



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

January 2026

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MONITORS
June Nice
Carol Clark

Office Hours

M—F 8:30 am—4:30 pm

Welcome from the Director

Dear friends,

I'd like to add my thanks to those expressed below, for the many generous gifts we have received so far in response to our annual appeal. Truly, your donations make a BIG difference to the services we are able to offer. It's a very nice way to start out a new year!

We are also very grateful to the Canby Rotary Foundation for choosing the CAC as recipient of proceeds from their annual dinner and paddle raise. Over \$47,000 was raised at the event to jumpstart our capital campaign. A new center is on MY Christmas list this year—how about you?

Wishing you the happiest of New Years—Kathy

DONORS—Please Accept Our Thanks!

If you have made a donation to the Capital Campaign for our new Holly Street Building, or if you have made a donation to our Annual Appeal, please be sure to check out our thank-you pages at the end of this publication. We want you to know we are grateful for your support!

Planned Giving seminar

If you want to know more about how to support CAC or other great causes—please sign up to attend a presentation offered at the Center, with Mitch Magenheimer, from Cornerstone Wealth Management, on January 21st. Please see details on page 7.

NEW—ZUMBA Class Offered Thursdays, 2:15 to 3:15 beginning January 8th

Is Zumba Gold for you? Fun moves and choreography by Deb Harman, semi-retired CHS teacher. See class details on page 7.

Dig into your closets to chase those gray days away!

Hat Day—January 15th. Wear your favorite or most outlandish hat!

Hawaii Day—Dream about warmer temps and wear your loudest Hawaiian shirt on January 22nd. We'll even have a special menu that day! See page 7 for more details.

AARP Tax Clinic Hosted at CAC Beginning in February—Tax Appointments Open January 20th. Find more information on page 8.

Month At A Glance: See inside for details

Dec 25	Christmas Day—Center Closed
Dec 26	Center Closed
Dec 28	Sign up begins for January trips, and activities.
Jan 1	Happy New Year—Center Closed
Jan 2	Center OPEN!
Jan 5	Parkinson's Support Group 1 pm
Jan 6/20	Women's Grief Support Group 2:30
Jan 7	Red Cross Blood Drive
Jan 7	Genealogy Service
Jan 8	Let's Talk (formerly Conversations on Aging) 10am
Jan 8	NW Medicare Advisors 1:30
Jan 14	Newsletter Folding
Jan 14	Board Meeting
Jan 14	Attorney Consults 1:00
Jan 14	Alzheimers Support 3:00
Jan 15	Info Table: Bee Organized
Jan 15	Hamburger Day—Signups Req'd
Jan 15	"Hat Day" - wear your favorite Hat!
Jan 19	Center Closed—Martin Luther King Jr. Day—Holiday
Jan 21	Blood Pressure Check 10:30
Jan 21	Planned Giving seminar, 1:00 pm
Jan 22	Seated Beachball Volleyball 10am
Jan 22	"Hawaiian Day" Music & Lunch noon
Jan 26	Trip & activity sign-up for Feb events
Jan 26	AARP tax appointments open
Jan 28	Mandala at 1 pm
Jan 29	Bunco at 1 pm

JANUARY REMINDERS: The Center is closed Thursday, January 1, 2026. OPEN Friday, January 2nd!

Closed Monday, January 19, observing Martin Luther King, Jr. Day.

Center Services

Client Services Available in January

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 and Zumba!

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
- * Memoir Writing
- * Hand and foot
- * Ukulele
- * Pinochle
- * Crafting & Quilting groups
- * Woodworking

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

Activities and resources available on a drop-in basis:

- ◆ Ping Pong
- ◆ Books/library*
- Pool
- 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.

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 **January 14, 2026**. 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 **January 21st, 10:30 am to Noon**

Roger Livengood is an RN who provides a blood pressure clinic the **first and third Wednesday of each month, however this month January 21st only**. 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 only.

Foot Clinics—Offered Twice Each Month with Jenelle Ediger, this month January 12th & 26th

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 —

January 7, 2026, 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! **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 January 5th, 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 January 14th, 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, January 6th & 20th, 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



Am I a Clutterer?

- ◆ Do you have more possessions than you can comfortably handle?
- ◆ Are you embarrassed to invite family, friends, health care providers, or maintenance workers into your home because it is not presentable?
- ◆ Do you find it easier to drop something instead of putting it away or to wedge it into an overcrowded drawer or closet rather than finding space for it?
- ◆ Is your home, or any part of it, unusable for its intended purpose, with a bed you can't sleep in, a garage you can't park in, a kitchen you can't cook in, or a table you can't use for dining?
- ◆ Do you hesitate sharing about this problem because you feel embarrassment, guilt or shame about it?
- ◆ Is clutter causing problems at home, at work, or in your relationships?

Support is available

Clutterers Anonymous Eastside Portland - In person meeting
Gethsemene Lutheran Church
 11560 SE Market Street
 Portland OR 97216
 503 674 8893 Wednesdays 5:30-7:00 pm



OR Clutterers Anonymous online support
<https://clutterersanonymous.org/>
 Phone 866 402 6685

What to do in the case of a power outage in Clackamas County:

Report the outage: Contact your local utility company to report the power outage

Stay informed: Check local news or utility websites for updates on the outage and restoration efforts.

Stay safe: If the outage is due to severe weather, follow local emergency guidelines and stay safe

Canby Utility

<https://canbyutility.org.gov>
 503 266 1156

Portland General Electric

<https://portlandgeneral.com/>
 503 464 7777

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*

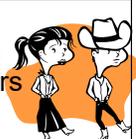
Seated Beachball Volleyball — 4th Thursday each month at 10:00am

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

Every Tuesday & Thursday 1 pm — "Let's Dance"

Line Dancing Classes: No partner needed for this popular and fun line dancing class! New dancers welcome! *No fee—Donations accepted*



Every Thursday 2:15—3:15 pm — "Zumba Gold"

Try something new this winter! No experience needed. **No Fee**

WEEKLY GAMES: Open to everyone; Walk-in's 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!

Pinocle: Tuesdays & Fridays 1:00 pm
This is double-deck pinocle 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 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— January 7, 21 and 28

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"— January 7th & 21st

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,

Enjoy good company and explore how mandalas can unlock your inner creativity and bring you joy! Supplies provided; 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 2025—2026

CHAIR

Loren Bell

(Term ends Sept 2026)

Vice Chair

Matt English

(Term ends Sept 2027)

Treasurer

Keith Galitz

(Term ends Sept 2027)

Secretary

Sandie Field

(Term ends Sept 2028)

Robert “Cash” McCall

(Term ends Sept 2028)

Tim Nichols

(Term ends Sept 2028)

Brandon Leonard

(Term ends Sept 2026)

Joyce Peters

(Term ends Sept 2026)

Michael Vissers

(Term ends Sept 2027)

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 member elections.

Board Retreat Meeting Minutes—Excerpts November 12, 2025

Directors Present:

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

Directors Excused:

Bob McCall

Directors Absent:

Brandon Leonard

Staff Present:

Kathy Robinson

Guests:

Rose City Philanthropy Team – Mark Parker, Caryl Zenker, Jeri Alcock

Members present: - Michelle Hunter, Tonia Kyrk

Rose City Philanthropy Feasibility Study Report: The RCP team outlined the results of the feasibility study and presented next steps. The board expressed a desire to review The Feasibility Study report and setup a follow up meeting specifically to discuss the next steps and make a decision on the recommendations presented.

Monthly Reports:

Treasurer: Keith reported that the investment funds are in good shape. Even with market fluctuations, the fund value as of October 31st was \$8.871M, which was up by more than \$70K over last month. This is after paying the quarterly investment fee and debt service on the mortgage. The investment fund balance remains above the recommended minimum needed to support programming, which provides some short-term flexibility in the timing of construction.

Director:

Programming: Volunteer Appreciation event was a cruise theme with over 90 volunteers attending. Thanksgiving Lunch reservations are full reaching max capacity of 126. The date for the lunch is Thursday, November 20th. Annual Holiday Bazaar is Saturday, December 6th. New Grief Support group for women kicked off and was well attended. This is offered twice a month. Upcoming Planned Giving seminar with Mitch Magenheimer of Cornerstone Wealth Management is tentatively planned for January.

Administration, finance and staffing

Rotary dinner and auction on November 1st resulted in a \$20K match and another \$27K raised from the “paddle raise” for the building project. We will use this data to test drive the new CRM (Customer Relationship Management) system to track donors and dollars. The CRM tracking system will be maintained by adding hours and shifting staff responsibilities. The freezer compressor went out on November 3rd, just one month after expiration of the warranty period. Replacement and parts will cost approximately \$5K. Holiday closures are Nov 27th and 28th and Dec 25th, 26th and Jan 1st.

Old Business:

N Holly Street: Building—JE Design is renegotiating the permit costs with the County by splitting out sub-permits. Next step is request for bids and JE Design has the format and has tentatively identified three potential General Contractors to contact for bids.

Fundraising: Meeting with County CDBG folks and JE Design on Nov 13th to discuss timing on the kitchen remodel. Kathy is on the Chamber of Commerce calendar to give a presentation at the February meeting. Annual Appeal letter is moving along ahead of schedule, hope to mail by Thanksgiving. The CRM = Customer Relationship Management system that establishes a donor database to track donors, amounts and commitments will cost \$60 per month and will be in place by year end.

New Business: RCP Fund Raising Campaign next steps—It was decided that due to time constraints a follow-up board meeting will be set up next week to review options and decide next steps for the campaign.

Meeting Adjourned: At 2:40 pm a motion was made to adjourn the meeting. Motion was seconded and passed unanimously. The next regular board meeting is Wednesday December 10th.

Sandie Field, Secretary

January Speakers & Events

American Red Cross Blood Drive January 7, 2026

CAC is happy to host a Blood Drive each month. You can sign up on line at <https://www.redcrossblood.org>

If you need assistance scheduling an appointment, please call Kathy Robinson at 503 266 2970.

Let's Talk! (formerly Conversations on Aging) January 8th @ 10:00



We are slightly changing Conversations on Aging to a more interactive format. The new program is called Let's Talk.

In January, we will discuss The New Year. We have all lived a full past and have an unknown future. What do you want from this new year? Is it time to learn new skills? Is it time to finish projects? Is it time to reflect? Let's Talk about this new year.

Medicare Meeting: January 8, 2026 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 503-343-6738 if you have questions. Walk-ins welcome **No Fee**

January 15th @ 10:30

Bee Organized—Information Table

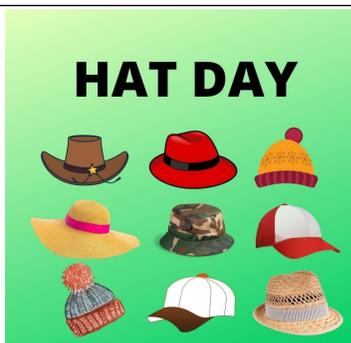
At Bee Organized, Whitney Elliott combines her passion for helping others with practical strategies for simplifying life. Come and visit while she shares helpful insights and tips to help you enjoy your spaces more every day.

AARP Tax Clinic UPDATE— We are hosting the AARP Free Tax Clinic beginning **mid-February 2026**. This program is made possible thru AARP trained tax clinic volunteers and **we will begin scheduling appointments on Monday, January 26th. You may call 503 266 2970 to schedule your appointment. This clinic is available for those with simple tax returns.** Appointments fill early and are open to clients of all ages.

January 15th—Hat Day! All Day Long

We are celebrating "Hat Day" this month—it is an official day celebrated each year and this (New) Year **WE are going to celebrate it!**

Wear your favorite hat and enjoy something new to celebrate in the New Year!



January 21st at 1:00 pm—Planned Giving Seminar – with Mitch Magenheimer of Cornerstone Wealth Management

Do you have a great cause you'd like to support, but not sure how to do it? Want to learn more about how to make a donation tax-free? Then this workshop is for you.

Mitch will share strategies to get more bang for your dollar when making contributions from your IRA or investments, name beneficiaries, and include your favorite cause in your estate planning.

Please sign up at the front desk to reserve your spot!
No Fee

NEW CLASS OFFERING FOR THE NEW YEAR! ZUMBA GOLD Offered on Thursdays, 2:15 to 3:15 beginning January 8th

Is Zumba Gold for you? Fun moves and choreography by Deb Harman, semi-retired CHS teacher. Song list includes favorites like "Neon Moon" "Despacito" "Get On Your Feet" and more. Put your own sauce on the moves and give it a try!

This class is geared to the 50+ crowd who still loves to dance and its calling your name!

Sign up at front desk to indicate your interest so we know how to plan. If attendance is good, we will offer this class every Thursday starting at 2:15.

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.

Hawaiian Day January 22nd

Find your favorite Hawaiian shirt, skirt, or hat, your Hawaiian jewelry and join us in the dining room as we enjoy a fun "Hawaiian vacation" day —yes, a "day trip" in the middle of winter!

We'll have some great ukulele music featured by our ukulele instructor, Pat, and students from the Thursday classes. Our kitchen team will prepare a great Hawaiian-style lunch, and we will be serving some wonderful "mocktails" ... so be sure to join us for a great time on Thursday, January 22nd! (No reservation required.)

Trips—January 2026

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 prepaid 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, December 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.**

Please note: Given our selection and number of trips, you may sign up for a maximum of two trips when sign-up opens.

Spirit Mountain Casino

January 6 , 2026

It's time to go to Spirit Mountain for fun and gaming. The flashing lights and the sound of clinking coins of slots are hard to resist. Come on in, there's always room for more amid Spirit Mountain Casino's large selection of quality slots games, exhilarating blackjack, tempting roulette, the laid-back fun of Pai Gow, and more of your table games favorites! Place your bets on all the biggest professional and college sporting events and leagues from around the world. *Bring money for lunch and gaming at the casino.*

Depart: 8:30am

Return 6pm

Cost: Pay at the slot machines 😊

Bus Fee: Donations accepted

Bingo at Keizer Senior Center

January 15, 2026

Come along for the great lunch, the wonderful bingo games, and gift shop exploration adventure Keizer's secret gem of a senior center! For as little as \$5.00 you can play all of the 14 games. We will have 5 early birds, 7 regular games, 1 blackout bingo games with an extra 1 "on the way up" game. *Bring money for lunch and bingo at the Keizer center.*

Depart Center 9:30

Return 3pm

Cost:\$7 for lunch/16 bingo games
\$5.00 (pay at event)

Bus Fee: Donations accepted

OMNI Max Movie and lunch

January 20, 2026

Let's go see a mystery documentary and have some lunch together. Each January we do this trek to an OMSI documentary and every time they are excellent! Come be an adventurer with us. *Bring money for the movie and lunch.*

Depart Center: 10:45am

Return 3:30pm

Cost:\$7 for movie ticket (pay at event)

Bus Fee Donations accepted

Sorrento Italian Bistro Dinner Out

January 22, 2026

From their kitchen in downtown Oregon City, their family brings you true family recipes that have been passed down for generations. Come along and taste for yourself the fresh pasta sauces, home made desserts, stellar service and wonderful wine list with new and old friends alike. *Bring money for dinner.*

Depart Center: 4:30pm

Return 8:30pm

Cost: (pay at event)

Bus Fee: Donations accepted

New to You Shopping and Lunch

January 27, 2026

For over 50 years now, NTY has been known as an iconic place to shop from an amazing selection of new and gently loved clothing - while also saving money! The endless circulation of community & style over the past 50 years has earned New to You the title of "Wine Country's Favorite Closet," & we couldn't be more thankful. *Bring money for shopping and lunch.*

Depart Center: 9am

Return 3:30pm

Cost: (pay at event)

Bus Fee Donations accepted

January Movies, Music & More

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

Movie Line-up

WEDNESDAY MOVIES AT THE CENTER

January 7th – **The Majestic**, starring Jim Carrey. A young Hollywood screenwriter loses his job and sets off on a trip up the California coast, where he finds courage, new love and the power of his convictions.

January 14th – **Little Boy**. A heartwarming film about a little boy who is willing to do whatever it takes to bring his father home from WWII.

January 21st – **Paradise, Hawaiian Style**, starring Elvis Presley. Let's warm up our January with this fun movie set on the island of Kauai. Elvis is always up for romance, but his helicopter business may be in trouble...

January 28th – **Cross Creek**, starring Mary Steen-burgen. In 1928, a New York writer goes to live in an orange grove.



FRIDAY MOVIES: INSPIRING WOMEN!

January 2nd – **Places in the Heart**, starring Sally Field. A widow struggles to save her farm during the Depression. Great cast!

January 9th – **Whale Rider**. A young Maori girl fights to fulfill a destiny that her grandfather refuses to recognize.

January 16th – **A League of Their Own**, starring Geena Davis and Tom Hanks. During WWII, sisters Dottie and Kit join the first female professional baseball league and struggle to help it succeed.

January 23rd – **On the Basis of Sex**. The true story of Ruth Bader Ginsberg, her struggle for equal rights, and the early cases of a historic career that eventually led to the US Supreme Court.

January 30th – **Eleanor the Great**. After a devastating loss, witty and proudly troublesome Eleanor Morgenstein, age 94, tells a tale that takes on its own dangerous life.

**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, January 5th & 26th
Join us to hear a fine selection of hits, and oldies & goodies

Piano with Jonah—Wednesdays in January!
A great variety of classical pieces, favorites & show stoppers!

“Hawaiian Day” CAC Uke’s - January 22nd
Our own Ukelele group with their Instructor, Pat, will share some wonderful Hawaiian Music to “boost us” in middle of winter!

Music with Jim - January 15th
Guitar music with Jim includes patriotic tunes, gospel & more!

Music with Scott: Date to be Determined
Scott brings a selection of well known and loved popular music with “something or everyone”!

Remember to Make Your Lunch Reservation for “Special Events”

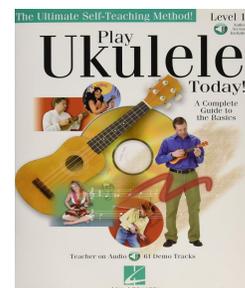
Lunch Dates: We require reservations for our “special lunch” celebrations and hamburger day. This month we offer: **Hamburger Day on Thursday, January 15th.**

While everyone is always welcome to join us for lunch, 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 our dining room to capacity

This month we also offer Hawaiian Day on January 22nd, with a live ukelele performance by our ukelele class participants and instructor, Pat. A reservation is *not* required for this special event.

[By the way... if you are interested in joining the ukelele class a beginners class is offered at 9 am every Thursday with a more advanced class following at 10 am. Walk-in's welcome!]



Healthy Body—Healthy You!

Welcome to 2026! I feel like I just got the hang of writing 2025 😊 It's New Year's and we often write resolutions, working on ways to "better" ourselves.but instead of that, I thought we'd try something different this year! This January, we're going to look at a way of decluttering our space for a healthier body and clearer mind. Take a look below to learn more. In the meantime, get outside when you can to get your steps in & try doing some strength training—what's that? Come to the center and I'll show you! I hope to see you soon!
~ Mindy

The January Health Declutter Challenge (2026 Edition!)

A cleaner space, clearer mind, healthier body.

January is the perfect time to freshen up your home — but this year, we're decluttering with a PURPOSE: better health. These five sneaky items hide in almost every home and quietly affect your eyes, digestion, sleep, and overall well-being.

~ Expired Medications & Supplements

Pain relievers, antacids, eye drops, vitamins. they all expire. Old meds can lose potency or become irritating. Keep a simple rule: If you can't remember buying it, get rid of it!

Health win: Less confusion, fewer mix-ups, safer dosing.



~ Pillows Over 18 Months Old

Old pillows collect allergens and collapse, causing acid reflux flare-ups (from poor neck alignment) and eye puffiness from nighttime congestion. They also attribute to stiffness & poor sleep. Here's a quick test: fold your pillow in half. If it stays folded, it's done—time for a new one!

Health win: Better posture = happier digestion and clearer breathing.

~ Pantry Items That Trigger Reflux

Yes... your pantry may need a reflux makeover. Remove expired canned goods, old tomato sauces or spicy foods. As canned food ages, the ingredients become more acidic. Higher acidity = more irritation.

Health win: A pantry with fresh foods that supports easier digestion.

~ Old Eye Drops & Eyelid Products

Most people don't know: opened eye drops only last 90 days. Preservatives break down and risk of contamination rises. Dry-eye gels can separate over time. Pay attention to the dates.

Health win: Fresher drops = less irritation, better hydration, safer eyes.

~ Bad Lighting That Strains Your Eyes

January is dark — which means lighting matters. Declutter these: dim yellow bulbs, flickering lamps harsh overhead lighting. Replace with bright, soft-white LEDs.

Health win: Less squinting, fewer headaches, smoother reading.

Optional Add-On: "One-A-Day January Checklist"

Week 1: Health & Safety

Day 1: Toss 3 expired meds
Day 2: Check all eye drops
Day 3: Clean out first aid kit
Day 4: Replace toothbrush
Day 5: Check smoke detectors
Day 6: Toss old lotions/creams
Day 7: Bathroom safety scan

Week 2: Kitchen Detox

Day 1: Pantry shelf cleanup
Day 2: Spices & seasonings
Day 3: Fridge condiments
Day 4: Fridge shelf clean-up
Day 5: Freezer clean-out
Day 6: Countertop & backsplash
Day 7: Under sink cleanup

Week 3: Bedroom Refresh

Day 1: Nightstand reset
Day 2: Clothing declutter—Tops
Day 3: Clothing declutter-Bottoms
Day 4: Underwear/Sock drawer
Day 5: Bedding refresh (flip mattress, wash mattress protector)
Day 6: Dust all surfaces
Day 7: Floors

Healthy Body—Healthy You, Part 2

Declutter your mind.....crossword edition!

DECLUTTER

ORGANIZE

TIDY

DONATE

SORT

HOME

BODY

MIND

RESET

CALM

R	Y	W	S	O	R	T	M	I	N	D	T	C	J
K	W	Q	T	K	U	C	V	V	M	C	Z	T	B
U	S	K	Z	S	H	D	A	P	W	W	R	R	W
C	O	K	W	X	Y	N	G	V	Z	H	N	V	P
B	O	D	Y	V	J	O	R	G	A	N	I	Z	E
W	I	Q	W	L	V	F	U	V	Q	N	A	I	R
W	H	V	S	M	F	Z	D	O	N	A	T	E	E
J	H	O	M	E	G	S	H	G	U	P	N	Z	S
O	T	L	D	E	C	L	U	T	T	E	R	P	E
I	Z	S	G	X	I	I	X	W	L	O	Q	A	T
C	A	L	M	H	S	K	M	U	P	Y	W	T	B
X	S	C	L	U	C	L	E	A	R	T	I	D	Y
O	E	L	Q	X	V	S	J	B	U	C	X	F	K
L	I	R	M	Z	U	H	U	W	X	N	S	I	Z



Let's get things in order.....un-jumble these words!

1. PMISIFLY

Clue: Make something less complicated

Answer: _____

2. RUGEP

Clue: Get rid of unwanted items

Answer: _____

3. SABELL

Clue: Tags used to identify storage

Answer: _____

4. KSBETA

Clue: A container often used for holding items

Answer: _____

5. VLESHES

Clue: Flat surfaces for storing things

Answer: _____

6. TACBINE

Clue: A closed storage unit with doors

Answer: _____

7. TANIMAIN

Clue: Keep in good condition

Answer: _____

8. NIMILAM

Clue: Keeping only what's necessary

Answer: _____

Memoir/Creative Writing—

First and third Thursday, at 10 am

Learning More about a New Friend

I met Carol in 2011 and we have been good friends ever since. I admire her and I lean on her when I lose my positive outlook on life.

She impressed me right away by sitting and counseling with young mothers who were being threatened with having their children taken from them. These young mothers were noticeably shaken and anxious and Carol seemed to be a calming influence.

We attended some group sessions and I remember Carol being so quiet and contained and supportive of all others who participated in the process. We managed to stay in touch during the difficult times after those sessions and I am proud we did so.

After a few coffee house visits I knew she had been in the military. I wasn't too curious because we had other issues to talk about.

In September 2020 I watched a movie about an Air Force Pararescueman who was finally awarded the Medal of Honor 30 years after his death in Vietnam. It shook me. I started writing about all that I remembered about the Vietnam war years.

The times we are living in now remind me somewhat of the political upheaval of the 60's. I was living in San Francisco and my brother joined the Navy and served two tours in Vietnam. I had opinions that I kept mostly to myself.

I am still writing my memories of the Vietnam years but the writing triggered me to ask about my Air Force friend Carol's story.

*Carol V. Henningsen
9/6/2020*

New Years Stories

Mark O'Shea

This is an accumulation of recollections from New Years celebrations over the years.

One of my early memories is of my grandmother and I walking along Mission street in San Francisco. I was about 7 or 8 years old. It was near dusk and the crowds had not yet descended on the area. We went early because I was not allowed to stay up late yet. I don't think I would have been able anyway. I was throwing confetti and yelling "happy new year". Years later when I was in high school we went to the same area near midnight and the crowds were insane.

When I joined the cub scouts my parents were on the adult committee. Every year the committee put on a new years eve party at a local venue. The purpose was to earn money for the cub pack and the scout troop. My dad helped out by tending bar and my mom organized the decorations and food. The proceeds from this helped reduce the cost of summer camp and other activities. I remember that this party was talked about a lot.

San Francisco has a significant Chinese population. The Chinese new year is celebrated in a big way in the section of town known as "Chinatown". When I was in high school one year my pals and I decided to go join the celebration and parade. There are always several dragons in the parade. It is fun and a harmless activity for young people to chase a dragon. We joined in and were having a great time. My father was a city fireman and as such knew many of the city policemen. We ran into one of them and I stopped to say hi. He told me to have fun and got back to directing traffic. Two days later my father informed me Rosy (Officer Roselli) told him he had seen me. My instant reaction was "oh crap". I had done nothing wrong, but with my father you never knew what his reaction would be. Turned out Rosy said my friends and I were behaving ourselves.

After I joined the USAF, I had a few New Years eves which are a blur. After Sharon and I married we usually were invited to a party or went to the NCO (later officers) club if we could get reservations. When we were stationed in Utah I was attending school to get a degree and then on to Officer Training School (OTS). We were on a quarter system and as such had a long break at year end. During the break in my second year one of the senior members had a new years party. One of our group was a Mormon fellow with a much younger wife he had met while on a mission in Norway before he joined the USAF. I used to make a punch for parties with various juices, Seven-up and Everclear. I always told people it was alcoholic. The young Mormon woman got pretty lit up and was having a lot of fun. I believe she danced with every male at the party. Her husband was a strict Mormon and a bit uptight as we used to say. He decided they were going home. He told her get her coat they were leaving. She said "the hell we are" and kept dancing. They stayed to the end.

Another time we were stationed in Colorado Springs. We had my section new years party at our house. We were living in a government leased house on the east side of town. There is a group in Colorado who climb Pikes peak every new years eve and then set off fireworks at midnight from the top. Our house had a large kitchen/dining area with a picture window from which there was a clear view of Pikes Peak. We held the party in the basement and put the kids upstairs in our bed room and our daughter's room as well. At midnight there were thirty nine people in our kitchen watching the fire works and wishing each other happy new year. Amazingly they did not wake the kids.

Over the years there have been many parties. Those related above are the most memorable. Many of you know there is a tradition that it is good luck to eat black eyed peas as your first meal of the new year. When we used to have a big party at the Canby Legion, black eyed peas were served at 1230AM. I have eaten quite a few recipes of the peas, some good and others, well ... I think they brought luck

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.

Birthdays & This & That!

January 2026 Birthdays !

1	Dave Bolton	19	Martha Hartman
1	Jay Scott	19	Sara Lind
1	Leslie Caponette	20	Terry Hanson
1	Joyce Sturdevant	20	Bob Kolar
2	Ron Fullerton	20	Howard Miller
2	Susan Doney	20	Edith Cato
2	JoAnn Kempfer	21	John Noorwijk
3	Kathy Oathes	21	Janet Skinner
4	Gretchen Raney	21	Jan Weeks
6	Charles Boley	21	Ardeth Woods
6	Mike Higgins	22	Harley Smith
6	David Slowik	23	Jerrell Mills
6	Carolyn White	23	Sandra Elam
7	Marjie Aranda	23	Linda Perkins
7	Sally Maxwell	24	John Bemis
8	Lowell Herr	24	Brenda Soderlund
8	Bruce Virell	24	Deanna Callaway
8	Judi Cocco	25	Robert Harris
8	Sandra Zimmer	25	Gerald Mootz
8	Patty Hatfield	25	Carolyn Dressler
8	Joanne Smith	25	Debbie Brown
9	Nori Zieg	25	Joan Perinchief
10	Mike Breshears	25	Irma Rodriguez
10	Joyce Korschgen	26	Dennis Naumann
11	Loretta Anaya	26	Verna Alberti
12	Erik Ankney	27	Don Gulliford
12	Erica Dally	27	Gwenn Clem
12	Sandy Kuehn	28	Linda Capps
12	Ralene Tennis	28	Rita Corcoran
12	Deana Wentworth	29	Clay Metzger
13	Ron Pacholl	29	Richard Oathes
13	Millie Reser	29	Karen Fahsholz
15	Isle-Dore Vaughn	29	Karen Saindon
16	Im Sook Choi	29	Kathy Winther
16	Frank Long	29	Kathy Winther
16	Carolyn Heininge	30	Fred Haynes
17	Larry Hepler	31	Diane O'Connor
18	Kathy Kersey	31	Elizabeth Rawls



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: 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. using a key-fob. 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! It's just that easy!!

Bingo Raffle Items Accepted: Bingo is offered each Tuesday at noon. 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. **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 for this service!



Thank You to Our New and Renewing Members

Michelle Bayley	Linda Lloyd
Rita Beam	Patricia & Robin McAlpin
Judy Belt	Betty McDaniel
Debbie Brown	Doris Mimnaugh
Jeannine Brumley	Kathy Mulligan
Carol Church	Sue Nanson
Joan Dalton	David Onsgard
Cindy Faist	Heidi Peterson
Karyn & Bill Fenton	Jeanie Rhodes
Luelle & David Fife	Janis & John Salisbury
Jerry & Mary Gobet	Marisol Schwab
Shirley Harris	David Slowik
Terri Haworth	Gerrie Stanton
Rita Hendershott	Bob & Sharon Westcott
Linda Huiras	Eilizabeth Wheelock
E & E Konev	Linda & Steven White
Sandra Kuehn	Belinda & Raymond Winge
	Pat Young

Donate your Fred Meyer community rewards points to 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** every other Tuesday. This is an ongoing fundraiser for roof replacement at the Legion

Beach Crushed Glass Suncatcher Workshop,

Sunday, January 11, 2:00pm-3:30pm, Red Chair Farm, 27215 S Gribble Rd, Canby

This is a new class and runs very similar to our "resin beach" class! The difference is we now have laser cut 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! I own a laser cutter and I suspect this will be an ongoing class! 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 and all supplies provided! I just love how bright and beautiful these are in the window! Makes a great gift idea - the class or the finished product! And glitter...glitter makes it better!

Out of Town...

Rose City Classic Dog Show, Jan. 15–18, 2026, Portland Expo Center, 2060 N Marine Dr, Portland, OR

Considered by many the pinnacle of canine excellence, the Rose City Classic Dog Show is a family friendly premier event drawing top dogs from across the US to compete in the heart of Portland, Oregon every January. From breed specialties to thrilling all-breed shows, join us to celebrate the extraordinary bond between humans and their four-legged champions!

Build, Remodel & Landscape Show, January 23 to 25, Oregon Convention Center, 777 NE Martin Luther King, Jr. Blvd, Portland, OR 97232

Portland Build, Remodel & Landscape Show 2026 will be held from 23rd - 25th January 2026 at Oregon Convention Center in Portland, OR. This is the only trade show and exhibition on kitchen and bath remodeling and accessories, interior decorating and roofing. It will pull in more exhibitors and also site visitors to participate and coordinate interface and companion with yet another on the latest business phase headways and moneymaking business openings within the specific subject and unfold and explore their commercial enterprise in the universal enterprise location.

A Beautiful Noise - The Neil Diamond Musical, January 2026, Keller Auditorium, 222 SW Clay St, Portland, OR 97201

The epic Broadway show, A Beautiful Noise, is taking America by storm in Portland, Oregon this January 2026. Witness the extraordinary real-life story of one of the most celebrated American singer-songwriters of all time. At Keller Auditorium in Portland, experience Diamond going from a child growing up in Brooklyn to a national icon who entertained and inspired generations. Sing along to the number-one hits you know and love while enjoying an engaging tale.

Portland Boat Show, Jan. 7 to 11, Portland Expo, 2060 N Marine Dr, Portland, OR 97217

The Portland Boat Show at the Expo Center is the premier event for boating enthusiasts, featuring the latest watercraft, marine gear, and accessories. Whether you're a seasoned boater or new to the scene, this event offers everything you need to hit the water in style.

Portland Seafood & Wine Festival, Jan. 24 to 25, Portland Expo, 2060 N Marine Dr, Portland, OR 97217

The Portland Seafood & Wine Festival is a delicious celebration of the region's finest seafood and wines, bringing together top local vendors for a weekend of tasting and fun. It's the perfect event for foodies and wine lovers alike to explore the best of the Pacific Northwest's culinary scene.

The 7th Annual Tualatin Winter Brew Fest, Saturday, January 31st, 1 pm – 8:30 pm, Stickmen Brewing Tualatin Beer Hall 19745 SW 118th, Tualatin

If you are a connoisseur of craft beer, northwest ciders and wine, mark your calendar for the last Saturday in January, because this is an event you don't want to miss! Featuring seasonal and specialty offerings from 20+ local brewers, cider houses and vineyards, plus great food from four local restaurants and music provided by the After Market band and more coming soon. The stage is set for a fun event and all for a good cause.

Harlem Globetrotters, Sat, Jan 24, 2026 at 3:00pm, Moda Center, 1 N Center Ct St, Portland OR, 97227

SLAM DUNKS. TRICK SHOTS. MOMENTS YOU'LL NEVER FORGET. What started with Curly, Meadowlark, Wilt, and Geese continues on today with Hammer, Torch, Bulldog, Cheese, Jet, Wham, Thunder, TNT, just to name a few! Taking inspiration from the fun-loving & awe-inspiring players of the past, today's Harlem Globetrotters stars are ready to wow you on the court and in the crowd! Be there as the players dazzle, dunk, and hype the stands as they take on the Washington Generals with high-flying, all-out fun from start to finish.



Thank you 2025-2026 Donors

Capital Campaign

We are so grateful to the Canby Rotary Foundation for their paddle raise on behalf of our capital building project at their annual dinner on November 1st. All of the individuals listed here made generous gifts to the campaign either during, before or just after the campaign. We say a very sincere "thank you" to all of you!

Capital Campaign Donors

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Thank you 2025-2026 Annual Appeal Sustaining Individual Donors Donations of \$250 +

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in Memory of Vernon Peterson

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Some Big Thank You's during this Holiday Season—Special thanks to:

CAC's "Quilty Friends" for a beautiful raffle quilt;
Sonya Bickford for donating a beautiful Christmas tree for raffle;
Annual Appeal folders; Holiday Bazaar Bakers & shoppers;
Canby LDS Church for handmade Christmas cards sent to the HDM clients;
Sheila Job for Christmas Wreathes & table centerpieces;
Marilyn Brown for a beautiful November showcase; and BJ Schmader for a beautiful December showcase
Thanks to each of you!

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

Birth Month _____ Birth Day: _____

Name _____
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Birth Month _____ Birth Day: _____

Address: _____ City & Zip _____

Phone: _____ E-Mail Address: _____

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

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 Phone: 503-266-2970
 Web: www.canbyadultcenter.org

Activities— January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				January 1, 2026 Center Closed 	2 9:00 Tai Ji 10:00 BB&B 11:00 BingoCize 1:00 Pinochle 1:00 Movie: Places In My Heart	3
4	5 9:00 Tai Ji VIDEO 10:00 BB&B VIDEO 10:00 Wood Carving 11:00 GeriFit VIDEO 11:30 Music with Mickey 1:00 Parkinson's Support 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation Class	6 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:30 Women's Grief Suppt Group	7 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 BingoCize 12:30 Genealogy 1:00 Blood Drive 1:00 Medicarolers 1:00 Movie: The Majestic	8 9:00 Beginning Ukulele 10:00 Ukulele Class 10:00 Let's Talk! 11:00 GeriFit 1:00 Line Dancing 1:30 NW Medicare Adv. 2:15 Zumba *NEW* 4:30 Trip: Lakewood	9 9:00 Tai Ji 10:00 BB&B 11:00 Bingocize 1:00 Pinochle 1:00 Movie: Whale Rider	10
11	12 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 Relaxation/Meditation Class	13 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	14 9:00 Tai Ji 10:00 BB&B 10:00 Newsletter folding 11:00 BingoCize 1:00 Attorney Consults 1:00 Board Meeting 1:00 Movie: Little Boy 3:00 Alzheimer's Support Group	15 Hat Day 9:00 Beginning Ukulele 10:00 Ukulele Class 10:00 Memoir/Creative Writing 10:30 Info Table: Declutter/Organize 11:00 GeriFit 11:30 Music w/ Jim 1:00 Line Dancing 2:15 Zumba *NEW*	16 9:00 Tai Ji 10:00 BB&B 11:00 Bingocize 1:00 Pinochle 1:00 Movie: A League of Their Own	17
18	19 CENTER CLOSED Martin Luther King, Jr. Holiday 	20 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:30 Women's Grief Suppt Group	21 9:00 Tai Ji Quan 9:00 Quilty Friends 10:30 Blood Pressure 10:00 BB&B 11:00 BingoCize 1:00 Medicarolers 1:00 Planned Giving Presentation 1:00 Movie: Paradise, Hawaiian Style	22 Hawaiian Day 9:00 Beginning Ukulele 10:00 Ukulele Class 10:00 Seated Volleyball 11:00 GeriFit 11:15 CAC Ukulele Performance 1:00 Line Dancing 2:15 Zumba *NEW*	23 9:00 Tai Ji 10:00 BB&B 11:00 Bingocize 1:00 Pinochle 1:00 Movie: On the Basis of Sex	24
25	26 8:30 Trip Sign Up Begins 8:30 Tax Appointment sign- up begins 9:00 Footclinic 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	27 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	28 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 BingoCize 1:00 Mandala 1:00 Movie: Cross Creek	29 9:00 Beginning Ukulele 10:00 Ukulele Class 11:00 GeriFit 1:00 Bunco 1:00 Line Dancing 2:15 Zumba *NEW*	30 9:00 Tai Ji 10:00 BB&B 11:00 Bingocize 1:00 Pinochle 1:00 Movie: Eleanor the Great	31

Menu—January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1 New Years Day Center Closed</p> 	<p>2 Pork loin Herbed Stuffing Fresh vegetables Spinach Salad Fruit</p>	3
4	<p>5 Chicken Enchilada Casserole Black beans Spanish rice coleslaw Apple sauce</p>	6	<p>7 Authentic Jambalaya with Rice Cornbread Steamed Vegetable Coleslaw Vanilla Cake</p>	<p>8 Chef salad Chef's Choice Soup Veggie garnish Lemon pudding</p>	<p>9 Pork Yakisoba with Vegetables Steamed cabbage Egg roll Carrot Raisin salad Chocolate pudding</p>	10
11	<p>12 Chicken Alfredo Fettuccini pasta Mixed Vegetables Spinach Salad Fruit</p>	13	<p>14 Tuna Salad Tossed Greens Vegetable Garnish Chefs Choice Soup Chef's choice dessert</p>	<p>15 "Hat Day" Hamburger Day Baked Beans Potato Salad Broccoli & Cauliflower Salad Fresh Fruit</p>	<p>16 Pulled Pork Sandwich Cole Slaw Tots Fruit</p>	17
18	<p>19 Martin Luther King Day Center Closed</p>	20	<p>21 Taco salad Tossed Greens Beans/Rice Butter Milk Custard</p>	<p>22 "Hawaiian Day" Teriyaki Chicken with Pineapple White Rice Steamed Vegetable Hawaiian Salad Fruit</p>	<p>23 Baked Breaded Pollock Rice Pilaf Mixed Vegetables Cole Slaw Carrot Cake</p>	24
25	<p>26 Pork Stew with Roasted vegeta- bles Roasted Red Potatoes Steamed Vegetable Green Salad Chef's Choice</p>	27	<p>28 Cobb Salad Vegetable Soup Brownies</p>	<p>29 Chicken & Dumplings Mashed Potatoes Steamed Vegetable Carrot & Raisin Salad Cookie</p>	<p>30 Tater Tot Casserole Steamed Carrots Carrot Coin Salad Roll Chocolate Pudding</p>	31

Thanks to our Serving Groups:

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 Canby Police Department
 Canby Utility
 LDS Church—First Ward
 Zion Mennonite Church