly, Canby, For more information - flower-farmer.com

The Flower Farmer has a wide range of activities for adults and children. Come ride our miniature railroad, the Phoenix & Holly, for a leisurely tour through our fields of fresh flowers and pumpkins for this fall. Also we will make a stop along the way to visit our farm animals. Brings the kids on a weekend when the train is in operation and enjoy a wholesome family time.

Fir Point Farms, 14601 Arndt Road, Aurora, Sept 27 – Oct 30, for more information -firpointfarms.com/

Fall at the farm is all about having a great time with family!! Pick your own pumpkins in our Pumpkin Patch while getting your own corn stalks or hay bales for decorating. Celebrate Autumn with us and our many fun activities. Our weekend activities like Charlotte's Web Corn Maze! Covered 3000 Sq Ft Kids Zone (Ages 0 - 7) Cow Train, Giant Slides, Bounce Houses, Hay Rides, Nut House, Tire Swings, Nature Trail Path, Pumpkin Patch, Petting Zoo, Fresh Apple Cider, Apple Cider Donuts, Food Court, lots more.

Crushed Glass Suncatcher Workshop, Oct 18, Red Chair Farms, 27215 S Gribble Rd Canby

We now have laser cutter to make forms of adorable subjects to create! You will start with a 10" form of your choosing and will be able to fill it with whatever color crushed glass you like! A quick coloring of the edge with a black marker really makes it pop and you can do that too! After filling your subject with our bright beautiful glass, we'll pour a glossy, UV blocking resin over the top to lock in those beautiful pieces and give it a glossy shine! You'll get to take this project home with you that day but it will need to lay flat overnight to dry completely. No EXPERIENCE necessary. All supplies provided!

Just Out of Town...

Milburn's Haunted Manor, 11503 Broadacres Rd NE, Hubbard, Fri-Sun in October

Milburn's is a family owned and operated seasonal haunted attraction and pumpkin patch. Located just outside of Hubbard, Oregon, scaring guests from Portland to Salem and the greater Willamette Valley for the past 18 years. Our two multi-award winning and critically acclaimed haunts are just 30 minutes from either downtown Portland or downtown Salem. A portion of the proceeds goes to support local high school and community clubs.

Bauman's 2025 Giant Pumpkin Weigh Off, Saturday, October 4th!, 12989 Howell Prairie Rd. NE, Gervais, OR 97026

Some of the largest pumpkins and squash in the country have made their way to Bauman's Harvest Festival. In fact, during the last decade the Great Pumpkin Weigh Off has produced some national and world records! What records will be broken this year? The Giant Pumpkin Drop is at 1:00pm on October 4th! Once the weigh off and pumpkin drop are complete, the giant pumpkins will be on display at Bauman's Harvest Festival.

Out of Town...

Portland Greek Festival, October 3, 4, 5, 2025, NE 32nd & Glisan, Holy Trinity Greek Orthodox Cathedral

Enjoy authentic Greek food, traditional dance, music, and more with the whole family. After seven decades, the Portland Greek Festival has become one of the largest festivals of its kind, sharing the Greek Orthodox faith and rich culture with over 15,000 guests annually. The festival is an iconic event in the Portland Metropolitan area and has been designated an Oregon Heritage Tradition. Each year a portion of proceeds from the festival goes toward worthy philanthropic endeavors in the greater Portland community. Learn more at www.portlandgreekfestival.com.

Hood River Valley Harvest Festival, October 10-12, Hood river event site, Portway Ave, Hood River OR 97031

Celebrate the bounty of fall in the heart of the Columbia River Gorge! For over 40 years, the Hood River Valley Harvest Festival has brought together farm-fresh produce, artisan goods, local food and drink, and live entertainment for three days of autumn magic along the Hood River waterfront. With family-friendly activities, kids' play areas, and the breathtaking backdrop of the Gorge's fall colors, it's the perfect way to welcome the season. For more information, visit <https://www.hoodriverharvestfestival.com>.

Thank you 2024—2025 Annual Appeal Donors

Sustaining Individual Donors: Donations of \$201+

Patricia Achenbach	Dan and Pat Hitchcock	Diana Schaughency
Tim & Beckie Anderson	Donald & Susan Hope	Scott Family
Christine Anderson	Kathleen Hostetler	Roger Skoe & Sharon
Erik & Marilyn Ankney	Randall Jenkins	Arrigotti-Skoe
Theresa Arena	Michael & Lucy Kelsay	Carol Laity & Sheldon
Robert Baguio	Dwight & Roberta Knapp	Marcuvitz
Florence Ball	Chuck & Mary Ann Kocher	Roger & Marilyn Shell
Norma Benjamin	Oliver Korsness	Diane & Doug Skille
Dave & Marge Bolton	Darline Kraxberger	Vicki Smith
Tina Borges	Karen & Larry Krettler	Dwayne Snook
Mike Bradney & Helen	Ray & Mary Lambert	Michael Vissers
Ferguson	Vonda Lara	Charlie & Denise Stinson
Buzz & Jo Brehm	Robert Larson	AJ and Deve Swaim
Robert & Vicki Breitbarth	Craig & Deone Lewelling	Mary Ann Taufest
Marjorie Brood	Ken & Annie Lind	Jim Thompson
Marilyn Brown	Ron Lindland	Cordell & Molly Tietz
Sheila Brown	Direct Link	Greg Timmons
June Casper	Judith Long	D'Anne Tofte
Joe Clarizio, PGA Golf Pro	Cody Manley	Jorge Tro
Bob Cornelius	Byron Marshall	Lynda Tucker
Mary Margaret Cornish	Margi Mason	Dave & Verlene
Ernest Cowan	Joseph Mazur	Van Der Sluis
Vicki Croman	Larry & Ann McBride	Rosemary & Darrell
Robert Cullison	Mike & Gretchen McCallum	VanderZanden
Diana Dahl	Anne McKinney	Bill Vermillion
Tom Daudistel	Bernie McWilliams	Jon Viter
Devin & Shuree Deller	Alice Merrill	Earl & Susan Voss
Kim and Hardy Dimick	Michelle Miller	Edgar & Cynthia Wales
Jeanne Dinnel	Jeffrey Mills	Lawrence & Mary Weber
Kathi Dotson	Jerrell Mills	Janice Weeks
Janelle & Steve Ediger	Jerry & Brenda Mootz	Whitman Family
Deanna Edwards	Marty Moretty	Elaine Wilcox
Christine Ehler	Sigrid Neale	Steven Winders
Scott & Susan Enyart	Gale Nelson	Peggy Yeats
David Fallon	Tim & Sally Nichols	Judy Zettergren
Merrill Farrington	J & J Noordvijk	Eleanor Zieg
Jeff Feller	Richard & Kathy Oathes	Anna Zimmer, Realtor
Adrian Fisher	Sarah Odell	Jan & Fred Zittleman
Ronald & Cheryl Fullerton	Charles Odell	Mike & Betty Zolnikov
Keith & Jan Galitz	Ron & Cherrol Pacholl	
Al & Linda Geddes	Micki Paul	
Bruce Gehrke	Brent Pavlicek	
Fredrick Gill	Edye Pavlicek	
Jim & Jeannie Glennon	Vince & Judy Pavlicek	
Christie Goebel	John Pendleton	
Donna Gould	Patricia Perkins	
Emmett Gray	Joyce Peters	
Barbara Groelz	Sunya & Wade Porter	
Carmen Hamilton	Barb Rains	
Rosemary Hands	Gordon Rasted	
Laurie Harmon	Virginia Reed	
Leona Hart	Bill & Jo Ellen Reif	
Gerald Hawks	Roger & Stephanie Reif	
Jim & Paulette Hefflinger	Leslie Rhodes	
Delbert Hemphill	Alice Robinson	
Jennifer Hickman	Steve & Linda	
Bill & Susan Hill	Sandsness	

Sustaining Business & Organizational Donors—Donations of \$201+:

All About Seniors
 American & Lampros Steele,
 Canby American Legion Auxiliary
 Clackamas County MOW
 Canby Import Auto Repair
 Canby-Molalla Spine & Sport
 Club Fit
 Cutsforths Market
 Desert Rose Properties, Inc.
 DirectLink
 Hope Village
 Hope Village Residents Association
 Oregon Custom Cabinets
 Roof Masters Inc.
 Quest Investment Management
 Reif & Hunsaker PC
 Sons of American Legion
 Trailer Tillicums of Oregon
 Uptown Medical Billing
 Zoar Lutheran Women

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

Andrew Kauffman—Attorney at Law
 Canby Boosters Club
 Canby Kentucky Fried Chicken
 Canby Kiwanis Foundation & Thrift Store
 Canby Rental & Equipment
 Cutsforth's Marketplace
 Hulbert's Flowers
 Kahut Waste Services
 Pac Fibre Soils—A Division of Pacific Febre Products
 Ulven Companies

Memorial Donors:

Gerald Hawks in Memory of
 Denise, Gerald Jr., & Dana Hawks

Greta Wiersma in Memory of Jim Wiersma

August & September Donors

In-Kind Donors:

Roberta Elders	Canby Rental & Equipment
Pac Fibre Soils	Margie Stathes Ulven Companies

Financial Donors:

Anonymus	Christine Lane
Abbie Allen	Vonda Lara
Thomas & Theresa Arena	Robert Larson
Vicki & Robert Breitbarth	Edye Pavlicek
Devin & Shuree Deller	Lissa Phelps & Celeste Tillo
Peter & Joy Durkee	Monte & Kathy Posey
Patty Hatfield	Gordon Rasted
Bruce Holte	Roger Shell
Gary Kluever &	Greg Timmons
Kristina Hattan	Robert Wear
Oliver Korsness	Kathy Winther

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

**NONPROFIT
US POSTAGE PAID
CANBY OR
PERMIT NO 81**

Return Service Requested



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: _____



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

Activities— October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Please note: New Women's Grief Support Group starts this month, 1st & 3rd Tuesdays from 2:30 to 4 pm</p> <p>No Genealogy Service this month, the service will resume in November.</p>		<p>1</p> <p>9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 10:30 Blood Pressure 11:00 BingoCize 1:00 CarFit 1:00 Movie: Edie 1:00 Medi-Carolers 1:00 Parkinson's Support Group</p>	<p>2</p> <p>9:00 Beginning Ukulele 10:00 Ukulele Class 10:00 Memoir/Creative Writing 11:00 GeriFit 11:00 Info Table— Money Managmt 1:00 Line Dancing</p>	<p>3</p> <p>9:00 Tai Ji 10:00 BB&B 11:00 BingoCize 1:00 Pinochle 1:00 Pumpkin Craft 1:00 Movie: Philadelphia Story</p>	4
5	<p>6</p> <p>9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 11:30 Music with Mickey 1:00 Hand & Foot Canasta 1:00 Parkinson's Support Group 3:00 Relaxation/ Meditation Class</p>	<p>7</p> <p>9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:30 Women's Grief Suppt Group</p>	<p>8</p> <p>9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 BingoCize 11:15 Music with Jonah 9:00 Board Retreat 1:00 Blood Drive 1:00 Attorney Consults 1:00 Movie: Another Mother's Son 3:00 Alzheimer's Suppt Support Group</p>	<p>9</p> <p>9:00 Beginning Ukulele 10:00 Ukulele Class 10:30 Conv. On Aging Talking w/ Doctor 11:00 GeriFit 1:00 Line Dancing 1:00 NW Medicare Advjsors</p>	<p>10</p> <p>9:00 Tai Ji 10:00 BB&B 11:00 Bingocize 1:00 Oregon Live stock Council 1:00 Speaker: Ben Richardson Scams 1:00 Pinochle 1:00 Movie: The Rainmaker</p>	11
12	<p>13</p> <p>9:00 Footclinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 1:00 Nutrition Education 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation Class</p>	<p>14</p> <p>9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance</p>	<p>15</p> <p>9:00 Tai Ji Quan 10:00 BB&B 10:00 Newsletter folding 10:30 Blood Pressure 11:00 BingoCize 11:15 Music with Jonah 1:00 Movie: Last Breath 1:00 Medicare 101 2:00 Medicare sign up Apptmt Required</p>	<p>16</p> <p>9:00 Beginning Ukulele 10:00 Ukulele Class 10:00 Memoir/Creative Writing 11:00 GeriFit 1:00 Line Dancing</p>	<p>17</p> <p>9:00 Tai Ji 10:00 BB&B 11:00 Bingocize 1:00 Pinochle 1:00 Movie: Summertime</p>	18
19	<p>20</p> <p>9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 11:30 Music with Mickey 1:00 Hand & Foot 3:00 Relaxation/ Meditation Class</p>	<p>21 NO BINGO TODAY</p> <p>9:30 YOGA 10:00 Handiwork 1:00 Pinochle 1:00 Line Dance 2:30 Women's Grief Suppt Group</p>	<p>22</p> <p>9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 1:00 Blood Drive 1:00 Mandala 1:00 AARP Smart Drive 1:00 Movie: Mr. Penguin Friend</p>	<p>23</p> <p>9:00 Beginning Ukulele 10:00 Ukulele Class 10:00 Seated Volleyball 11:00 GeriFit 1:00 Line Dancing</p>	<p>24</p> <p>9:00 Tai Ji Quan 10:00 BB&B 10:00 United Healthcare 11:00 BingoCize 1:00 AARP Smart Driver part 2 1:00 Pinochle 1:00 Movie: Lion In Winter</p>	25
26	<p>27</p> <p>8:30 Trip Sign up begins 9:00 Foot Cinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot Canasta 3:00 Relaxation/ Meditation Class</p>	<p>28</p> <p>9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance</p>	<p>29</p> <p>9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 1:00 Movie: Evil Under the Sun</p>	<p>30</p> <p>9:00 Beginning Ukulele 10:00 Ukulele Class 11:00 GeriFit 1:00 Line Dancing 1:00 Bunco</p>	<p>31 Happy Halloween</p> <p>9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 12:00 Halloween Costume Parade 1:00 Pinochle 1:00 Movie: Guess Who's Coming To Dinner</p>	

Menu—October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Thanks to our Serving Groups: Canby Fire Department Canby Police Department Canby Utility LDS Church—First Ward Zion Mennonite	1	2	3	4	5
			Cobb Salad Chef Choice Soup Blondie	Tuna Casserole Green Beans Carrot Raisin Salad Fresh baked Roll Chocolate Cake	Pulled Pork Sandwich with Tots Steamed Carrots Three Bean Salad Cookie	
6	7	8	9	10	11 Octoberfest	12
	Breaded Pollock Rice Pilaf Zucchini Cole Slaw Fruit		White Chicken Chili Cornbread Broccoli Roasted Vegetable Salad Fresh Fruit	Chicken Fried Steak Mashed Potatoes Mixed Vegetables Tossed Salad Pumpkin Bread	Bratwurst Sauerkraut Roasted Potatoes Green Beans Applesauce Bread Pudding	
13	14	15	16	17	18	19
	Biscuits & Gravy Scrambled Eggs with Onions & Peppers Sausage Patty Jello Salad Fresh Fruit		Deli Sandwch Carrot Raisin Salad Chef's Choice Soap Vanilla Pudding	Chicken & Dumplings Mashed Potatoes Steamed Zucchini Carrot & Raisin Salad Apple Spice Cake	Beef Stew Cornbread Peas Tossed Salad Fresh Fruit	
20	21	22	23	24	25 Vegetable Based Meal	26
	Ham & Cheese Quiche Corn Roasted Red Potatoes Green Salad Pumpkin Mousse		Hamburger Day Potato Salad Broccoli & Cauliflower Salad Fresh Fruit	Crab Linguini with Tomatoes Green Beans Marinated Vegetable Salad Fresh Baked Roll Peach Cobbler	Lentil Dahl with Coconut Milk Steamed Rice Roasted Vegetables Peaches Pita Bread & Fruit	
27	28	29	30	31		
	Tamale Pie Cornbread Lima Beans Fruit Cocktail Peanut Butter Bar		Chef Salad Vegetable Soup Fruit	Happy Halloween! Spooky Spaghetti with Meat Sauce Cauliflower Green Salad Garlic Bread Dirt with Worms	