



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

## February 2026

### CENTER STAFF

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**TRANSPORTATION**  
**Scott Goetchius**  
**Frank Hosford**  
**Karen Reinhard**  
**Jim Davis**

**CUSTODIAN**  
**Carol Clark**  
**Asael Serrano Montania**

**MONITORS**  
**June Nice**  
**Carol Clark**

### Office Hours

M—F 8:30 am—4:30 pm

## Welcome from the Director

Dear friends,

Seems crazy to remind folks of this in February, but for the last few years our snow days have fallen in really late winter—so this is your reminder that in the event of inclement weather, we follow Canby School District guidelines. If they are closed because of unsafe road conditions, we are closed as well.

February is the month of love.....it is also a month of the seasonal flu, so please stay hydrated, eat right and get plenty of sleep to chase off those winter bugs. And if you are not feeling well or have an active cough or congestion, PLEASE stay home. While we understand that socialization and exercise can help with healing, we eat and exercise in close quarters, with often vulnerable guests. Help us keep everyone healthy this season!

—Kathy

### **Celebrate “Superbowl” with us on Friday, February 6th!**

Plan to join us for our own “Superbowl” celebration Friday February 6th — fun starts at 11:00 am with your favorite “party dip” competition, support your favorite team and come prepared for a “super” lunch and fun activities to “kick-off” the event! We’ll have our annual “football toss” and of course—lots of fun.

See page 7 for all the details and “official rules” for the party dip challenge!

### **You Are Invited to the Annual Iwo Jima Ceremony at Canby Adult Center on Saturday, February 7, 2026, at 10 AM**

This Ceremony is presented by the Canby-Aurora VFW 6057 Post and Auxiliary and is held at the Canby Adult Center parking lot on Saturday, February 7, 2026 at 10 am.

Please join us, and invite your fellow Veterans, family and friends to this moving ceremony to honor our WWII Veterans!

### **AARP Tax Clinic Runs February 6th thru April 10th—Appointment Required!**

We host the AARP tax clinic each Friday during February, March and thru April 10th. You **must** have an appointment for this service — **no walk-in appointments are available.**

You may call beginning Monday, January 26th, to book an appointment for this service. This service is for “simple” returns only.

### Month At A Glance: See inside for details

Jan 26	Sign up begins for February trips, and activities.
Feb 2	Parkinson's Support Group 1 pm
Feb 3&17	Women's Grief Support Group 2:30
Feb 4	Genealogy Service
Feb 5	Craft 10 am
Feb 6	Celebrate Superbowl all Day!
Feb 6	Dip Competition 11 am
Feb 11	Newsletter Folding
Feb 11	Board Meeting
Feb 11	Attorney Consults 1:00
Feb 11	Alzheimers Support 3:00
Feb 12	NW Medicare Advisors 1:30
Feb 12	Let's Talk (formerly Conversations on Aging) 10am
Feb 12	Valentine Lunch with reservation
Feb 16	<b>Center Closed</b> —Observing Presidents' Day
Feb 18	Blood Pressure Check 10:30
Feb 18	American Red Cross Blood Drive
Feb 23	Trip sign-up for March events
Feb 26	Seated Beachball Volleyball 10am
Feb 26	Hamburger Day—Signup Req'd
Feb 28	Mandala at 1 pm
Feb 29	Bunco at 1 pm

### **Scheduling Changes for February:**

Please note that a few of our services have changed for the month of February. There is a 9 am ukelele class— but no 10 am class.

For the months of February and March we are hosting just one blood pressure clinic per month. The regular twice a month schedule resumes in April.

### **February reminders:**

**The Center is closed Monday, February 16, 2026 observing Presidents' Day!**

# Center Services

## Client Services Available in February

**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          | * 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 February 11, 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 February 18th 10:30 am to Noon**

Roger Livengood is an RN who provides a blood pressure clinic each month. Generally the **first and third Wednesday of each month, however this month February 18th 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 February 9th & 23rd

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 —

*February 4, 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 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-

## Monthly Support Groups offered at Canby Adult Center

### Parkinson's Resources Support Group meets this

**month Monday February 2nd, 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 February 11th, 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!

### Starting Over Women's Support Group

Widowed? Divorced? Major life changes? Join our womens support group 1st and 3rd Tuesdays of the month at 2:30 pm

For more information contact Chris at 503 278 6324.

## Blind and Low Vision Support A program of Blindskills, Inc



Blindskills links people with visual impairments to professional resources and other support systems in their community. Services include 3 monthly support groups, 2 technology classes working with Smartphones and tables, support by phone regarding technology and local services. Social outings several times a year.

- \* Serves anyone living with sight loss that is having an impact on their lives as well as those who care about them, family and friends are all welcome to contact Blindskills for help and support.
- \* No cost for information or consultation.

For more information, contact 503 581 4224 , email [info@blindskills.com](mailto:info@blindskills.com) or visit [www.facebook.com/BlindskillsInc/](http://www.facebook.com/BlindskillsInc/) or [www.blindskills.com](http://www.blindskills.com).

## Lions Eyeglass Assistance Program

**Oregon Lions Sight & Hearing Foundation** offers reduced cost eye exams and eyeglasses to residents 18 and older.

To access this program, applicants must fill out the Get Help request form located on the Lions Sight & Hearing Foundation's website. This will connect someone with their local Lions Club who will support them through the application process.

This program helps people who are 18 and up whose income is at or below 200% of federal poverty guidelines.

For more information and to apply, visit the following :

Website: <https://olshf.org/leap>

Facebook: <https://www.facebook.com/olshf>

Twitter: <https://www.twitter.com/@OLSHF>

**\*\*We also have a donation drop box in our lobby for used glasses to be donated\*\***



## Other Resources:

- ♦ **Clackamas County Crisis Line & Clinic: 503 655 8585**

- ♦ **Senior Loneliness Line:**  
**503 200 1633 or**  
**[www.SeniorLonelinessLine.org](http://www.SeniorLonelinessLine.org)**

- ♦ **Clackamas County Aging & Disability Resource Connection**  
**Information & referral: 503 650 5622**



## Art with Heart NAMI Clackamas In-Person Art Group

NEW In-Person Art Group for Adults 18+! Held on the 2nd and 4th Thursdays of the month from 5:00-6:30 pm in Oregon City.

The Art with Heart event is a free support group for adults, focusing on art as a therapeutic medium. Explore various mediums that are approachable and easily navigated. It aims to encourage community and support among attendees while providing a safe space to create. The event is low-risk and high-reward, offering benefits such as reduced stress, positive emotions, raised self esteem, neuroplasticity, and increased cognitive abilities. It also fosters a sense of community and collaboration, which is essential for mental health.

To register visit: [www.namicc.org](http://www.namicc.org) or call 503 344 5050





# 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 Kendorff. 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*

*preciated*

### Relaxation and Meditation: Monday at 3:00 pm

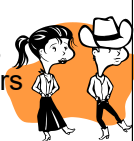
Instructor Robert Baguio leads you through an exercise to fully relax and release tension and stress, redirecting your energy to wellness and healing. *No fee—donations appreciated*

### 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*

### 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!

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

**Bunco:** **Last Thursday every month 1 pm.** This group is 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— February 4, 11 and 25th

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"— February 4 and 18

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, February 25, 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—Every Thursday 9 am-10 am

Instructor teaches basics in a step by step series. There is a \$5 charge for the book that you keep. Bring your ukulele and join this fun group! **Instructor comes from Tigard; weekly donation of \$5 suggested;** Walk-in's welcome.

# Board News and Announcements

## BOARD 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 Meeting Minutes—Excerpts December 10, 2025

### Directors Present:

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

### Directors Excused:

Brandon Leonard  
McKenzie

### Staff Present:

Kathy Robinson and Timpra  
Guests: Jim Davis, City Council, McDonald Jacobs – Audit firm

**Audit Results for 2025 presented by McDonald Jacobs:** Quinn and Gerard reviewed the scope of the audit and the results; they expressed appreciation for the cooperation of the CAC staff in responding to requests for information in a timely manner.. The audit was completed with minor recommendations primarily to address the new challenges presented by the purchase and ownership of Holly Street property. Kathy and staff are implementing changes to address the recommendations made in the audit report. There were no significant findings.

**City Liaison Report:** Jim Davis reported that the interim City Manager is in place until June 30<sup>th</sup>, 2026. Public Works has assigned a point person to work with the County and ODOT on the Walnut Street Extension which should ensure that this project will move forward. A sub-committee is updating the City Charter. Economic Development continues to pursue a new hotel. At the last Council meeting, goals were prioritized based on a mid-year review of the budget. The update from Parks and Rec includes plans to add bathrooms at Maple Street Park, Dodd Park is coming in under budget, and a new dog park is under consideration in connection to the Walnut Street expansion.

### Monthly Reports:

**Treasurer:** Keith reported that the investment funds have remained steady and stable, particularly considering some of the down days last month in the market. Total fund balance ended up by \$30K and above the recommended minimum balance by over \$1.6M, Year to Date, \$200K has been transferred from the investment fund for operational expense.

### Director:

**Programming:** Thanksgiving Lunch was a full house event with 126 maximum capacity. Christmas Lunch on Dec 18<sup>th</sup> was fully booked within 3 days; Canby Fire will help serve. Annual Holiday Bazaar on December 6<sup>th</sup> had mediocre attendance, a basketball tournament at Ackerman created parking challenges. Music lineup for the month includes the Catalinas, Lee Kindergarten class, ukele concert and a carol singalong. New Zumba Gold class is scheduled in January. Planned Giving seminar with Mitch Magenheimer of Cornerstone Wealth Management is scheduled for January 21<sup>st</sup>.

**Administration, finance and staffing:** The freezer compressor repair = \$6K; Annual Appeal receipts to date of over \$60K; Mid-year Budget revision needs consideration for January to address build out. The Fire Suppression System is out of compliance and out of date; estimate another expense of \$5K unless some negotiated alternative is available.

**Old Business:** N Holly Street: JE Design is renegotiating the permit costs with the County-structural cost \$3K+ versus \$13K will be paid later in the process. Next step - three requests for bids were sent out and deadline is January 12<sup>th</sup>. The bid request sets a project completion date of December 2026. General Contractor (JE Design) expense anticipated at \$3,500 per month. Rotary service project is set to clean up the picnic shelter.

Fundraising Meeting with County CDBG folks and JE Design on Nov 13<sup>th</sup> determined how to split out the kitchen equipment budget. The \$175K PIER grant for the generator is still in process and the administration of the grant is in the hands of the County. The CRM = Customer Relationship Management system software will require more management time than current staff can handle. Kathy will look at staffing for this when reviewing campaign staff needs with capital campaign consultants Rose City Philanthropy. Anticipate 1 person at 20/30 hrs per week.

### New Business: NONE

**Meeting Adjourned:** At 2:40 pm a motion was made to adjourn the meeting and move to an Executive Session. Motion was seconded and passed unanimously. The next regular board meeting is Wednesday, January 14<sup>th</sup>, 2026.

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

# February Speakers & Events

## Fun Valentine Craft Thursday February 5th 10:00 am

Easy heart shaped one time bird feeder—  
The birds need love too. Join us in making  
a quick and easy heart shaped bird feeder .  
The feeder will provide hours of bird watch-  
ing entertainment.



**Sign ups required at front desk or call 503 266 2970**  
**Class limited to 12. No Fee**

## Superbowl Dip Party!!! Friday February 6th at 11 am

Dust off your recipe books and locate your prize winning  
party dip. To celebrate Superbowl 60, we will have a  
friendly party dip competition. There will be a prize!!  
Bring your dip in ready to eat  
along with some crackers for  
scooping. **Advanced sign ups  
required for participants. Sign  
up at front desk**



## Medicare Meeting: February 12, 2026 at 1:30 pm NW Medicare Advisors

A representative is available each month to provide infor-  
mation and answer questions regarding a variety of medi-  
care 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**

## Let's Talk! (formerly Conversations on Aging) February 12th @ 10:00 Learning Life's Lessons



We all have had challenging times in our lives.  
What are some of these lessons? What have we learned?  
What are we continuing to learn? Let's talk about some of  
life's lessons.

**Sign-up Required**

**No Fee**

## American Red Cross Blood Drive February 18, 2026



CAC is pleased 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.

## ZUMBA GOLD Now Offered every Thursday, 2:15 to 3:15

We'll it's official—there was such a great response to the first  
class that it's permanent—every Thursday starting at 2:15!

Is Zumba Gold for you? Fun moves and choreography by Deb  
Harman, semi-retired CHS teacher. Song list includes favor-  
ites 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!

No sign up needed—just show up for some fun exercise and  
good music!

## Starting Over Women's Support Group

**First & Third Tuesday each month, 2:30 pm to 4 pm**

Widowed? Divorced: Are major changes to your life forcing  
you to start over but you're feeling stuck and uncertain about  
how to heal and move on? Join our women's support group,  
Starting Over. For more information contact group facilitator  
Chris Donner directly at 503 278 9624

## AARP Tax Clinic UPDATE—

We host the AARP Free Tax Clinic beginning **mid-February  
2026**. This program is made possible thru AARP trained tax  
clinic volunteers. **You may call us at 503 266 2970, starting  
Monday, January 26th to schedule your tax appointment.**

**Clinic is available for those with simple tax returns only.**

Documents needed to complete your return will be shared  
when you book your appointment. PLEASE come fully pre-  
pared with all required documents. Much time was lost last  
year when clients had to rush home to get a document that  
they had forgotten.

Appointments fill early and are open to clients of all ages. We  
do not keep a waiting list for these appointments.

## Parkinson's Resources of Oregon Sing-Along



**Thursday February 26 and March 26 at 2-3 pm**  
**PRO Office in Beaverton and Online (Hybrid)**

A fun and supportive hybrid in-person and "virtual" song cir-  
cle to practice projection, voice control, and coordination  
through the joy of singing! Each session will start with a prac-  
tice vocal warm-up and then sing your favorite songs with  
guitar accompaniment.

Registration at [www.pro.eventbrite.com](http://www.pro.eventbrite.com) or call 800 426 6806

# Trips—February 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 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, January 26th**. 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.**

### **Columbia Gorge Discovery center and Museum/Eagle Watch February 10, 2026**

The Columbia Gorge Discovery Center & Museum located near The Dalles Oregon is located on a 54-acre point of land adjacent to the Columbia River and is the interpretive center for the Columbia River Gorge National Scenic Area. This area includes one of the oldest continuously occupied places in North America and parts of the Lewis and Clark and Oregon Trails. You'll tour exhibits of :Ice Age animals, including a full-size Columbian mammoth; the Lewis & Clark Corps of Discovery; native peoples of the area; and a life-size exhibit featuring a wagon-raft braving the Columbia River's current. We'll do some eagle watching this day also. *Bring snacks and money for admission to museum and late lunch.*

Depart: 8:30am

Return 6pm

Cost: \$6.50 (if 10 or more people) entrance to museum

Bus Fee: Donations accepted

### **Irish Dance Lessons and Dinner**

**February 12, 2026**

Let's go learn some Irish dance at the Winona Grange in Tualatin to get ready for St Patrick's day this year. Lessons are \$10.00 each with beginners welcome. This class is for active seniors who love a good dance. Learn some new dance, get some exercise, and have some fun with friends new and old. *Bring money for dinner out before the dance lessons.*

Depart: 4:30pm

Return 9:30pm

Cost: \$10.00 each (Pay at event)

Bus Fee: Donations accepted

### **Flight Deck Restaurant Dinner at Salem Airport**

**February 19, 2026**

This Casual, historic eatery is right on the edge of Salem's municipal airport so you can watch pilot's do preflight checks and planes take off and land. Their menu is mainly is American fare and tasty! *Bring money for dinner.*

Depart: 4pm

Return 8:30pm

Cost: Pay at event

Bus Fee: Donations accepted

### **Canby Fire Station Tour and Lunch**

**February 24, 2026**

Station 361 is Canby Fire's main station, built in 1996, located at 221 S. Pine St. This station is manned by paid personnel, volunteers, and interns and houses the administrative staff. Personnel are on duty at the station for 24 hours a day. This means crews sleep, eat, shower, and work at the station during their shifts. Station 361 holds most of Canby Fire's apparatus, including the first out medic/ambulance and engine/firetruck. Station 361 is also home to the 9/11 Memorial Site and annual remembrance ceremony. *Bring money for lunch after the tour.*

Depart: 9:50am

Return 2:00pm

Cost: Pay at event

Bus Fee: Donations accepted

### **Molalla River Corridor Drive and Lunch**

**February 26, 2026**

Ride along with us to take in the views and sounds of the hidden beauty of the Molalla River Corridor. This is one of our areas hidden treasures for sure. *Bring money for lunch along the way.*

Depart: 9:30am

Return 3:30pm

Cost: Pay at event

Bus Fee: Donations accepted



# February Movies, Music & More

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

## **Movie Line-up**

### **WEDNESDAY MOVIES AT THE CENTER**

February 4<sup>th</sup> – **Amelia**, starring Hilary Swank and Richard Gere. A look at the life of legendary pilot Amerlia Earhart, who disappeared while flying over the Pacific Ocean in 1937.

February 11<sup>th</sup> – **Crescent Gang**. Seven foster kids are heartbroken when they learn that their house has been sold and they are about to be broken up.

February 18<sup>th</sup> – **The Great Gatsby** (1974 version), starring Mia Farrow and Robert Redford. A Midwesterner becomes fascinated with his nouveau-riche neighbor, who obsesses over lost love.

February 25<sup>th</sup> – **Autumn and the Black Jaguar**. After years in New York City, 14-year old Autumn returns to the Amazon rainforest to save her childhood village and beloved jaguar friend.



### **Fridays are for romance – and fun!**

February 6<sup>th</sup> – **Sleepless in Seattle**, starring Tom Hanks and Meg Ryan. A grieving widow captures the heart of an engaged woman.

February 13<sup>th</sup> – **Runaway Bride**, starring Julia Roberts and Richard Gere. For his latest column, writer Ike Graham writes about Maggie, who always leaves her fiances standing at the altar...

February 20<sup>th</sup> – **You've Got Mail**, starring Tom Hanks and Meg Ryan. Neighborhood bookstore rivals unwittingly become pen pals.

February 27<sup>th</sup> – **The Proposal**, starring Sandra Bullock, Ryan Reynolds and Betty White. When a New York editor faces deportation, she convinces her assistant to marry her in exchange for a promotion.

**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, February 2nd and 23rd**  
Join us to hear a fine selection of hits, and oldies & goodies

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

**Music with Scott: February 9th**  
Scott brings a selection of well known and loved popular music with “something or everyone”!

**Music with Jim - February 19th**  
Guitar music with Jim includes patriotic tunes, gospel & more!

### **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 **Valentine’s Day lunch on February 12th, Hamburger day on February 26th. Sign-up required for both of these lunch events!**

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

### **And our December Raffle Winners were:**

**Congratulations** to Juanita O — who won the beautiful quilt donated by the Center’s “Quilty Friends Group”. Quilty Friends meets most Wednesdays at the Center!

**Congratulations** to Virginia R.—who won the beautiful White Christmas Tree raffle—and then donated the beautiful tree back to the Center for a re-draw! Congratulations to Winner BJ—who won the final draw of the beautiful “Santa” tree.

# Healthy Body—Healthy You!

2026 brings some big changes.....and they say change is good! If you haven't heard the news, my role at the center is changing soon. I'm taking a new position in the coming months as Activities Coordinator. I'll be scheduling all trips and activities, speakers, etc for the center. I'm very excited for this new position as you'll see me a LOT more often (more hours).....but I'll no longer be leading exercise classes. It's been something I've loved doing for the last (almost 7!) years, but I'm excited for this new endeavor. I'll continue writing this page, tune in for continued Healthy Body / Healthy You monthly topics coming from yours truly, ME! See you at the center ~ Mindy

## **February Is Low Vision Awareness Month**

### **Understanding Vision Changes and Living Well with Low Vision**

February is recognized as **Low Vision Awareness Month**, a time to raise awareness about vision loss that cannot be fully corrected with regular glasses, contact lenses, medication, or surgery. Low vision affects millions of Americans—especially older adults—but it does not have to mean giving up independence, hobbies, or quality of life.



### **What Is Low Vision?**

Low vision is different from complete blindness. Many people with low vision still have some usable sight, but they may struggle with everyday tasks such as reading, recognizing faces, driving, or seeing steps clearly. Common symptoms of low vision include:

- ◆ Blurry or hazy vision
- ◆ Trouble seeing in low light or bright glare
- ◆ Seeing dark spots or missing areas in vision
- ◆ Difficulty reading small print
- ◆ Loss of side (peripheral) vision

Low vision often develops as a result of age-related eye conditions such as macular degeneration, glaucoma, diabetic eye disease, or cataracts. While these conditions are more common as we age, help is available.

### **Why Awareness Matters**

Many people assume vision loss is simply a normal part of aging and that nothing can be done. As a result, they may stop activities they enjoy, withdraw socially, or feel frustrated and isolated. Low Vision Awareness Month reminds us that support, tools, and resources can make a big difference. The earlier vision changes are addressed, the more options there are for maintaining independence and safety.

### **Getting Your Eyes Checked**

One of the most important steps you can take is to have regular comprehensive eye exams, even if you think your vision is “good enough.” Eye doctors can detect changes early and recommend treatments, visual aids, or referrals to low vision specialists. If you notice sudden changes—such as rapid vision loss, flashes of light, or eye pain—seek medical attention right away.

### **Living Well with Low Vision**

A diagnosis of low vision does not mean life stops. Many people find new ways to enjoy daily activities with a few adjustments. Helpful tools and devices might include:

- ◆ Large-print books, labels, and playing cards
- ◆ Magnifying glasses or electronic magnifiers
- ◆ Audio books and voice assistants
- ◆ Talking clocks, watches, and thermometers
- ◆ Tablets or e-readers with adjustable text size

### **Home Safety Tips**

- ◆ Increase lighting in hallways, kitchens, and bathrooms
- ◆ Reduce clutter to prevent falls
- ◆ Install grab bars and non-slip mats where needed
- ◆ Use contrasting colors on steps, door frames, and light switches

### **Staying Active and Engaged**

- ◆ Continue hobbies with small changes, such as large-print crafts or audio-based activities
- ◆ Participate in exercise programs designed for balance and safety
- ◆ Stay socially connected through community centers, support groups, and family activities

### **Emotional Well-Being Matters Too**

Vision loss can bring emotional challenges, including frustration, anxiety, or sadness. These feelings are normal, and you are not alone. Talking with others who understand—whether friends, family members, or support groups—can help. Many people find that learning new skills and using adaptive tools restores confidence and independence.

### **Community Resources Can Help**

Local senior centers, libraries, and health organizations often offer programs for people with low vision, including educational workshops, technology training, and peer support. Some agencies can even provide in-home assessments to suggest lighting or safety improvements.



# Superbowl Fun & Games



Can you unscramble these ??

1. HOCWNODNTU
2. DFLEI LGAO
3. TMHLEE
4. LALTOBOF
5. ABRATRUQK
6. FEDEENS
7. FEFEER
8. EIRCVREE
9. UTPREN
10. BREWPLUOS

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## Superbowl Trivia



1. Which team has won the MOST RECENT Super Bowl??
2. Which TWO teams are tied for the MOST Super Bowl WINS with 6 wins each???
3. What quarterback has the record for the MOST Super Bowl WINS?  
Hint: He has won 7 times!!
4. Which team won the FIRST Super Bowl in 1967???

**\*\*BE SURE TO COME TO OUR SUPER BOWL PARTY AT THE CENTER ON FRIDAY, FEB 6TH FOR THE ANSWERS!**



# Memoir/Creative Writing—

First and third Thursdays, at 10 am

## Tree Climbing Skills

One summer day a tree removal crew arrived three doors down the street from our house. My brothers and I were about 12, 10, and 8 years old and of course, my two brothers and I had to go see what was going on.

Oh wow! A tree removal crew was going to cut down a huge maple tree in front of the Hummel family home. My brothers and I rode our bikes to a good spot up close so we could get a front row view of this mammoth tree removal project with huge limbs hanging over East Main St and over the Hummel house.

A scruffy looking unshaven older man came over to us and gruffly told us to back up a little bit so we would be safe. We moved back about two feet as we felt safe being on our bikes and we could quickly escape any danger. We wanted to see everything and hear what the guys were saying. The men seemed to shout their colorful words to each other because they were half deaf from the chainsaw noise over the years. (No one wore ear protection or safety helmets back in the day.) Whenever my brothers and I rode around town looking for work projects, we liked to listen to what the guys were saying so we understood what they were doing. Besides, maybe we wanted to go home and practice what the men were doing so we would be able to do what we saw going on in various projects.

The tree cutting crew blocked off one side of East Main Street near the massive maple tree so they could safely drop limbs onto the road as there was not much lawn in front of the Hummel house to drop the limbs. The tree climber, Bob strapped on steel spikes over his worn-out high-top leather lace-up boots. Bob fastened a wide leather safety belt around his waist and tied a long rope to a steel ring on the belt. Bob also tied one end of a shorter rope to his big belt that he used to throw around the trunk to secure him to the trunk or a limb. A man put up a tall ladder so Bob could get high enough up the fat tree trunk to fling his rope around the tree and carefully tie himself to the tree. We were mesmerized as Bob flipped the rope up and then stabbed his spikes into the tree and started climbing higher. We had to tip our heads back to see Bob go higher and higher. Hmmm, so that is how men climbed trees!!!

Wow! We could do what Bob was doing to climb the tree by using a piece of rope tied around our waist.

Before we knew it, Bob was high up in the tree and hollering to the guy on the ground. "Jake, tie on my chainsaw to my long rope so I can start cutting some limbs. The next thing we knew, the chainsaw was screaming, and the sawdust was flying, and limbs were smashing onto the roadway below. Occasionally, one of the guys on the ground tied on a brown bottle of beer for Bob when he became thirsty. The ground crew kept a bottle of beer in their bib overalls to take care of their thirst. The crew worked for days taking down

the huge tree and cutting up the limbs feeding them into a big noisy chipper. We camped on our spot soaking in everything the crew was doing each day.

Days later, older brother, Dave said to Frank and I, "Hey, we can climb our big box elder tree and make believe we are a tree cutting crew." We grabbed a short piece of clothesline rope and started to climb our big box elder tree. (We had no idea what we were going to do with this length of rope.) We felt confident as we climbed all the way to the top of our tree. We were so high up we could look down to see the top of our house roof. We stood on small limbs at the top and hung on tightly, so we did not fall. We swayed the tree top back and forth and decided to swing our branch over towards neighbor Birdie's maple tree. We looked down as our branch swayed and thought if one of us fell, we would be severely injured because our white wooden picket fence was directly below us.

Dave managed to sway enough so he could reach out and grab one of the branches on Birdie's maple tree. Dave was strong and made it look easy as he reached out and hung on and transferred over to Birdie's tree by wrapping his legs around the maple tree limb. Dave shouted to me, "Bill, you can do it but don't look down. Grab on and then wrap your legs around the branch like I did." Whew!!! I made it over into Birdie's tree. Little brother Frank needed encouragement, so we hollered to him, "Frank, don't be a chicken... just start swinging, reach out and grab a branch." Frank safely made it into Birdie's tree like we did and we three boys shimmied down the spindly tree trunk to the ground.

We were startled when we saw Birdie sitting on his swing by his maple tree. "Boys, (everyone called us "boys" when we three were together) how in the world did you boys climb down my tree because I did not see you climb up my tree?"

Dave nonchalantly said, "Oh, we just climbed up our tree and swung over into your tree and climbed down. Please don't tell our father what we did."

We never heard anything from Dad about our tree climbing skills.



**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!

## February 2026 Birthdays !

1 Pat Kekua	15 David Caldwell
1 Nida Wigowsky	15 Mardeen Hultgren
2 Linda Foos	15 William Stutzman
2 Greg Kaufman	17 Oliver Korsness
2 Gary Paddock	17 Donna Lebold
3 Beverly Jones	17 Kathy Lowery
4 Jim Yeager	17 MargoUhre
5 Kathleen Jordan	17 Barbara Walter
5 Mary McWilliams	19 Shirley Schultz
5 Jan Morrison	20 Jan Folger
5 Denise Stinson	21 Loran Hagen
6 Chuck Reynolds	21 Robert Rikken
6 Dale Rushton	22 Larry Ball
7 Bob Sheveland	22 Walt Daniels
8 Kenneth Brisky	22 David DeHart
8 Sheila Brown	22 Kathi Dotson
8 Gloria Coats	22 Gloria McGraw
8 Kay Fisher	23 Jane McFadden
8 Rick Riley	24 Bonnie Johnson
9 Barbara Billeaudeau	25 Gerald Van Tassel
9 Stephen Downs	26 Dan Mowry
10 Ernie Cowan	26 Suzy Mulbey
10 Elaine Daniels	26 Roger Sprague
10 Jai Petersen	27 Larry McBride
11 Carol Brisky	27 Edgar Wales
12 Jim Luse	28 Patt DeLaney
12 Dave Williams	28 Christine Ehlert
13 Gary Davis	
13 Susan Williamson	
14 Jacie McElhinny	
14 Wilbur Shell	
14 Al VanHorn	



### Thank You to Our New and Renewing Members

Louise & Russell Brow	Sue Nanson & Kathy Lamprecht
Nancy Clark	Judy and Al Neighbours
Carol Johnson	Nancy Norberg
Linda Josvay	Gary & Patricia Paddock
Pat Kekua	Debra Planert
Sandra Key	Sara Rae
Dena & Wayne Lund	Vickie Nees & Gary Thomas
Karen Marchant & Anthony Weber	Christine & Dennis Tuuri
Beth Marion	Doug Wing
Neal McLean	
Bonnie Miller	

**We appreciate ALL of our volunteers**—and want to thank each of you for all you do!

Thank you to Gretchen Raney for all of her years of service and for picking up the flower donations each week from Cutsforth's Thriftway and Hulbert's Florist, so that Cheryl can make beautiful floral arrangements on our dining tables!

**Thank you, Gretchen!**

### 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!**



**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. This quarter 62 households participated and their contributions totalled more than \$120. 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

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## 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

### **Valentines Gnome Canvas**, Red Chair Farm, Saturday, February 7, 6:30pm-8:30pm, 27215 S Gribble Rd. Canby

Come join us for an evening of art filled fun! Rachel will walk you through this ADORABLE 11x14 canvas, step by step! NO EXPERIENCE NECESSARY and all supplies provided! Fun for all ages! Colors and decor can be altered to anything you like!

## Just Out of Town...

### **Volksfest**, Jan 30–Feb 2 | MT. Angel

Volksfest, the people's festival! An indoor winter festival featuring live music, authentic German food, local craft beers and artisan vendors. Live music features Festival Brass, the Junebugs, 5 Guys Named Moe and more. Mt. Angel Sausage Co, Engelberg Dancers, VW Car Cruise-In, sausage eating contest, German beer, and more. Join us for this family friendly event!

## Out of Town...

### **Pacific Northwest Sportsmen's Show**, Feb. 11-15, Portland Expo Center

Explore the latest in fishing, hunting, and outdoor recreation with a variety of exhibits, interactive activities, and expert presentations. Connect with fellow adventurers and discover new gear to elevate your outdoor experiences. Don't miss this opportunity to dive into the world of sports and recreation!

### **Oregon International Auto Show**, Feb 19-22, Oregon Convention Center

With more than 350,000 square feet of exhibit space you will find hundreds of vehicles, the latest in car design and technology plus exotics from around the world. Get behind the wheel in one of our many Ride & Drives, watch live custom car builds, and explore the latest advancements in 2026 vehicles.

### **Portland Spring Home & Garden Show**, February 26 – March 1, 2026 | Portland Expo Center

The 2026 Portland Spring Home & Garden Show is the official source for home and garden inspiration. For decades, this event has brought together garden enthusiasts, design lovers, homeowners, remodelers, and local urban makers and home vendors, offering the latest tips, trends, and ideas for consumers of all experience levels.

Explore hundreds of vendor exhibits, shop plants and garden essentials, and experience feature and showcase gardens designed to inspire every style and space. Guests can learn from expert-led presentations, live demonstrations, and interactive, hands-on workshops, along with a full lineup of speaker seminars that provide practical insights and direct access to industry professionals. The Portland Spring Home & Garden Show is the ideal place to gather inspiration and connect with the experts who can help bring ideas to life.

### **Newport Seafood & Wine Festival**, February 19-22, Newport

The Pacific Northwest's signature coastal celebration returns. A signature winter celebration of coastal cuisine, local wines, and unforgettable flavors. This happens every February and attracts thousands of people all over the world to experience a weekend full of seafood and wine at the Port of Newport.

- ♦ Over 50 Pacific NW Wineries under one tent
- ♦ Some of the best Seafood on the Oregon coast served by over 20 local Chefs
- ♦ Over 70 Pacific Northwest Artisan's to shop
- ♦ A separate Music tent with festival branded beer and top tier live entertainment
- ♦ Seafood Chowder competition

# 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 1<sup>st</sup>. 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

Richard Ares	Gary Funes	Julie Kemp	Quest Investment	Jamie Stickel-Ebner
Ken Arrigotti	Jan Galitz	Gay Kuykendall	Management	Charlie & Denise
Sharon Barnett	Keith Galitz	Jake Larson	Reif & Hunsaker	Stinson
Loren and Jen Bell	Allison Griffin	Cash and Betty McCall	Bill and JoEllen Reif	Matt & Lauren Stutes
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Joe Egli	Ray Keen	Jennifer Patterson	Steve & Karen Skoog	John & Brigitte Zieg
Sandie Field	Jerry Keen			

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

### Anonymous

Patricia Achenbach  
CD and Debra Albright  
Abbie Allen  
Tim and Beckie Anderson  
Christine Anderson  
Erik & Marilyn Ankney  
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### Sustaining Business & Organizational Donors— Donations of \$250+:

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Fellowship  
Canby Area  
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Association  
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Cabinets  
Reif Hunsaker  
Sons of American  
Legion—Canby  
Swan Island Dahlias  
Uptown Medical  
Billing

# Thank you 2025—2026 Annual Appeal Donors

## Gold Donors: Donations of \$51 to \$249

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 Lucynda Adovnik  
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## Business & Organizational Gold Donors

### Donations of \$51—\$249

[J&M Accounting Service](#)

[BPOE #1189 Oregon City Elks Auxiliary](#)

[Club Fit](#)

[Matt Olsen Insurance Agency](#)

[Potters Industries](#)





# Thank you 2025—2026 Annual Appeal Donors

## Silver Donors: Donations up to \$50

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Kyle & Heather Anderson  
Nidia Arguedas  
Wayne Austen  
Andy Barr  
Gary Bates  
Jeanette Blance  
The Bowens  
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Cheech and Peg Wolfgang  
Craig and Jan Woodworth

## December & January Donors

### In-Kind Donors:

Maxine Elle, Sonya Bickford, Kathy Jeskey,  
Sheila Job, and Herry Schoen

### Financial Donors:

Abbie Allen, Vicki & Robert Breitbarth, Canby Area Beautification, Columbia Medical Alarm, Devin & Shuree Deller, **Peter & Joy Durkee**, Vicki Guay, Elaine Hill, Kathleen Hostetler, Sandra Key, **Robert Larson**, Connie Owens, Edye Pavlicek, Gordon Rasted, **Mary Reed**, Roger Reif, Schmidt Family, Roger Shell. Susan & David Slowik, **Greg Timmons. Lara Vonda**

### Memorial Donors:

Daralyn Jones in Memory of Arline Herr  
Gary & Kae Wise in Memory of Arline Herr  
Judy Yoder in Memory of Arline Herr  
Karen Morris in Memory of Vernon Peterson  
Tamara Tofte in Memory of D'Anne Tofte  
Stan Withee in Memory of Sherry Withee

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

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

## 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!

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

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

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

Birth Month \_\_\_\_\_ Birth Day: \_\_\_\_\_

Name \_\_\_\_\_  
Under 65    65-70    70-75    75-80    Over 80

Birth Month \_\_\_\_\_ Birth Day: \_\_\_\_\_

Address: \_\_\_\_\_ City & Zip \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Enclosed: Check: \$ \_\_\_\_\_ Cash: \$ \_\_\_\_\_

*Renewal postcards are mailed quarterly as a reminder to  
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Check here ☐ to receive newsletter by e-mail only with  
thanks for helping us save on postage!

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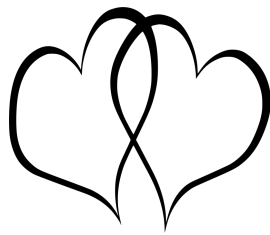
Acknowledgement Address: \_\_\_\_\_



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

# Activities— February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Tai Ji 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 11:30 Music with Mickey 1:00 Parkinson's Support 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation Class	3 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:30 Women's Grief Suppt Group	4 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 BingoCize 12:30 Genealogy Svc. 1:00 Medicarolers 1:00 Movie: Amelia	5 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 10:00 Valentine Craft 11:00 GeriFit 1:00 Line Dancing 2:15 Zumba <b>*NEW*</b>	6 9:00 Tax Clinic 9:00 Tai Ji 10:00 BB&B 11:00 BingoCize 11:00 Superbowl Day , includ- ing dip competition! 1:00 Pinochle 1:00 Movie: Sleepless in Seattle	7
8	9 9:00 Footclinic 9:00 Tai Ji 10:00 BB&B 10:00 Wood Carving 11:00 GeriFit 11:30 Music with Scott 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation Class	10 8:30 Trip: Columbia Gorge 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	11 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 BingoCize 1:00 Attorney Consults 1:00 Movie: Crescent Gang 3:00 Alzheimer's Support Group	12 9:00 Beginning Ukulele 10:00 Let's Talk! 11:00 GeriFit Noon Valentine Lunch 1:00 Line Dancing 1:30 NW Medicare Adv. 2:15 Zumba <b>*NEW*</b> 4:30 Trip: Irish Dance Lessons & Dinner	13 9:00 Tax Clinic 9:00 Tai Ji 10:00 BB&B 11:00 Bingocize 1:00 Pinochle 1:00 Movie: Runaway Bride	14
15	16 <b>PRESIDENT'S DAY</b> <b>Center Closed</b> 	17 9:30 YOGA 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:30 Women's Grief Suppt Group	18 9:00 Tai Ji (Video) 10:00 BB&B (Video) 10:00 Newsletter folding 10:30 Blood Pressure 11:00 BingoCize (Video) 1:00 Board Meeting 1:00 Medicarolers 1:00 Blood Drive 1:00 Movie: The Great Gatsby	19 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 11:00 GeriFit 11:30 Music w/ Jim 1:00 Line Dancing 2:15 Zumba <b>*NEW*</b> 4:00 Trip: Flight Deck Restaurant	20 9:00 Tax Clinic 9:00 Tai Ji 10:00 BB&B 11:00 Bingocize 1:00 Pinochle 1:00 Movie: You've Got Mail	21
22	23 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 Class	24 9:30 YOGA 9:50 Trip: Canby Fire Station Tour & Lunch 10:00 Handiwork 12:00 Bingo 1:00 Pinochle 1:00 Line Dance	25 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 BingoCize 1:00 Movie: Autumn and the Black Jaguar	26 9:00 Beginning Ukulele 9:30 Trip: Molalla River Corridor & Lunch 10:00 Seated Volleyball 11:00 GeriFit 11:15 CAC Ukulele Performance Noon Hamburger Day 1:00 Line Dancing 2:15 Zumba <b>*NEW*</b>	27 9:00 Tax Clinic 9:00 Tai Ji 10:00 BB&B 11:00 Bingocize 1:00 Pinochle 1:00 Movie: The Proposal	28



# Menu—February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Creamy Shrimp Pasta w Sundried Tomatoes Bread Steamed vegetable Cucumber salad Fresh Fruit	3	4 Cobb Salad Vegetable Soup Brownies	5 Sausage and Cheddar Quiche Hash brown Potatoes Applesauce Blueberry Muffin	6 <b>Superbowl Celebration</b> Pulled Pork Sandwich Baked Beans Coleslaw Brownie	7
8	9 Beef Stroganoff Butter noodles Mixed Vegetables Black Bean and Corn Salad Fruit	10	11 Deli Sandwich Carrot Raisin Salad Chef's Choice Soap Fruit	12 <b>Happy Valentine's Day</b> Chicken Cordon Bleu with mustard sauce Cheesy Potatoes Asparagus Ceasar Salad	13 Teriyaki Pork With Vegetables White Rice Orientale Vegetable Chickpea Salad Chef's Choice Dessert	14
15	16 <b>Presidents Day</b> <b>Center Closed</b>	17	18 Taco Salad Beans and Rice Churros	19 Happy Mardi Gras Shrimp And Grits Cornbread Steamed Vegetable Green Salad Mini King Cakes	20 Open Faced Hot Turkey Sandwich Sweet Potatoes Vegetables Carrot Salad Apple Crisp	21
22	23 Chicken Fried Steak Mashed Potatoes Vegetables Tossed Salad Fruit	24	25 Chicken Caesar Salad Romaine Lettuce Chef's Choice Soup Strawberry Mousse	26 Hamburger Day Potato Salad Broccoli & Cauliflower Salad Fresh Fruit	27 Oven Baked Pollock Rice Pilaf Vegetables Pickled Beet Salad Cookies	28

## Thanks to our regular Serving Groups:

Canby Fire Department

LDS Church—First Ward

Canby Utility

Canby Police Department

Zion Mennonite Church