



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

DECEMBER 2025

CENTER STAFF

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CUSTODIAN
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Asael Serrano Montania

MONITORS
June Nice
Carol Clark

Office Hours

M—F 8:30 am—4:30 pm

Welcome from the Director

Dear friends,

'Tis the season, and we're in the process of decking our halls! So much going on this month, starting with our annual Holiday Bazaar, on December 6th. Over 30 crafty vendors, almost all of them seniors, looking to share their talents. Please plan to spend the day with us—or head over before/after the Christmas in Canby event at Wait Park. As always, we will have hot cinnamon rolls, lunch, baked goods and more for sale. We'd love to see you!

And if you're a baker—we'd love it if you could bake up a plate of your favorite cookies, candies or cakes for us to sell at the CAC table.

We also have trips, movies and a special lunch to celebrate the season—read on for all the info!

Wishing you the happiest of holidays —Kathy

Our Annual Christmas Lunch is Thursday, December 18th—Reservation Required!

Our Christmas lunch is on Thursday, December 18th. You may sign up beginning Monday, November 24th.

A couple of reminders: You may only sign up yourself and one other member of your household for special lunches. **Friends wishing to attend with you must call to sign up on their own.** This is also not the time to invite extended family to join you for lunch—given the high popularity of this event, we will prioritize LOCAL individuals over age 60. If you wish to sit with someone, please come early to find seats together—absolutely NO reserved seating for guests not in the building! Thank you!

Holiday Happenings!

Kiwanis Toy Barrel—we host a toy barrel again this year so grab those great toy deals and support this wonderful annual project benefitting local families.

CAC Holiday Bazaar Saturday, December 6th. This is a great time to buy unique, hand-made gifts for ALL of the people on your list.

Calling all bakers: Support the Center while showing off your baking talents—donate a plate of goodies for us to sell at our bazaar. More details inside.

PLEASE NOTE: no movie Friday, December 5th and no use of the pool room after 12:00 on Friday, December 5th as we set up for the Holiday Bazaar.

Thanks for understanding!

Month At A Glance: See inside for details

Nov 24	Sign up begins for December trips, activities and Christmas lunch!
Dec 1	Mental Health Information Table
Dec 1	Parkinson's Support Group 1 pm—
Dec 2	Women's Grief Support Group 2:30
Dec 3	Genealogy Service
Dec 6	Holiday Bazaar—9 am to 3 pm
Dec 10	Board Meeting
Dec 10	Red Cross Blood Drive
Dec 10	Alzheimers Support 3:00
Dec 11	Conversations On Aging 10am
Dec 11	NW Medicare Advisors 1:30
Dec 16	Women's Grief Support Group 2:30
Dec 18	Seated Beachball Volleyball 10am
Dec 18	Christmas Lunch—with reservation
Dec 18	Christmas Craft 1pm
Dec 19	Canby HS Cantalina's Choir
Dec 19	Speaker: NAMI; Holiday Stress
Dec 29	Trip & activity sign-up for Jan events
Dec 25	Merry Christmas! Center Closed
Dec 26	Center Closed
Dec 31	New Year's Eve

Please note class changes for December
NO Bunco, NO Mandala class this month.
NO Relaxation/Meditation class this month

Classes resume as usual in January.

REMINDERS: The Center is closed Christmas Day, Thursday, December 25th, Friday, December 26, and Thursday, January 1, 2026. The Center is OPEN Friday, January 2nd!

Center Services

Client Services Available in December

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 **December 12th** 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 **December 3rd & 17th, 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 **December 8th and 22nd**

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 —

December 3rd, 12:30 to 3:30 pm

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.

Appointment required

No Fee

American Red Cross Blood Drive—

Red Cross blood drives are monthly at the Center—due to the great need! The last blood drive for 2025 is **December 10**. **Future blood drives for 2026** are January 7, February 18, March 11, April 8, May 6, June 10, July 8, August 5, and September 2. 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 December 1, 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 each month, this month December 10th, 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 & Third Tuesday each month, December 2nd & 16th, 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**



911 CELLPHONE BANK PHONE IT FORWARD CHARITY CAMPAIGN Give a Phone—Save a Life



For many, a cell phone is not just a convenience; it is a lifeline that connects individuals to emergency services, loved ones, and essential information. However, not everyone has access to a cell phone, leaving them vulnerable in times of crisis. The **911 Cell Phone Bank's "Phone It Forward"** charity campaign addresses this issue by providing free emergency cell phones to victims of human trafficking and domestic violence.

The 911 Cell Phone Bank is a non-profit 501(c)(3) that collects old, unused cell phones and other personal electronic devices, refurbishes them, and distributes them to individuals who might not otherwise have access to emergency communication services. By donating unused cell phones and other electronic devices, you contribute to the safety and well-being of vulnerable persons in your community.

* 911 Cell Phone Bank guarantees complete data-erasure of all electronic devices according to the DOD NIST 800-88 Rev.1 guidelines. A tax deductible receipt is available.

Drop your donation in the bin marked 911 Cell Phone Bank through the month of December.

Tips to stay safe during the holiday season:

- ♦ Never leave your purse unattended in your shopping cart while shopping.
- ♦ If you have multiple stops to make during holiday shopping, place all your purchases in your trunk.
- ♦ Always lock your doors while pumping gas. Criminals often look for quick opportunities and can easily open an unlocked door or reach through an open window.
- ♦ Be cautious of offers via email or over the phone that sound too good to be true, because they probably are. Scammers can make the impossible sound possible, and often disguise fraud with promises that seem legitimate



Source: Costco Connection November 2025

Clackamas County Utility Support

- ♦ 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

Household Size	Gross Monthly Income (<u>before</u> taxes and deductions)
1	\$3198.75
2	\$4183.00
3	\$5167.17

For more information or to schedule an appointment, contact Wendy May at 503 266 2970. Or contact Clackamas County Utility Support at 503 650 5640 or on line at www.clackamas.us/socialservices/energy.html

On-going Classes and Activities

Exercise & Wellness Classes Open to Everyone!!!

Geri-Fit (Seated Exercise): 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— Tuesday 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: Monday 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 **THIS MONTH IS 3rd THURS (DEC 18th)**

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

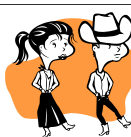
Walking Group: This group is on break and resumes Spring 2026

"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.**
No Bunco this month. 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— December 3, 10th & 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"— December 3rd and 17th

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—Usually 4th Wednesday each month, 1pm, but **no class this month on Christmas Eve!** 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—Thursday 10 am-11 am [Beginner class 9 am—10 am] **No class Dec. 25 & January 1, 2026**

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 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

kggalitz@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)

Board Retreat Meeting Minutes—Excerpts October 15, 2025

Directors Present:

Loren Bell, Keith Galitz, Mike Vissers, Sandra Field, Tim Nichols, Joyce Peters, Matt English

Directors Excused:

Brandon Leonard, Bob McCall

Staff Present: Kathy Robinson

Committee Assignments for 2025/26:

Finance Committee will include Keith Galitz, Matt English, Mike Vissers, Bob McCall and Tim Nichols. This year there will likely be revisions to the approved annual budget for committee consideration to reflect actual OAA contracted income amounts.

Nominating Committee will include Matt English, Joyce Peters, Brandon Leonard and Loren Bell. There will likely be 3 positions up for extension or replacement: Joyce Peters, Brandon Leonard and Loren Bell. Meet to discuss strategy to identify missing skill set on board and determine how to recruit accordingly.

City Council Liaison: Tim Nichols will either attend meetings or review video and keep board apprised on relevant issues from CAC perspective.

Monthly Reports:

Treasurer: Keith Galitz reported another good month for the investment fund with an ending balance of \$8.8M after monthly fluctuations.

Director Reports:

Programming: Annual Volunteer Appreciation Event is scheduled for Tuesday, October 21st. All board members are invited to attend. Approximately half of the volunteers have responded with their intent to attend event. Hope Village will announce a Capital Campaign to fund a rental assistance program for seniors at their property.

Administration, finance and staffing: Audit field work was completed in September. The effort was a good experience with valued lessons learned. Annual Appeal preparation work has started. Rotary Dinner is November 1st and CAC will be the recipient of the paddle raise proceeds.

Old Business: [N Holly Street](#)

Building: Flooring, carpets, and window blind treatment selections were reviewed and tentatively made. The County permit application should be approved soon. It is expected that additional permits will be required for the structural improvements so anticipate more associated fees. A need has been identified for a Customer Relationship Management system that will track the donor database and manage commitments, etc.

Meeting Adjourned: Meeting was adjourned at 1:00 pm The next board meeting scheduled is Wednesday, November 12, 2025 at 1pm.

Respectfully submitted by Sandra Field, Secretary

Note on Winter Weather, Center Closures and Seasonal Illness

As we enter the winter weather season, a reminder: We follow the weather closures of the Canby School District. If they are closed or starting late because of weather, then the Canby Adult Center is closed/starting late as well. The school district is able to assess conditions throughout our service area, including rural roads, much earlier than we can. Many of our staff come to work from out of town, and/or start work at 5:30 am. Road conditions may be fine by 10:00 am, but our day starts earlier, and we have to make our decision based on conditions well before the public opening time of the center.

If there is a change to our schedule, and if we have your phone number on file, you will receive an automated call to inform you of the change. **Please note that this call will come from a Massachusetts number—it is not spam.** We use our sign-in system, MySeniorCenter, to make these calls (ain't it great?), and the software is housed in Massachusetts, so that's where the call appears to come from. The program will leave you a message if you do not answer. Feel free to see Kathy with any questions!

If you are feeling unwell—active cough or stuffy head, nausea, fever, headache: PLEASE stay home. It goes without saying—but we're still sayin' it—that no one wants to catch any of the nasty bugs that circulate at this time of year. We are happy that you want to be here, and we WANT you here—so long as you are well! This especially applies to our VOLUNTEERS, who often interface with a large number of guests every day—please don't “tough it out”, just let us know and we will find a replacement. Thanks for helping us all stay healthy!

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-

December Speakers — This & That



Oregon State University
Extension Service
Clackamas County

Mental Health Information Table Monday Dec 1st 10:30-noon

Winter's change of light can feel cozy-or something else. We may be the light in the dark winter months for ourselves or others, so drop by informational table to see what resources are available for supporting the well being of you or others. It's ok to ask for help and to find out what is available.

The Center's guest from **OSU Extension Service**, Maureen Quinn, is looking forward to meeting you.

No sign up – drop by the info table on Dec 1st.

Conversations on Aging—"Friendships As We Age" **NEW TIME** December 11th @ 10:00

As we age, we may experience the loss of friends due to any number of reasons. Losing friends, whatever the cause, can leave a hole in the fabric of our lives. Lets talk about the process of making new friends!

Sign-up Encouraged

No Fee

Christmas Craft—Thursday, December 18th @ 1pm

You'll have a "holly, jolly" good time making a simple Christmas craft with Wendy & Mindy. All supplies are included, bring your holiday spirit!



Signup Required, limit of 12

No Fee

Support for holiday stress and anxiety December 19th 1:00



The holiday season can often bring more stress and anxiety than joy and merri-ment . Looking for ways to identify and cope with those triggering thoughts and situations? Join us for support and encouragement.

Sign ups required

No Fee

Call 503 266 2970 or sign up at the front desk.

Women's Grief Support Group, First & Third Tuesday each month, 2:30 pm to 4 pm

This women's grief support group meets twice each month, the first and third Tuesdays from 2:30 to 4 pm. For more information, please contact group facilitator, Chris Donner, directly at 503 278 6324.

Medicare Meetings

December 11, 2025 at 1:30 pm 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 or those who are currently on medicare. Call Nola at 503-343-6739 if you have questions.

Walk-ins welcome

No Fee

CAC AARP Tax Clinic: UPDATE

We will once again host the AARP Free Tax Clinic at the Adult Center beginning **mid-February 2026**. This program is made possible thru AARP trained tax clinic volunteers. The appointment reservations are made on a schedule provided by the Tax Clinic Coordinator.

Beginning Monday, January 26th, you may call CAC to schedule your tax appointment. Appointments fill early and are open to clients of all ages.

Donations to Canby Adult Center are always appreciated!

CAC hosted a **fun and delicious volunteer appreciation event** on October 21st. In addition to thanking our volunteers, we want to thank our **basket raffle donors** for their beautiful donations:

Canby Adult Center Staff
Canby Adult Center Kitchen Team
Ellison Team Homes & Donna Ellison
Home Matters Caregiving
Hope Village
Ideal Real Estate & Ben Richardson
Marquis at Hope Village
NW Grace Moving
Angie Neal
Columbia Medical

Happy Holidays

from Canby Adult Center Staff

Trips—December 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, November 24th**. 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.**

Please note: Given our selection and number of trips for this holiday season, you may sign up for **a maximum of three trips when sign-up opens**. Beginning Wednesday, November 26th, you may sign up for additional trips if you wish. If you are paying with cash, please bring exact change. We are not in a position to make change for large bills. Thank you!

Santa's Glow Walk Thru Festival

December 2, 2025

Three years in the making... and for the first time ever, Glow Oregon is lighting up the home of the Keizer Volcanoes! □□ This is going to be the most magical holiday experience in the region — millions of lights, larger-than-life displays, and memories waiting to be made.

□□ Over 1 million lights throughout the Stadium, Merry Maker's Market, local vendors with treasures galore, Nativity and Live entertainment with holiday harmonies, Gourmet food trucks offering mouthwatering culinary delights, and expanded spaces providing heat and cover. *Bring money for food and fun at the festival.*

Depart: 5pm

Cost: **\$15.00, payable at sign-up**

Return to Center 9:30pm

Bus Fee: Donations Accepted

PIR light Drive Thru Lights

December 3, 2025

Winter Wonderland is the largest holiday light show in the Pacific Northwest, spanning the entire racetrack at Portland International Raceway. Come for a leisurely cruise to see over a million holiday lights from the comfort of our own bus. We'll be in awe at the hundreds of festive light displays. Watch out for dinosaurs, stare up at the shimmering tunnels and arches, count down the 12 Days of Christmas and ride through a candy cane forest. There are some brand-new surprises for you this year too! Create lasting memories with us this holiday season! *Bring money for dinner before the event and a canned food to donate.*

Depart: 4:30pm

Cost: Free

Return to Center 9:30pm

Bus Fee: Donations Accepted

Irish Christmas at the Reser

December 4, 2025

Bringing Irish Spirit to the Holiday since 2005. The hugely popular holiday show Irish Christmas in America returns bringing folk song, dance, and stories of seasonal Irish Traditions. The show features exceptional Irish music performance rich in Humor and boundless energy. *Bring money for dinner before the Reser show.*

Depart: 4:30pm

Cost: **\$37.00, payable at sign up**

Return to Center 10pm

Bus Fee: Donations Accepted

Mother Hubbard Bazaar/Garden Gallery

December 8, 2025

Mother Hubbard's Cupboard Bazaar in Hubbard, Oregon is open. Take your time going thru 1000's of items for decorating, tasty treats to eat, gift giving, or just for fun. *Bring money for lunch and the bazaar.*

Depart: 9:45am

Cost: Free Admission

Return to Center 3:30pm

Bus Fee: Donations Accepted

Granny Fi's Tea Party in Aurora

December 9th, 2025

It's always time for a spot of tea at Granny Fi's. Their staff invites us to choose from 2 menus for the event (posted on the bulletin board in CAC hallway) Dress up or dress down, come enjoy a high tea and visit with new friends and old. This is a great Christmas time treat to give yourself. *Bring money for the tea party.*

Depart: 11:45am

Cost: \$22.00 **pay at sign up**

Return to Center 2:30pm

Bus Fee: Donations Accepted

December 2025 Trips Continued

Lakewood Theatre Miracle on 34th Street

It's time for the Theatre. The production is based on the classic story. Kris Kringle, an older man living in a retirement home, takes a job as Santa at Macy's. He spreads waves of goodwill by directing parents to other stores to find exactly the toy their child desires. Our own Wendy May will be performing in the performance this year. *Bring money for dinner before the event.*
Depart: 4:30pm
Cost: \$36.00 (Payable at sign-up)

December 11, 2025

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

Oregon Garden Resort Dinner

Our Garden View Restaurant is open for indoor dining at it's finest and showcases locally sourced ingredients and gorgeous views of the 80-acre Oregon Garden and Willamette Valley through large picture windows. Come with us and enjoy your old and new friends and the season of lights. *Bring money for dinner and lights.*
Depart: 4:15pm
Cost: \$20 for lights entry plus dinner

December 16, 2025

Return to Center 9pm
Bus Fee: Donations Accepted

Miracle of Christmas Lights Drive thru

Hop on the bus with us and enjoy the lights in the mid-Willamette Valley on a December evening, take a spin through Keizer's "Miracle of Christmas" lights display. 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. *Bring money for dinner or your own sack lunch before the drive thru light displays.*
Depart: 4:30pm
Cost: Free Admission

December 18, 2025

Return to Center 9pm
Bus Fee: Donations Accepted

'Twas the night before Christmas, when all through
the house, Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there;

He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot;
A bundle of toys he had flung on his back,
And he looked like a peddler just opening his pack.

The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads;
And mamma in her 'kerchief, and I in my cap,
Had just settled down for a long winter's nap,

His eyes -- how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the snow;

When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.

The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath;
He had a broad face and a little round belly,
That shook, when he laughed like a bowlful of jelly.

The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below,
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer,

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself;
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread;

With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name;

He spoke not a word, but went straight to his work,
And filled all the stockings; then turned with a jerk,
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose;

"Now, DASHER! now, DANCER! now, PRANCER and VIX-
EN! On, COMET! on CUPID! on, DONNER and BLITZEN!
To the top of the porch! to the top of the wall!
Now dash away! dash away! dash away all!"

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, ere he drove out of sight,
HAPPY CHRISTMAS TO ALL, AND TO ALL
A GOOD-NIGHT!

Dec. 23, 1823
Clement Clarke Moore

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky,
So up to the house-top the coursers they flew,
With the sleigh full of toys, and St. Nicholas too.

And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,
Down the chimney St. Nicholas came with a bound.

Remember this poem? It was originally titled "A Visit" or "A Visit From St. Nicholas," and was first published anonymously on Dec. 23, 1823, in a New York newspaper called *The Sentinel*. In 1837 Clement Clarke Moore, a college professor, accepted credit for writing it.

Four handwritten copies of "A Visit" are known to exist, with three in museums, and [one purchased at auction by an anonymous media mogul](#) for \$280,000 in 2006!

December Movies, Music & More

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

Movie Line-up

December 3rd: **Who Gets the Dog?** with Alicia Silverstone. Fun movie about a divorcing couple fighting over custody of...their dog.

December 10th: **Deck the Halls**, with Danny DeVito and Mathew Broderick. Two neighbors have it out after one of them decorates his house for the holidays so brightly that it can be seen from space.

December 17th: **Jack Frost**, with Michael Keaton. A father who can't keep his promises is killed in a car accident. A year later, he returns as a snowman with one last chance to put things right with his son before he is gone forever.

December 24th: **A Christmas Carol**, with George C. Scott. This is the best one – no description needed!

December 31st: **It's a Wonderful Life**, with Jimmy Stewart and Donna Reed. An angel is sent from Heaven to help a desperately frustrated businessman see the value of his own life.



FRIDAY MOVIES AT THE CENTER
December 5th: No movie as we set up and prepare for the Holiday Bazaar.

December 12th – **Once Upon a Crime**, with John Candy and James Belushi. A comedy caper about a group of bumbling Americans in Europe, who find a lost dog and try to return it to Monte Carlo to split the reward.

December 19th – **the Boy in the Woods**. A remarkable true-life survival story about a Jewish boy hiding in the woods of Nazi-occupied Eastern Europe.

December 26th – no movie, center closed.

**Lunch service in the Dining Room is NOON sharp
Monday, Wednesday, Thursday & 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, December 1st & 15th
Join us to hear a fine selection of hits, and oldies & goodies

Piano with Jonah, December 3rd & 10th
Holiday classical, favorites and show stoppers!

"Christmas Uke's - December 11th
Our own Ukelele group with their Instructor, Pat, will share some wonderful Christmas music and maybe an authentic hula or two!

Music with Jim - December 18th
Guitar music with Jim includes patriotic tunes, gospel & some Christmas favorites! This is the date of our ever-popular Christmas lunch, so you will need a reservation!

Canby High School Cantalinas: December 19th
A pitch perfect acapella Musical performance by our own Canby High School Cantalinas—an inspiring performance you won't want to miss!

Music with Scott: December 22nd
Scott brings a selection of well known and loved popular music with "something or everyone" and some Christmas tunes!

**Good Old-Fashioned Christmas Carols—
December 24th**
**Join Scott as he leads us in some great
old-fashioned Christmas Carols** in the dining room, on Wednesday— get your annual cup of "Christmas Cheer"!

!



Remember to Make Your Lunch Reservation for "Special Events"

Lunch Dates: We require reservations for our "special lunch" celebrations and hamburger day. This month we offer: **Hamburger Day on Thursday, December 4th, and our ever-popular Christmas Lunch, Thursday, December 18th.**

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!

As December hits (shorter/darker days), we might find ourselves feeling a little down in the dumps. We're talking about ways to manage stress this month, what better time than now?! Of course I've got to add exercise.....It's not in the article below, but I'll always add it here. We have many options here at the center, I'd love to help you find the right "fit" for you—just ask! In the meantime, bundle up, stay dry and I hope to see you at the center soon. ~ Mindy

Managing Stress During Times of Change

Change is a natural part of life, yet there are seasons when it feels like the world around us is shifting faster than we can comfortably keep up. Many of us today are navigating a variety of stressors — from changes in government programs like SNAP, to political news or views that seems ever-present, to the arrival of darker, colder, stormier weather. Even if we have lived through many periods of change before, these moments can still affect our sense of stability, routine, and peace of mind.

Stress is not just an emotional response — it can also influence our physical health. We may notice changes in our sleep, appetite, mood, or energy levels. The good news is that there are practical, gentle ways to stay grounded and resilient during stressful times. Small habits, supportive routines, and staying connected with others can help us maintain a sense of well-being and control in our daily lives.

Below are a few helpful approaches to managing stress as the seasons — and the world — continue to change.

Acknowledge What You're Feeling

It is completely normal to feel unsettled or uneasy when the world around us feels uncertain. Sometimes, we may feel pressure to "be strong" or to brush off our worries. But acknowledging our feelings is actually one of the healthiest things we can do.

Focus on What You Can Control

When news headlines feel overwhelming it helps to return to what is within your control. For example:

- The routines you keep each day
- The people you choose to spend time with
- The way you care for your body and mind
- The positive moments you intentionally seek, even small ones

Try Making a Short List of "Things I Can Do Today."

Drinking enough water, getting fresh air, even if only briefly or calling a friend. Spending time on a hobby or stretching / moving your body gently. Shifting focus from big, uncontrollable issues to small, meaningful actions helps restore a sense of steadiness.

Create Comfort in Your Environment

Our surroundings can influence how we feel. As we enter the darker winter months, we tend to spend more time indoors, which can sometimes lead to feelings of loneliness or low energy. You might try:

- Opening blinds or curtains during daylight hours, let that natural light in
- Playing some calming music or familiar sounds (ocean waves, chirping birds) that bring comfort
- Turning on soft, warm lighting in the evening to create a cozy environment
- Bringing some house plants inside, adding some greenery to brighten up your inside space

Sometimes just small, simple changes can make your home feel calm and supportive.

Stay Connected

Social connection is one of the strongest protectors against stress. Even short, daily interactions can lift our spirits. This could include:

- Attending a class, activity or lunch at the center (we have a lot to offer!) Check our monthly newsletter & calendar.
- Call or text a friend or family member just to say "hello"
- Join a group activity, discussion circle or find somewhere to volunteer
- Send a card or note to someone you care about. It will bring joy to BOTH of you

Connection doesn't have to be deep or serious to be meaningful. A smile, shared laugh, or friendly hello can shift the tone of your entire day.

ALWAYS REMEMBER—We're Here for You

The Canby Adult Center community is here to support you. We offer many activities & services to help and support you. Whether it's lunch, exercise, a day trip, or one of our MANY activities—we've got something for everyone.

Sources: Nat'l Inst. On Aging, NCOA, Harvard Health Publishing

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.

“A Walk Down Memory Lane”

~B. Roberts

Walk with me as we take a journey through things from the past. Things, words, phrases, ideas, or places from the past evoke different emotions and remembrances. It is interesting how these words bring back memories that have laid dormant for years. These are not in any particular order... they just are presented for your reading pleasure.

“I Only Have Eyes for You” reminds us of slow dancing. Then there are things from past cars like three on the tree or side to side rear ‘stagecoach’ suspension systems.

Remember five section Bazooka Bubble Gum with a cartoon wrapper or one speed bicycles with coaster brakes? How about Whizzer motorbikes or cars with vacuum shifters? Then there were cars with turbo drive or push button transmission shifters. And cars did not have seat belts and you had to order the heater and radio on a new car as they were extra. Do you remember the Crosley, Nash, Hudson, or Desoto cars? Or how about vehicles with suicide doors or rumble seats? Reo trucks were famous for hard rubber tires and chain drive from a side mounted transmission gear to the rear wheel.

Some people used steel braces on their legs to cope with polio. We had wing walkers to entertain us. Or place playing cards on your bike fender strut, so they made a ‘motor’ noise. We had a cop car with a red bubble gum machine on the roof. Our fire engine had a hand cranked chrome siren.

Remember toboggan rides? Bing Crosby and FDR were big names. Some tractors had steel wheels with big lugs for better traction. A favorite back in the day were Red Riders or American Flyers for our enjoyment.

Some of the grandest days were Armistice Day and VE day along with VJ day. The biggest day of that era was D Day.

Remember cream separators in the neck of milk bottles delivered to your front door? Or hand cranked cream separators on the farm. Party lines were fun as well as pay phones if you had pocket change. Push button locks on the edge of front house doors were interesting and usually needed a skeleton key to unlock the door. We had skate keys hung around our necks and cap guns were great fun. Evening mystery radio programs were great entertainment coming out of upright wooden clad RCA radios. Schools had black slate chalkboards for instruction that provided entertainment when you ran your fingernail down them at the correct angle.

Hide and seek was a favorite of the younger crowd along with red light, green light. The teens loved their transistor radios if the batteries were charged. Schwinn bikes with the shock absorber spring front end were popular. Neeco Wafers, Juicy Fruit gum were favorites with the kids. Shoe taps and smooching seem to go together if you were popular when you wore your cardigan with horned-rimmed glasses. Did you ever wear knickers?

Yes, it is fun to harken back to the good ole days and refresh hidden memories. It is entertaining to listen to old timers tell how it was back in the day when they were kids. It is even more fun to sit back and drink a Nehi orange as you listen to two old timers tell their stories because they usually refresh each other’s memories.

Mele Kalikimaka

Resi Stockman-Hind

I’ve never been a fan of winters in the Pacific Northwest. There’s something about the seemingly endless grey, drizzly days that by January has me, who was born under a sun sign, wanting to run outside yelling “Calgon, take me away!” It’s not that I begrudge Mother Nature the chance to take a well-deserved break after the riotous technicolor displays of flora and fauna she showers us with the rest of the year. And we all know that there’s always a lot going on behind the scenes and underground that’s not visible to the naked eye. But once I spot the first shy crocus or confident daffodil, the spring is back in my step. So, knowing how I feel about Northwest winters, one might think that I would have welcomed the prospect of spending my 24th Christmas in Honolulu.

I didn’t give it a lot of thought at the time. My then-husband was stationed aboard a Destroyer Escort that was home ported in Pearl Harbor. I joined him there between deployments the year prior to the end of the US involvement in Viet Nam. As Christmas approached, I set about trying to create as traditional a Christmas as I could with the materials available to me. This involved a can of spray snow applied generously to the louvered windows of our apartment. I stretched our limited budget to purchase a small Norfolk Pine, which is the spindly Hawaiian version of the lush evergreens we are accustomed to. Turning the oscillating fan on high was as close as I could get to air conditioning to reduce the inside temperature below 75 degrees. Lastly, I placed on our turntable a 33rpm recording of holiday classics so we could join Bing in “Dreaming of a White Christmas.”

I was not yet a very experienced cook, but decided to challenge myself to create a Boston Clam Chowder for the Christmas Eve meal. The ingredients were readily available at the base commissary. I labored over peeling and dicing the potatoes, sauteeing the bacon and onions while they simmered, adding the chopped clams in juice and carefully stirring in the cream. The herbs and spices came last: rosemary, thyme, salt and pepper. I casually grabbed the can of pepper from the cupboard and gave a liberal shake into the fragrant stew. Something odd caught my eye after adding the last ingredient. With horror, I detected the unmistakable presence of roach eggs among the pepper grounds.

It was many years before I attempted to cook Boston Clam Chowder again. If I were in the same situation today, I would probably simply have gone with the theme of a Hawaiian Christmas. That is, dressed the Norfolk pine in beads and shells, let the warm breezes blow through the louvered windows, and played the Hawaiian version of the Twelve Days of Christmas with ukulele accompaniment. Dinner might have been Kalua pork with macaroni salad and fresh mango. It would have been much less stressful and just as memorable. But in those uncertain days, it was that connection with home that we sought.

Birthdays & This & That!

December 2025 Birthdays !

1 Elaine Hill	19 Connie Ables
1 AJ Swaim	19 Carole Allison
2 Judy Emerson	19 Ginger Brelín
2 Carolee Iselin	19 Gwen Polgar
3 Keith Murphy	19 Randall Russell
3 Colby Stevens	20 Diane Adelblue
4 Daniel Dixon	20 Greg Erk
5 Michael O'Rear	20 BJ Schmader
5 Lisa Rawls	21 Colleen Light
7 Evie Berg	21 Anna Polkovnikova
7 Barbara Daniels	21 Rod Youngquist
7 Rodney Earnest	22 Kathleen Jeskey
7 Tim Witkowski	22 Daniel Kaniho
8 Mary Ann Hoffman	23 Sue Glaspey
9 Lori Grady	23 Tom O'Brien
9 Pat Usinger	23 Holly Wilson
9 Scott Wiesehan	24 Gretchen DeLaney
10 Linda Cosgrove	24 Betty McCall
10 Bob Hill	24 Katherine Thompson
10 Verla Kreilkamp	25 Mike Elario
10 Jennifer Murk	25 Reni Erk
11 Saralee Croft	26 Karen Sadoff
11 Michael Higgins	27 Jorge Tro
13 Patrick Church	28 Jerry Keen
13 David Onsgard	28 Darrell Schuh
14 Loreta Brubaker	28 Judy Sprague
14 Fran Hopkins	29 Mary Wintermantel
14 Cam Koylowski	30 Shannon Hann
15 Marlene Banks	30 Linda Lloyd
15 Deanna Edwards	30 Virginia Reed
15 Susan Hill	31 Karen Hunt
15 Gale Nelson	31 Allen Lind
15 Debbie Schauer	31 Michael Riggs
16 Rebecca Baker	31 Doug Smith
16 Cathy Greene	31 Gwen Stevens
16 Richard Hands	
17 Christine Anderson	



Thank You to Our New and Renewing Members

Betty Anderson	Carolyn Heininge	Jay & Colleen Scott
Linda Baker	Anton Heinrich	Carol & Harley Smith
Michelle Bayley	Bette & Dale Hester	Gerrie Stanton
Rita Beam	Irene Holderby	Ginny Stevens
Debbie Bramlage	Karen Hunt	Judie Stone
Loreta Brubaker	Mary Jo Kelly	Lynn Swanson
Susan Cazier	Efim & Efroncinia	Sue Tierman
Douglas Dailey	Konev	Jerry & April
Joel & Elaine Daniels	William Lawson	VanTassel
Diane Davis	Dan & Linda Lewis	Patty Walters
Gretchen Delaney	Linda Lloyd	Bob & Sharon
Kathy Dieter	Betty McDaniel	Westcott
Jean Emch	Suzy Melbey	Elizabeth Wheelock
Karen Fahsholz	Sandy Newman	Carolyn White
Cindy Faist	David Onsgard	Tamara Williams
David & Ruth Feldman	Carol & Jim Pienvi	Carolyn Wilmes
Duane & Marilyn Fillis	Sally & Leon	Tin & June Wong
Barbara Finchor	Poznanski	Peggy Wyatt
Susan Gallagher	Michael & Cynthia	
Robert Harris	Riggs	
Janet Haskins	Ruth Riha	

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



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. On Nov 7th there will be a silent auction to raise money for roof replacement.
- ♦ **Taco Tuesdays** beginning Oct 7 and following on every other Tuesday. This is an ongoing fundraiser for roof replacement at Legion

Light up the Night, December 5, Wait Park

Light Up The Night is a holiday celebration that has become a tradition in Canby. On the first Friday of December, celebrate the season with a parade through downtown and a lighting ceremony at Wait Park. The parade begins at 6:00p and ends in Wait Park with a celebration at 6:30pm. Carolers, hot chocolate, and Santa make this a night to remember!

Canby Adult Center Holiday Bazaar, Dec 6th, 9am-3pm

Jewelry, handcrafts, wreaths, seasonal décor, hot lunch & more!

Winter Fair & Holiday Market, Clackamas County Fairgrounds, Nov 28-Dec 20th, Fri & Sat, 5pm-9pm

Clackamas County Winter Fair & Holiday Market, which 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. Once you finish enjoying the lights, come back inside to warm up with a hot cocoa or a sweet treat.

This year we have moved Santa and Mrs. Clause upstairs to keep them a bit warmer. So don't forget to head up there to get the kids' picture taken. There will also be kid friendly vendors up there and some local groups will be playing live holiday music as well. This is a great place to hang out and enjoy some family time and holiday cheer.

Just Out of Town...

The Aurora Wine and Chocolate Walk, December 7th & 8th from 11-5,

Wander Oregon's first designated Historic District while tasting local wines & snacks and shopping vintage, antiques & gifts, just in time for the holidays!

Out of Town...

Crafty Wonderland Holiday Art + Craft Market, Dec 12-14, Oregon Convention Center

Shop from over 250 of the best and brightest artists and makers around! Find the best gifts for everyone on your list...plus some goodies for yourself!

Winter Wonderland at Portland International Raceway, Nov 28-Dec 31

Winter Wonderland is the largest drive-thru holiday light show in the Northwest and the largest annual fundraiser for Sunshine Division. All proceeds from Winter Wonderland directly to fee families. Celebrate the holidays in style while helping us make our community a brighter place! The need for your support has never been greater.

Festival of Trees, Saturday, Dec 6th, Oregon Convention Center

This year marks a special occasion as it is the final year for the beloved Safeway | Providence Festival of Trees. After 42 years, the community is invited to come together for one last celebration to honor the tradition and support children's services through Providence's Children's Health initiatives. You can participate in a public viewing with festive trees, holiday entertainment, Santa photos, and more at the Oregon Convention Center on Saturday, December 6, 2025. The festival concludes with a grand finale gala dinner and auction, also at the Oregon Convention Center, to mark the end of this beloved holiday tradition.

The Grotto Christmas Festival of Lights, Friday, Nov. 28 – Monday, Dec. 30 (Closed Christmas Day), NE 85th & Sandy Blvd. in Portland, Oregon

The Festival of Lights is a walk-through event and visitors can expect to walk approximately one-quarter mile. All entertainment areas are either indoors or tented, but visitors should dress for the weather. Enjoy the amazing 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. Find snacks and drinks available for purchase inside the Interpretive Center, next to the Chapel.

Zoo Lights, Nov 21-Jan 4, Oregon Zoo

Every year, Zoo Lights dazzles visitors of all ages with vibrant light installations and a whole lot of seasonal fun. See the zoo in a whole new light! Check out the magical meadow light show, along with a variety of interactive displays. Hop on the zoo train and see dozens of life-size animal lanterns along the route. Walk through vibrant tunnels of glittering lights and take in the glowing festive atmosphere.

Enjoy delicious sweet treats like Elephant ears, hot chocolate, popcorn and s'mores. Or raise a toast with beer, wine and a range of non-alcoholic options. It's all available at Zoo Lights!



Thank you 2024—2025 Annual Appeal Donors

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 Web: www.canbyadultcenter.org

Activities— December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 10:30 Mental Health Info Table 11:00 GeriFit 11:30 Music with Mickey 1:00 Hand & Foot 1:00 Parkinson's Support 3:00 No Relaxation/ Meditation Class this week	2 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:30 Women's Grief Suppt Group 5:00 Trip: Santa's Glow walk	3 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 10:30 Blood Pressure 11:00 BingoCize 12:00 Piano w/ Jonah 12:30 Genealogy Svc 1:00 Movie: Who Gets The Dog 1:00 Medi-Carolers 4:30 Trip: PIR Lights	4 9:00 Beginning Ukulele 10:00 Ukulele Class 10:00 Memoir/Creative Writing 11:00 GeriFit 1:00 Line Dancing 4:30 Trip: Irish Christmas at the Reser	5 9:00 Tai Ji 10:00 BB&B 11:00 BingoCize 1:00 Pinochle 1:00 NO MOVIE TODAY	6 Holiday Bazaar 9-3
7	8 9:00 Footclinic 9:00 Tai Ji Quan 9:45 Trip: Mother Hubbard Garden Gallery 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot 1:00 Canasta 3:00 No Relaxation/ Meditation Class this week	9 9:30 YOGA 10:00 Handiwork 11:45 Trip: Tea at Granny Fi's 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	10 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 12:00 Piano w/ Jonah 1:00 Blood Drive 1:00 Board Meeting 1:00 Attorney Consults 1:00 Movie: Deck the Halls 3:00 Alzheimer's Support Group	11 9:00 Beginning Ukulele 10:00 Ukulele Class 10:00 Conv On Aging 11:00 GeriFit 12:00 Ukulele Music 1:00 Line Dancing 1:30 NW Medicare Adv. 4:30 Trip: Lakewood Theater—Miracle On 34th Street	12 9:00 Tai Ji 10:00 BB&B 11:00 Bingocize 1:00 Pinochle 1:00 Movie: Once Upon A Crime	13
14	15 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 11:30 Music with Mickey 12:00 Music w/ Mickey 1:00 Hand & Foot 3:00 No Meditation Class	16 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:30 Women's Grief Suppt Group 4:15 Trip: Oregon Garden Dinner	17 9:00 Tai Ji 10:00 BB&B 10:00 Newsletter folding 10:30 Blood Pressure 11:00 GeriFit 1:00 Medicarolers 1:00 Movie: Jack Frost	18 9:00 Beginning Ukulele 10:00 Ukulele Class 10:00 Memoir/Creative Writing 10:00 Seated Volleyball 11:00 GeriFit 12:00 Music w/ Jim 12:00 Christmas Lunch Reservation Required 1:00 Christmas Craft 1:00 Line Dancing 4:30 Trip: Miracle of Christmas Lights	19 9:00 Tai Ji 10:00 BB&B 11:00 Bingocize 12:30 Canby HS Cantalina's 1:00 Pinochle 1:00 Speaker: NAMI Holiday Stress 1:00 Movie: A Boy In The Woods	20
21	22 9:00 Footclinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot 3:00 No Relaxation/ Meditation Class this week	23 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	24 Christmas Eve 9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 12:00 Christmas Carols with Scott 1:00 No Bunco today 1:00 Movie: A Christmas Carol	25 Christmas Day Center Closed 	26 Center Closed	27
28	29 8:30 Trip Sign Up Begins 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 1:00 Hand & Foot 3:00 No Relaxation/ Meditation Class this week	30 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	31 New Years Eve 9:00 Tai Ji Quan 10:00 BB&B 11:00 BingoCize 1:00 Movie: It's A Wonderful Life	January 1st 2026 New Year's Day 	January 2nd, 2026 9:00 Tai Ji 10:00 BB&B 11:00 Bingocize 1:00 Pinochle	3

No Relaxation/Meditation or Mandala Classes this month. No bunco this month—all resume in January

Menu—December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Tamale Pie Steamed Vegetables Green Salad with Tomatoes & Cucumbers Jello with Fruit	2	3 Shrimp Louie Tossed Greens Vegetable Garnish Chefs Choice Soup Fruit Jello	4 Hamburger Day Potato salad Broccoli & cauliflower salad Fresh Fruit	5 Breaded Pollock Rice Pilaf Mixed Vegetables Cole Slaw Fruit	6 Holiday Bazaar 9 am - 3 pm Purchase Cinnamon rolls, lunch & other items!
7	8 Meatloaf Mashed Potatoes Seasonal Vegetables Green Salad Fruit	9	10 Chicken Caesar Salad Romaine Lettuce Chefs Choice Soup Fresh Fruit	11 Plant Based Meal Vegan Shepard's Pie Steamed Vegetables Coleslaw Gingerbread	12 Kielbasa & Sauerkraut Vegetables Cornbread Marinated green Bean salad Vanilla Pudding	13
14	15 Sausage and Cheddar Quiche Hashbrown Potatoes Applesauce Blueberry Muffin	16	17 Deli Sandwich Vegetable Garnish Chickpea Greek salad Chef's Choice Soup Brownie	18 Christmas Meal Christmas Ham Scalloped Potatoes Fresh vegetables Wheat roll Ceasar salad Figgy pudding	19 Teriyaki Chicken Steamed Rice Cole Slaw Oriental Vegetables Fresh Fruit	20
21	22 Swedish Meatballs Buttered Noodles Steamed Broccoli Greek salad with Feta Tapioca Pudding	23	24 Chicken & Dumplings Mashed Potatoes Steamed Peas Three-Bean Salad Fruit	25 Christmas Day Center Closed 	26 Center Closed Today	27
28	29 Tuna Casserole Green Beans Fresh Baked Roll Cucumber salad Punch Cake	30	31 Sloppy Joes Coleslaw Tots Steamed Vegetable Cookie	January 1, 2026 	Thanks to our Serving Groups: Canby Fire Department Canby Police Department Canby Utility LDS Church—First Ward Zion Mennonite Church	