



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

August 2026

CENTER STAFF

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Carol Clark
Heather Moore

Office Hours

M—F 8:30 am—4:30 pm

Welcome from the Director

Dear friends,

I have some very exciting news to share: We have started work on our NEW HOME! Our general contractor, Paradigm Construction, is on the ground and busily taking out what we DON'T need to make room for what we DO need! While its not safe to enter the building to see our progress, you'll notice activity from the outside if you should happen to drive by. I'm learning all about the world of CORs, RFIs, permits and sub-contracts. Its wonderful to see it all finally coming together.

A special thanks to those who are supporting the project, to ensure a permanent home for senior services for generations to come—see back page for more information!

See you at the center —Kathy

Saddle Up For a Fair-ly FUN Lunch.....Yeehaw! **Wednesday, August 19th**

Grab your boots, break out your cowboy hats, and get ready for a rootin' tootin' good time! We're celebrating fair season with a country-themed lunch full of fun, laughter, and a little friendly competition. Come dressed in your best western wear — whether you're a cowboy, cowgirl, rodeo queen, or just ready to have some fun! Enjoy fair-inspired favorites, show off your country style, and join us for a fun-filled day of good food and great company.



Skip The Parking, Catch the Fun!

Heading to the Clackamas County Fair for Senior Day? Please, let us do the driving! We'll be offering limited shuttle service to and from the fair from the Center, making it easy to avoid parking hassles and long walks to the gates. More information can be found on "trips" page.



Interested in playing Mahjong?

We're exploring the possibility of starting a Mahjong group at the center! Whether you're a seasoned player or have Always wanted to learn, we'd love to hear from you! If you're interested in playing, please signup at the front desk.



Thanks to Quilty Friends Quilty Group for donating a beautiful patriotic quilt for a raffle fundraiser! The quilt raffle drawing was held July 2nd at our Red, White & Blue Lunch, and the lucky winners were... Daniel & Dolores Gillespie! **Congratulations Daniel & Dolores!**

Month At A Glance: See inside for details

July 28	Sign up begins for August trips NOTE: TUESDAY
Aug 3	Parkinson's Support Group 1pm
Aug 5	Genealogy Service 12:30
Aug 5	Board Meeting 1 pm
Aug 5	Amer. Red Cross Blood Drive 1pm
Aug 12	Attorney Consults 1 pm
Aug 12	Alzheimer's Support 3 pm
Aug 13	Let's Talk 10am
Aug 13	Mexican Train Dominos 1pm
Aug 13	NW Medicare Advisors 1:30
Aug 19	Blood Pressure Checks 10:30
Aug 19	Fair-ly Fun Lunch
Aug 19	Clackamas County Fair Senior Day Shuttle Times Posted @ Reception
Aug 19&21	AARP Smart Drive 1-4pm
Aug 25	Trip Call-In 9-11am
Aug 26	Mandala 1 pm
Aug 27	Seated Volleyball 10am
Aug 27	HAMBURGER DAY (signup req'd)
Aug 27	Bunco 1 pm
Aug 27	Mexican Train Dominos 1pm
Aug 31	Speaker & Lunch Sign Up Day

****Note**** Trip signup day has changed to the last Tuesday of the month, but speaker signup day and special lunch signups are STILL the last Monday of the month.

Center Services

Client Services Available in August

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.

Home Delivered Meals: 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 and Yoga as well as volunteer-managed Line Dancing and Zumba Gold!

We continue to offer Zoom Exercise 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 | * Bunco |

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 ****Wendy does not notarize wills****.

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

Generally offered the 2nd Wednesday of each month, an attorney meets with you at the Center for a free 30 minute consultation. The next consultation appointments are August 12th. Appointment required; call 503-266-2970 to schedule your April 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

For the month of August, Roger will be here on Wednesday, August 19th @ 10:30

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

Foot Clinics—Offered Twice Each Month on Mondays with Jenelle Ediger

This month it will be held on August 10th and 24th.

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 — August 5th, 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** August 5, September 2, October 7 & November 4. 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 August 3rd, 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 August 12th, at 3pm 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 – CANCELLED UNTIL FURTHER NOTICE.

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**
- ♦ **The AgriStress Helpline is a free, 24/7 hotline for Oregon's agricultural and forestry communities, including farmers, ranchers, fishermen, foresters, and their families.**



Need a safer and accessible home?

Grants for low-income households to add ramps, handrails, accessible kitchen and bathroom fixtures. Loans for sewer, roof, heat, window, foundation and other repairs.

The Housing Rehabilitation Program offers assistance for low income households, offering two programs, the Accessibility Grant and the Housing Rehabilitation/Home Repair Loan.

For more information, contact **Clackamas County Community Development** at 503 655 8591. Or visit the website at www.clackamas.us/communitydevelopment/repair.

Source: ClackCo Service Guide 2026



AgriStress Helpline of Oregon

The AgriStress Helpline is a free, 24/7 hotline for Oregon's agricultural and forestry communities, including farmers, ranchers, fishermen, foresters, and their families.

In Oregon's agriculture community, mental health matters. Farmers, ranchers and rural families are never alone. Someone is always ready to listen. AgriStress Helpline of Oregon exists to provide support in moments of need—because one call can save a life. If you or someone you know is struggling or experiencing a crisis, help is available 24/7. **Call or text the free and confidential AgriStress Helpline at 833 897 2474.** The helpline is dedicated to serving farming, ranching, fisheries and forestry communities.

Helpline operators are trained and understand the unique stressors and situations of agriculture, forestry, and fishing. **All calls are answered within 30 second.**



Deterra Medication Disposal

The county offers free Deterra medication disposal pouches to safely dispose of any unused or expired medication. The pouches can be used to safely deactivate and dispose of unneeded medications, drugs, patches, liquids, creams, and films at home.

Medications that are flushed, dumped down the drain, or put in the trash contaminate our water. In addition, disposing of unused drugs saves lives by keeping them out of the wrong hands.

Wendy May has some of these packets available. Call the center at 503 266 2970 or visit the Center and ask for Wendy.

You can also request packets by contacting Clackamas County at www.clackamas.us/publichealth/deterra or by phone at (503) 655-8411
Source: ClackCo Program Service Guide

On-going Classes and Activities

Exercise & Wellness Classes Open to Everyone!!!

Geri-Fit (Seated Exercise): Wednesday & Friday at 11:00. This class is a great way to start your fitness journey if you're new to exercise. *No fee-donations appreciated*

Better Bones & Balance: Monday, Wednesday and Friday at 10:00 Get a great work-out, rain or shine, using dumbbells and your own body weight. *No fee—donations appreciated*

Tai Ji Quan: Monday, Wednesday and Friday at 9:00 We now offer Tai Chi Quan classes three times weekly. Class meets every . Check out this class—a great way to increase mobility and balance! *No fee—donations appreciated*

Bingocize® Monday & Thursday at 11:00—What is Bingocize® ? It is a vibrant fusion of fitness and health education that incorporates the beloved game of bingo! Class meets every . **BEGINNERS WELCOME!**

No fee—donations appreciated

Yoga— Tuesday at 9:30 am

This class is offered every Tuesday at 9:30 am with Yoga Instructor Kathryn Kindorff. 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!

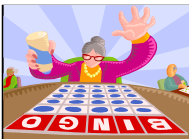
No fee-donations appreciated

"Let's Dance" Line Dancing Classes—Every Tuesday & Thursday 1 pm — No partner needed for this popular and fun line dancing class! New dancers always welcome! *No fee—Donations accepted*

Zumba Gold—Every Tuesday & Thursday @ 2:15pm

Zumba Gold is a modified Zumba class, for older dancers, or those that don't want high impact classes. It's a different class than Zumba.

No fee--donations appreciated



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

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! Walk-ins welcome **No Fee**

TUESDAY

Needles & Knots Craft Group Meets at 10 am: Bring your own projects to work on while socializing with friends. Walk-ins welcome! Classroom 2 **No Fee**

WEDNESDAY

Quilty Friends— August 5th, 19th, & 26th

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**

Mandala Project—4th Wednesday each month August 26th, 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.**

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!

Mexican Train—2nd & 4th Thursday, 1pm

All aboard for fun with Mexican Train! This easy-to-learn domino game is perfect for socializing, friendly competition and lots of laughs. Come join us and see why it's a crowd favorite! **Open to everyone: No Fee**

Board News and Announcements

BOARD OF DIRECTORS 2025—2026

CHAIR

Loren Bell

(Term ends Sept 2026)

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)

Bill Reif

(Term ends Sept 2026)

Joyce Peters

(Term ends Sept 2026)

Michael Vissers

(Term ends Sept 2027)

Larissa Tiede

(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 June 3, 2026

Directors Present:

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

Staff Present:

Kathy Robinson

Guests:

Jim Davis, City Council Liaison and Terri Schneider, Campaign Manager
Linda Middleton, member

Report from City Council Liaison, Jim Davis: Jim reported that final approval of the City Comprehensive plan is expected in July. A group visiting from the city's sister city in Vietnam were welcomed with a tour and following reception at Dragonberry. The city Budget was approved by the council and includes the addition of a “Project Manager” who will be reporting to the city manager and tasked with oversight of projects to assure timely completion. The budget also includes a goal to maintain a minimum of 28% in reserves. Meetings with the city and the school district are underway to discuss the uses/future, etc., of the property used by the swim center and adult center.

Monthly Reports:

Treasurer: Keith reported that May was another good month for the CAC investment portfolio. Keith advised that while the investment account allows some freedom to front end load our capital project, we must remember that the investment account is critical for CAC to continue to operate, since every year we need cash flow from it to cover the deficit we incur in operating CAC.

Director:

Open house May 14th— 56 in attendance.

All users at the church have moved to the Ivy Street building: CUMC moved their items and our movers brought over the remaining items.

Brokerage account set up with Cornerstone Wealth Management.

Joolin Rice has joined team as new exercise instructor – fully trained and on-boarded.

Building Update

- o R and H Construction can no longer meet our timeline; pivoting to Paradigm.

- o Subcontractor information and pre-con work (hazmat, etc) received from R and H.

- o Initial contract for demo, abatement and pre-school wing to get moving quickly.

Paradigm provided a draft Description of Work and comparative data between new proposed estimates/old estimates/R&H estimates for board review. After lengthy discussion from full board, it was decided that Loren and Kathy be granted authority to proceed with a LOI.

2026-27 Budget Approval The Finance Committee, consisting of Keith Galitz, Mike Vissers, Tim Nichols and Cash McCall made a recommendation to the board to approve the proposed 2026/2027 Budget. The Chair, Loren Bell, expressed his gratitude to the committee/board for their attention to the financial data details. Budget was unanimously approved.

Meeting Adjourned: At 2:15 pm a motion was made to adjourn the meeting. Motion was seconded and passed unanimously. The next scheduled board meeting will be on Wednesday, July 8, 2026. *Respectfully submitted by Sandie Field, Board Secretary*

Welcome to new Board Member and upcoming elections

Vice-Chair and Assistant Fire Chief Matt English has stepped down from the Board due to competing work demands. As per CAC's bylaws, this vacancy necessitated a board appointment. We are so please to welcome Larissa Tiede, Executive Director of Hope Village, to our Board. Larissa comes to us with over 20 years' experience in the senior services and healthcare sectors, as well as a strong business background. The timing couldn't be better to have someone on our Board with Larissa's background and areas of expertise—welcome, Larissa!

Our annual elections are almost upon us! As a reminder, three positions come up for election/re-election every September. This September, Bill Reif and Joyce Peters are up for re-election—we are grateful that both have agreed to run for another term. Loren Bell will complete his 2nd term in September. As allowed by CAC bylaws, the Board has asked Loren to run for an exceptional additional year, or up to three years, to ensure continuity in Board membership through completion of our new building project. If you are interested in running for a Board position this year, please see Kathy for more information.

AUGUST Speakers & Events

Looking to get your WARES in the FAIR???

THERE'S STILL TIME.....

For the 2026 Clackamas County Fair, entry deadlines vary by department. The following entries must be submitted by **midnight on JULY 24th**:

- Art Gallery
- Floral
- Quilts
- Textiles
- Hobby Hall
- Granges
- Kitchen Cupboard
- Photography

Let's Talk! Thursday, August 13th @ 10am Accepting Physical Decline

Aging brings changes to all of us and adjusting isn't always easy. Join us for an open conversation about accepting physical decline, sharing experiences and discovering ways to continue living well at every stage of life.

Sign-up Encouraged

No Fee



Interested in participating in a Good Death/Good Life Café here at The Canby Adult Center?



Doulagivers Institute™

The **Good Death/Good Life Café** is a free community gathering for adults of all ages who want a kinder, more prepared way to face aging, serious illness and end of life for themselves or their families.

During this 90-minute Café, we will explore practical and emotional topics in clear, compassionate language. Attendees will be invited to share their thoughts, ask questions, listen to others and learn ways to support themselves and the people you care about.

This is not a therapy group. It is a respectful space to *learn*, *reflect* and *connect*. It is a safe, welcoming place for open conversations about aging, caregiving and end of life wherever, you are on the journey.

Is there an interest on participating in a Good Death/Good Life Café here at The Canby Adult Center? If this is something you are interested in participating in, please put your name on the interest list at the front desk. We will have the interest list June through July. If there is enough interest, we will invite a facilitator of the café to offer a session in the fall.



AARP Smart Driver Classroom Course Wednesday August 19, 2026 and Friday August 21st, 2026 1:00 to 4:30 pm each day.

Take the classroom course and you could save money on auto insurance. Learn techniques for handling left turns, right-of-way, following distance, and roundabouts. Understand how to reduce traffic violations, crashes, injury risk and learn state specific terms. Discover proven driving methods to help keep you and your loved ones safe on the road.

Class is open to the public and limited to 20 people. Call or see reception desk at Canby Adult Center for registration—503 266 2970

\$20 for AARP Members \$25 for Non Members

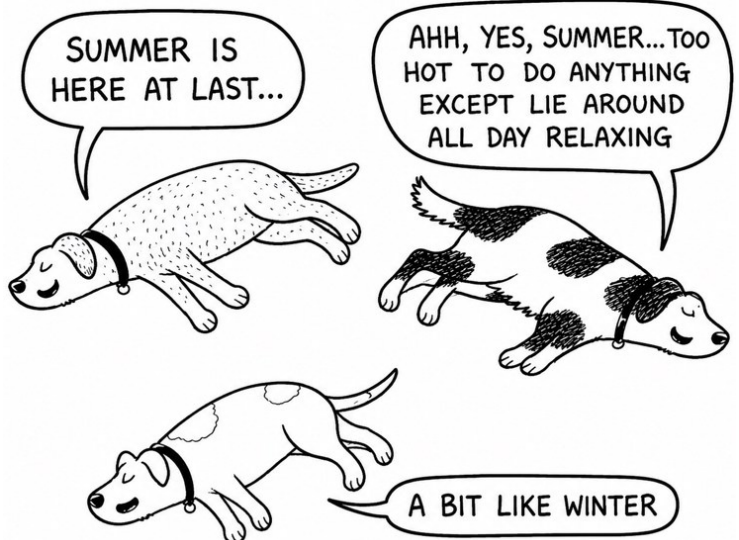
****Must attend both half day sessions to receive a certificate of completion to qualify for a multiyear auto insurance discount.**

Monday, August 31st

Celebrate fair season with our latest **QUILT RAFFLE!**

We're raffling off a beautiful handcrafted quilt that's as cozy as it is prize winning! Stop by the front desk to purchase your tickets—\$1 each or 6 for \$5.00

The drawing will be held on August 31st after we've celebrated a Fair-ly FUN month!



Saddle Up For Lunch Wednesday, August 19th

Come dressed in your best western wear — whether you're a cowboy, cowgirl, rodeo queen, or just ready to have some fun! Enjoy fair-inspired favorites, show off your country style, and join us for a fun-filled day of good food and great company.



Trips—August 2026

*** TRIP SIGNUP PROCESS ***

To make our trip sign-ups more fair and efficient, we are introducing a lottery-style sign-up system.

How it works:

On the last **Tuesday** of the month, participants will call the center between 9am and 11am to sign up for their desired trips.

You may sign up for only yourself and one other family member, living in same household.

You can speak with the Activities Coordinator directly, or leave a voicemail indicating your top **THREE** trip choices. (you will be signed up for your first **TWO** trips, if one is full, your 3rd choice will be assigned if available).

A list of all names will be created between 9-11am, assigning each name a number.

Trip Selection Process

Beginning at 12pm, names / numbers will be selected using a lottery system and participants will be placed on to trips based on:

- 1) Their trip preferences
- 2) Availability at the time their name/number is randomly selected (if a trip is full, they'll be added as an alternate)
- 3) If one of your top 2 picks are full, you'll be put on your 3rd choice trip if space available.

Once all names/numbers have been drawn on Tuesday, trip lists will be posted on the "Upcoming Day Trips" board at the Center (next to the showcase) and can be found at reception the following day.

IF prepayment is required, it must be made by Wednesday to secure your spot. ****NO EXCEPTIONS**** 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.

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.

Trip sign-up begins on **Tuesday, July 28th**. You may call on sign up day for any trip from 9-11am. Please indicate your top 3 choices (top 2, with 1 alternate). 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.

Additional note: You may sign up for a maximum of two trips when sign-up opens. Our dinner trips are extremely popular, so we ask that you just sign up for **ONE** dinner on the first day of sign-ups. You're welcome to check back to sign up for additional trips later in the week.

Toes In the Sand & Cool Coastal Breezes

Tuesday, August 11th

Wanna get away? Let's beat the heat & chase the cooler, coastal temperatures! We're headed to Seaside where the air is salty, the views are beautiful and shoes are optional. Whether you prefer perusing the shops on Broadway, wandering the classic boardwalk or plopping yourself on a blanket in the sand, **THIS** is the trip for you. The day is what you make of it.

Depart: 9:30am

Return 6pm

Cost: Free (bring money for lunch/spending)

Bus Fee: Donations accepted

Escape To The Country, Whiskey Hill Awaits

Tuesday, August 18th

Join us for a delightful lunch outing through beautiful farmland to Whiskey Hill Store – where country charm, tasty food and local history come together! This restored school-house-turned-country store is filled with unique gifts, sweet treats, friendly faces and a cozy café serving delicious lunch!

Depart: 11am

Return 2pm

Cost: Free (bring money for lunch)

Bus Fee: Donations accepted

A Day At The Fair—Without The Fuss!

Wednesday, August 19th

Skip the parking fees, save your steps and let **US DO THE DRIVING!** Spend the day at the Clackamas County Fair exploring the exhibits, browsing vendor booths and enjoying your favorite fair foods. Leave the transportation to us. Sign up sheet will be at the front desk one week before the fair.

Leave CAC for Fair

10:15am

12:15pm

2:15pm

Return to CAC (from Fair)

10:30am

12:30pm

2:30pm

4:15pm

Love, Laughter & Letters—A Saturday Matinee

Saturday, August 22nd

Sometimes the best journeys begin with a single letter. Join us as we attend *Dear Jack, Dear Louise* at New Century Players Community Theatre. This delightful and heartwarming play is inspired by a true story and is **FILLED** with laughter, romance and unforgettable characters - you're guaranteed a fun afternoon. We'll get lunch on our way to the performance.

Depart: 11am

Return 4-4:30pm

Cost: \$20 due at signup & money for lunch

Bus Fee: Donations accepted

A "Zig-Zag" Through The Woods

Tuesday, August 25th

Let's escape the heat and head to the mountain to explore one of its sweetest hidden treasures – Little Zigzag Falls. We'll meander along a .6 mile trail through towering evergreens, along a bubbling creek that leads to a picturesque waterfall tucked away in the heart of the Mt. Hood National Forest. Wear your sneakers, bring your water & don't forget your camera! We'll get lunch on our way home.

Depart: 9am

Return 3:30pm

Cost: Free (bring money for lunch)

Bus Fee: Donations accepted

August Movies, Music & More

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

Movie Line-up

WEDNESDAY MOVIES AT THE CENTER

August 5th—Song Sung Blue Starring Hugh Jackman and Kate Hudson. Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together.

August 12th—Phenomenon A humble small-town mechanic sees a mysterious light in the night sky and suddenly develops amazing mental powers in this charming fantasy drama starring John Travolta, Kyra Sedgwick, Robert Duvall and Forest Whitaker.

August 19th—On Golden Pond Curmudgeon Norman is estranged from his daughter Chelsea. Nevertheless, at Golden Pond he and his wife agree to look after Billy, the son of Chelsea's new boyfriend, and a most unexpected relationship blooms. Starring Henry and Jane Fonda

August 26th—The Sheep Detectives Every night a shepherd reads aloud a murder mystery, pretending his sheep can understand. When he is found dead, the sheep realize at once that it was a murder and think they know everything about how to go about solving it.



Fridays with Dustin Hoffman

August 7th—Tootsie Michael Dorsey, an unsuccessful actor, disguises himself as a woman in order to get a role on a trashy hospital soap.

August 14th—Agatha What really happened to mystery writer Agatha Christie when she vanished for 11 days in 1926? Dustin Hoffman and Vanessa Redgrave star in this ingenious solution to an enduring mystery.

August 21st—Stranger Than Fiction IRS auditor Harold Crick suddenly finds his mundane Chicago life to be the subject of narration only he can hear: narration that begins to affect his entire existence, from his work to his love life to his death.

August 28th—Last Chance Harvey In London for his daughter's wedding, a rumpled man finds his romantic spirits lifted by a new woman in his life. Also starring the talented Emma Thompson.

**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—August 17th Mickey is back! Join us to hear a fine selection of hits, and oldies & goodies.

Piano with Jonah—Wednesdays in August

A great variety of classical pieces, favorites & show stoppers!

Music with Dave - August 21st

Join us as Dave and his guitar, offer a nice selection of your favorites!

Music with Scott: August 7th

Scott brings a selection of well known and loved popular music with "something or everyone"!

Music with Jim - August 20th

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 just one lunch that requires a sign up / reservation.

August 27th, Hamburger Day

Delicious hamburgers with all the fixins, potato salad, broccoli & cauliflower salad and fresh fruit.

While everyone is always welcome to join us for lunch, a reservation for these special lunches ensures that we can offer appropriate seating for everyone.

Signups for August lunches are MONDAY, July 27th

Despite not starting his acting career until the ripe old age of 30, Dustin Hoffman has starred in more than 70 films over a career spanning more than six decades. He's received 2 Academy Awards, 13 Oscar nominations, 6 Golden Globes and a Lifetime Achievement Award from the American Film Institute. Phew!!



Life, Health & Happenings

Summer is in FULL swing now. The 4th of July is behind us and backpacks are on sale at Freddy's (every kids worst nightmare!). An important, though somber topic this month....overdose awareness. It's so much more than illegal drug use, please take a minute to read below. I hope you can get out for a walk before the pavement gets hot, I hope to see you at the center soon! —Mindy

National Overdose Awareness Day Awareness Can Save Lives

Each year on **August 31**, communities around the world observe National Overdose Awareness Day. While many people associate overdoses with illegal drugs, the reality is that overdoses can happen to anyone—including older adults. Prescription medications, over-the-counter (OTC) medicines, and even common combinations of medications can sometimes lead to serious or life-threatening situations.

National Overdose Awareness Day is an opportunity to learn, have important conversations, remember those we've lost, and help prevent future tragedies.



Overdose Isn't Always Intentional

Many overdoses happen by accident. As we age, our bodies process medications differently. The liver and kidneys may work more slowly, meaning medications stay in the body longer. Older adults are also more likely to take multiple medications, increasing the risk of harmful interactions. An accidental overdose might happen when someone:

- Takes an extra dose because they forgot they had already taken one.
- Mixes medications that shouldn't be taken together.
- Combines prescription pain medication with alcohol.
- Uses multiple products that contain the same active ingredient (such as acetaminophen).
- Takes medication prescribed for someone else.

Don't Forget Over-the-Counter Medicines

Because they don't require a prescription, OTC medications often seem harmless—but they deserve just as much caution. For example:

- **Acetaminophen (Tylenol®)** is safe when used correctly, but too much can seriously damage the liver. Remember that many cold, flu, and pain products already contain acetaminophen.
- **Sleep aids** can increase drowsiness and the risk of falls.
- **Cold and allergy medications** may interact with prescription medications or raise blood pressure.
- **NSAIDs** such as ibuprofen and naproxen can increase the risk of stomach bleeding, kidney problems, and heart complications in some individuals. Always read labels carefully and ask your pharmacist if you're unsure whether medications are safe to take together.

The Importance of Medication Reviews

One of the simplest ways to reduce the risk of accidental overdose is to have your medications reviewed regularly. At least once a year—or anytime a new medication is added—bring a complete list of:

- Prescription medications
- Over-the-counter medicines
- Vitamins
- Herbal Supplements

Your doctor or pharmacist can check for duplicate medications, unsafe combinations, and medicines that may no longer be necessary. It's also helpful to use one pharmacy whenever possible so your pharmacist has a complete record of your medications.

Supporting Friends and Family

Many families have been touched by overdose, whether through prescription medications or substance use. National Overdose Awareness Day is also a time to remember loved ones who have died and to support those who continue to grieve. Compassion matters. Addiction is a complex medical condition, not a moral failing. Treating others with kindness and understanding encourages people to seek help when they need it. If someone you know is struggling with medications, alcohol, or substance use, encourage them to speak with a healthcare provider. Recovery is possible at every stage of life.

Source: CDC, USFDA, SAMHSA

Birthdays & This & That!

August 2026 Birthdays !



1	Cecile Chevrax	19	Michael Cocco
1	Debbie Jewell	19	Eugene Gascho
1	Carol Luce	19	Melody Thompson
2	Susie Hope	20	William Harney
2	Gail Melendrez	20	Sarah Leonard
3	Donald Chambers	20	Marilyn Montecucco
3	Nancy Gill	22	Jeanie Rhodes
3	Loren Hartman	22	Roger Skoe
4	Annette Bemis	22	Jim Wilkey
4	Stan Withee	23	Vicki Adamson
5	Louann Haynes	23	Michelle Helzer
5	Kitty Losch	23	Oren Hesse
6	Toni Barton	23	Sandra Key
7	Victoria Hannaman	24	Judith Engman
7	Edith Huskey	24	Ruth Feldmann
7	Rosemary VanDerZanden	24	Fred Gill
8	Rosemary Hands	25	Jim Dippman
10	Robert Maxwell	25	Pat Schauer
10	Judy Zettergren	26	Madeleine Henderson
11	Colleen Scott	26	Vern Holsten
11	Raymond Winge	26	Sheila Isaacson
12	Marilyn Brown	26	Jim Long
12	Debbie Green	26	Christine Neal
12	Rita Hendershott	26	Patricia Perkins
12	Walt LaChapelle	26	Chery Stark
12	Sharon Westcott	27	Bill Kennemer
13	Susan Cazier	27	Darline Kraxberger
13	Steven White	28	Sid Brown
14	Steven Heli	28	Sue Ellen Ludlow
14	Sharon Mrokowski	28	Betty Rivinus
14	Leslie Rhodes	28	Janet Sanders
14	Carol Smith	28	Larry Weber
15	Jack Stark	29	Penny Kissner
16	Laura Kraxberger	29	Kay Sneyd
16	Patricia Paddock	29	Trina Trobaugh
17	Charles Heniken	30	Stephen Wilks
17	David Kleinke	31	Irene Cunningham
17	Beth Marion	31	Therese Richardson
17	Resi Stockman-Hind	31	Jan Vissers
18	Ann Harbick		
18	Julie Harney		
18	Dave Lien		
18	Neil McLean		



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!



August birthday spotlight

Birthstone: peridot, a vibrant green gem believed to bring good fortune, happiness & protection

Birth flower: gladiolus, symbolizing strength, integrity and remembrance.

LOST AND FOUND:

We have accumulated a number of items in the lost and found basket at the front desk, which include: pink insulated cup; blue/white tie dye steel water bottle, among other things. Are you missing earrings, keys, pins, or other small items? Please ask the receptionist to check the bulletin board for you for these smaller items. If they remain unclaimed, they will go to the "free table".

A special thank you...



We'd like to send out a BIG thank you to the thoughtful donors who gifted a box full of beautiful dahlia tubers! We were able to share these with many of our clients who can't wait to watch these gorgeous blooms grow next season. Thank you Jeanette Patton and Bonnie Russell!

Memoir/Creative Writing—

First and third Thursdays, at 10 am

A Most Boring Summer

To 13 year old me, this move from a small town in southern California to rural Oregon was NOT the way I envisioned how the beginning of my teenage life was going to be. Granny and Grandad had some acreage in the costal range of Oregon. They called it Chittum Ridge for the Chittum trees growing on the property. Very remote, so remote that the nearest town (?) was named Remote. It was 3 miles from us. And it consisted of a Farmhouse type building and two dead gas pumps out front. No other business at all. The nearest real town was 14 miles away. It had a grocery store and a library, so that was a good sign. The nearest neighbor was 1 mile away and they had no kids.

Two airstream trailers were parked next to each other and an impressive wood deck was connecting them and creating an outdoor living room. To the adult me, it was gorgeous. To teenage me, it was BOOORRING. Limited playmates, 11 year old brother Lee and 8 year old sister Cameron did not make this purgatory I was stuck in any better. No TV at all, and radio? Well let's just say after leaving California where I was just beginning to hear Rock & Roll and develop my music preferences. . . that summer there were only 2 radio stations and both were country western. Yup, that summer was starting out really bad.

The long stretches of summer days in rural Oregon revealed entertainment in a glorious way that only the adult me can look back on and appreciate. Discovering plants that natives used in the old days to make soap, medicine, food. Going skinny dipping in the South Umpqua river. Hiking in old growth forests. Lots of book reading, board game playing, even theatrical productions with my siblings. Yet there were two things that, by the end of summer, had made that boring purgatory pivotable for me.

Rural route postman Don Evans would drive the length of Hwy 43 from Myrtle Point to Remote on a daily basis. Since mom had large packages shipped to her weekly, Don came to know our stop on the route very well. He quickly saw how bored us kids were when we would hang out at the mail box waving at log trucks to "honk their horn", and wait for the mailman to arrive so we could give him some Ice Tea. In late July early August when blackberries were ripe, Don would take Lee and I into his mail Jeep, and drive us to the French's Creek loop. There he dropped us and our buckets at a huge bramble of blackberries. We would pick all we could while Don delivered mail on the loop. Swinging back by on his way out, he picked us up and dropped us back home as he went back into town. With our buckets full it wasn't long before mom had made a cobbler with them. I can never get enough blackberries to this day.

By Mary Gobet 6/17/26

Wagon Wheel, New Mexico

It was a swaybacked bed that held her and her two young daughters. In a no name hotel off the side of the freeway. Only a lone gas station shared the exit 208, aka Wagon Wheel, New Mexico. Three hours prior she was screaming as a double trailer semi truck's headlights were glaring at her. The truck was poised to hit the little car head on.

A single mom in a little car & U-haul trailer packed with all the worldly belongings she could snag after the divorce, was making the miles long trip from Key West Florida to Portland, Oregon. No one else was there to share the driving tasks, or the mom job for 3- & 5-year-old girls. Each day brought the tiring, boring, butt aching trek to get as far as possible before the girls had meltdowns. The money was running out and there were still so many more miles to go.

The freeway was relatively empty for it being 6pm on a dark November night. Out in the barren flat desert of New Mexico, only two semi-trucks shared the road with her that evening. Thinking "If I can only get to Albuquerque, I can get dinner in us and a bed." She pressed on. Passing one truck was easy, but the second truck blocked an unseen desert gust that her little car did not feel till it passed the nose of the semi.

The sudden steering wheel jerk as the gust hit the U-haul trailer snapped the wheel out of her hands. Though she grabbed the wheel back it was too late. The little car was sent into a spin, around, and around, and around she went. The trailer did not follow the car. It flipped over, and over, and over while slamming into the car and twisting free from the hitch. The little car came to a halt facing the oncoming semi's headlights. Her hands pressed the windshield as she screamed.

The past three hours she spent in shock, but no one knew it because there were no injuries. Or at least none to the humans. The trailer hitch looked like a piece of twisted taffy, though it was ¾ inch steel. The little car had several serious dents & scrapes. The trailer had been towed on the flatbed truck and was now parked to the side of the gas station in Wagon Wheel, New Mexico. As she lay there listening to the steady breathing of the little sleepy heads, she knew there was a reason for her to get to Portland. The car & the contents of the trailer could be replaced. With all three of them unhurt, she knew she could rebuild her life and her little family.

This moment was proof that she could and would survive.



By Mary Gobet 5/20/26

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. Proceeds from May 29th burger feed to benefit the Canby Adult Center!
- ♦ **Taco Tuesdays** every other Tuesday. This is an ongoing fundraiser for roof replacement at the Legion.

Canby Farmer's Market—Saturdays in August

The market is in FULL SWING by August with fresh berries, flowers, baked goods, crafts and local produce. Hours are 9-1pm, rain or shine!

Swan Island Dahlia Festival

August 1st—A century of blooms. Join us for our **Centennial Season** as we honor 100 years of growing, sharing, and celebrating dahlias. Wander through nearly 50 acres of vibrant fields filled with over 500,000 dahlias in bloom. Tour the stunning display garden featuring more than 375 varieties, lovingly cultivated by our multigenerational family.

Canby's First Thursday Night Market

August 6th Located in downtown Canby, this event is free! It features special discounts at local shops and extended business hours. Come enjoy this monthly event.

Slice of Summer Concert Series @ Wait Park

August 9th & 23rd The Slice of Summer presents Cherry Tree Road & Norman Sylvester. Free summer concerts in the park. Food and Drink Vendors. Bring your lawn chairs and dancing shoes! 6-8pm

Clackamas County Fair & Rodeo **August 18-23rd**

It's FAIR time! Saddle up for one of Canby's favorite summer traditions! From thrilling rodeo action and carnival rides to live entertainment, farm animals and all your favorite fair treats (corndog, anyone?) there's something for everyone to enjoy! Grab your boots, bring your appetite and make some memories at the Clackamas County Fair & Rodeo in our own backyard!

REMEMBER: you must purchase a fair admission ticket AND a separate rodeo ticket to attend the rodeo. It is not included in your basic fair admission.



Looking For An Opportunity to Help Out?

All Ages Volunteer Day

August 22nd 8-10am

Bring your friends and family to an ALL-Ages Volunteer Day at the library. **Children under the age of 14 must be accompanied by an adult.**

Available tasks include:

- Cleaning shelves and books
- Straightening items on the shelves
- Special projects
-

Registration required, donuts & other refreshments

Basil & Art Festival

August 22nd-September 7th Come on down to the Flower Farmer and check out this unique festival! Local artists selling handmade work (crafts, paintings, etc) basil-themed food, and have a nice "small-town", slow-paced afternoon. Open 10-6p

Cutsforth Cruise-In @ Wait Park

August 29th—The 2026 Cutsforth Cruise-In is the 32nd annual edition of this popular car show held in Canby. It showcases classic and vintage vehicles, with over 750 cars expected to attend, creating a vibrant and nostalgic atmosphere for car enthusiasts and families alike.

Just Out of Town...

Wilsonville Rotary Summer Concerts @ Town

Center Park August 6th 5:30pm Family friendly music on the lawn. Food carts with food for purchase. What more could you ask for? 29600 Park Place, Wilsonville

Oregon State Fair @ Oregon Expo **August 28-September 7th**

Find your fun with family, friends, (and friends you haven't met yet) right here in Salem, at the Oregon State Fair.

Yes! The Oregon State Fair is almost here, and this year, the "Big Tent" is wider than ever! From the deep roots of our 4-H traditions to the cutting-edge thrills of our newest attractions we've created a space where every Oregonian belongs.

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

Anonymous	Daniel Scott Driver	Darline Kraxberger	Roger & Stephanie Reif
Patricia Achenbach	Deanna Edwards	Karen & Larry Krettler	Leslie Rhodes
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Sustaining Business & Organizational Donors— Donations of \$250+:

Bridge to Life Fellowship	Edward Jones—Charitable Gift Fund
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Clackamas County Meals on Wheels	Sons of American Legion—Canby
Desert Rose Properties	Swan Island Dahlias
DirectLink	Uptown Medical Billing

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

Andrew Kauffman—Attorney at Law	Canby Kiwanis Foundation
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June & July Financial Donors:

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Linda Tasker, Greg Timmons,
Cindy & Edgar Wales, Greta Wiersma,
Judy Zettergren

A New Home for Healthy Aging

As most of you know, the Canby Adult Center has purchased a building on the north side of town to serve as a permanent home for senior services. We have begun to remodel the property, with a tentative move-in date of 1st quarter of 2027. The individuals, businesses and organizations listed on this page have stepped forward to support the new building project – we thank you for your early support!

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June & July Capital Campaign Donors thru 7/13/26

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Wilcox Arredondo	Tim & Sally Nichols
	Terri Schneider



Honor your story while shaping the future

There are many ways you can support Canby Adult Center – here are a few that can help ensure a home for meals, fitness and friendship for future generations:

Cash gift – Every gift makes a difference, and no amount is too small! Consider becoming a monthly donor to provide dependable support all year long.

Retirement plan assets – If you are age 70 ½ or older, you may direct a gift from your IRA directly to the Canby Adult Center through a Qualified Charitable Distribution. These gifts satisfy your Required Minimum Distribution and may lower your taxable income!

Appreciated securities – You can gift appreciated stock, to a CAC brokerage account. Ask how!

Real estate – You can donate property during your lifetime or in your will, and often receive an income tax charitable deduction for the full market value.

Introducing the Giving Circle

The Giving Circle recognizes donors who include the Canby Adult Center in their estate plans. If you designate CAC in your will, trust or life insurance policy, you can leave a legacy without giving up assets today, and maximize estate tax savings for your family. If you have already named us as a beneficiary of your estate, please let us know – we would love to recognize your gift of tomorrow, today!

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

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CANBY ADULT CENTER MEMBERSHIP APPLICATION Date _____

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

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

Birth Month _____ Birth Day: _____

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

Birth Month _____ Birth Day: _____

Address: _____ City & Zip _____

Phone: _____ E-Mail Address: _____

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

*Renewal postcards are mailed monthly as a reminder to
renew your membership & update your information.*

Check here ☐ to receive newsletter by e-mail only with
thanks for helping us save on postage!

DONATION: Donor Name: _____

Donation Enclosed: \$ _____

Address: _____

MEMORIAL: In Memory of: _____

Memorial Enclosed \$ _____

Acknowledgement Address: _____



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

Activities— August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 1:00 Parkinson's Support 1:00 Hand & Foot 3:00 Relaxation/Meditation Class	4 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	5 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 1:00 Blood Drive 1:00 Board Meeting 11:00 GeriFit 12:30 Genealogy 1:00 Movie: Song Sung Blue	6 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 11:00 BingoCize 1:00 Line Dancing 2:15 Zumba Gold	7 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 11:30 Music w/ Scott 1:00 Pinochle 1:00 Movie: Tootsie	8
9 CUMC Church Service	10 9:00 Footclinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation	11 9:30 Trip: Seaside 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	12 9:00 Tai Ji Quan 10:00 BB&B 10:00 Newsletter Fold 11:00 GeriFit 11:30 Music with Jonah 1:00 Attorney Consults 3:00 Alz Support Group 1:00 Movie: Phenomenon	13 9:00 Beginning Ukulele 10:00 Let's Talk! 11:00 BingoCize 1:00 Line Dancing 1:00 Dominos 1:30 NW Medicare Adv. 2:15 Zumba Gold	14 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Agatha	15
16 CUMC Church Service	17 9:00 Tai Ji Quan VIDEO 10:00 BB&B VIDEO 10:00 Wood Carving 11:00 BingoCize 11:30 Music w/ Mickey 1:00 Hand & Foot Canasta 3:00 Relaxation/Meditation Class	18 9:30 YOGA 10:00 Needles & Knots 11:00 Trip: Whiskey Hill 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	19 9:00 Tai Ji VIDEO 10:00 BB&B VIDEO 10:30 Blood Pressure FAIR SHUTTLE 10:15-4:15 11:00 GeriFit VIDEO 11:30 Music with Jonah 1:00 Movie: On Golden Pond **Fair-ly FUN Lunch**	20 9:00 Beginning Ukulele 11:00 BingoCize 11:30 Music w/ Jim 1:00 Line Dancing 2:15 Zumba Gold	21 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 11:30 Music w/ Dave 1:00 Pinochle 1:00 Movie: Stranger Than Fiction	22 Trip: Dear Jack, Dear Louise
23 CUMC Church Service	24 9:00 Footclinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 1:00 Hand & Foot 3:00 Relaxation/Meditation Class	25 9:00-11:00 Trip Signup/Callin 9:00 Trip: ZigZag 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	26 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 GeriFit 11:30 Music with Jonah 1:00 Mandala 1:00 Movie: The Sheep Detectives	27 9:00 Beginning Ukulele 10:00 Memoir Writing 10:00 Seated V-ball 11:00 BingoCize 1:00 Line Dancing 1:00 Dominos 1:00 Bunco 2:15 Zumba Gold **Hamburger Day**	28 9:00 Tai Ji 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Last Chance Harvey	29
30 CUMC Church Service	31 8:30 Speaker & special Lunch signup day 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 1:00 Hand & Foot 3:00 Relaxation/Meditation Class					

Menu—August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	3 Baked Ham with Fruit Glaze Sweet Potatoes Steamed Broccoli Green Salad Fruit	4	5 Chicken Fajitas Onions and Peppers Salsa & Sour Cream Beans & Rice Churros	6 Sausage and Cheddar Quiche Hashbrown Potatoes Applesauce Blueberry Muffin	7 Tator Tot Casserole Steamed Carrots Broccoli Bacon Salad Roll Cantaloupe	8
5	10 Tuna Casserole Green Beans Fresh Baked Roll Fruit Cookie	11	12 Cobb Salad Vegetable Soup Brownies	13 Chicken & Dumplings Mashed Potatoes Broccoli and Cauliflower Cucumber Salad Fruit	14 Pulled Pork Sandwich Baked Beans Broccoli Carrot Raisin Salad Fruit	15
12	17 Breaded Pollock Rice Pilaf Mixed 5 way Vegetables Cole Slaw Carrot Cake	18	19 Fair-ly FUN Lunch!! Corn dogs French fries Corn Grilled Veggie Salad Elephant Ear Cake	20 Shrimp Alfredo Fettuccini noodles Steamed vegetable Spinach Salad Fresh Fruit	21 Sweet and Sour Meatballs over Rice Steamed Peas Spinach Salad Fruit	22
19	24 Pork Carnitas Mexican Beans Spanish Rice Street Corn Salad Churros	25	26 Chicken Caesar Salad Vegetable Garnish Chef's Choice Soup Tye Dye Jello Salad	27 Hamburger Day Potato Salad Broccoli & Cauliflower Salad Watermelon **SIGN-UP REQUIRED**	28 White Chicken Chili Steamed Italian Vegetables Cornbread Cucumber Salad Fruit	29
26	31 Chicken Fried Steak With gravy Rice Pilaf Steamed Vegetable Carrot Coin Salad Fresh Fruit					