



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

September 2026

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Office Hours

M—F 8:30 am—4:30 pm

Welcome from the Director

Hello everyone,

As I write, our skies are finally clearing from the smoke of all of the fires farther east of us. As inconvenient as the smoke has been, our hearts go out to those more seriously affected by the fires. Too many memories of 2020! Here's hoping that the rest of fire season passes without major events.

Did you know that the Canby Adult Center hosts an American Red Cross blood drive every month? Generally on a Wednesday afternoon, the ARC brings a full team of people who are ready to make your blood donation as easy as possible. The need has never been greater – donations have never really recovered after the COVID pandemic, and the supply shortages are significant. If you would like to donate but aren't comfortable with the online registration system, please see me directly – I'll be happy to help you!

Finally, September is National Senior Center month – you may see a mention or two of the Canby Adult Center in the new Canby Chronicles newspaper. What a gift to our community, to have our own print paper again! Be sure to check it out, inside of your Canby Community Advantage magazine!

See you at the center —Kathy

Board Elections and Annual General Meeting September 9, 2026

Remember to attend the Annual General Meeting Wednesday, September 9, 2026 following lunch service. You will hear highlights from last fiscal year and hear the "State of the Center". See page 6 for more information!

Exciting News.....

We now have a MahJong group!
Our first "MEET UP" will be on

September 2nd @ 1pm

The Center has 2 sets of tiles, please bring additional sets if you have them.



Beginners are welcome, come discover why this classic tile game is so much fun! No Fee

September reminders:

- ◆ The Center is CLOSED on Monday, September 7th for Labor Day.
- ◆ School reopens on August 31st — please pay attention to school zones and speed limits!
- ◆ Remember to check-in (FOB) at the computer for all activities!

Month At A Glance: See inside for details

Aug 29 Sign up begins for September trips
NOTE: TUESDAY
Sep 2 Genealogy Service 12:30
Sep 2&16 Blood Pressure Checks 10:30
Sep 2 Amer. Red Cross Blood Drive 1pm
Sep 2&16 **New MahJong** 1pm
Sep 7 CENTER CLOSED – Labor Day
Sep 9 Annual General Meeting 12:30
Sep 9 Board Meeting 1 pm
Sep 9 Attorney Consults 1 pm
Sep 9 Alzheimer's Support 3 pm
Sep 10 Let's Talk 10am
Sep 10&24 Mexican Train Dominos 1pm
Sep 10 NW Medicare Advisors 1:30
Sep 10 Info Table: DHS: Aging & People w/ Disabilities 10:30
Sep 23 Mandala 1 pm
Sep 24 Info Table: FirstLight Home Care 10:30
Sep 24 Seated Volleyball 10am
Sep 24 Speaker: Oral Health
Sep 23 HAMBURGER DAY (signup req'd)
Sep 24 Bunco 1 pm
Sep 28 Speaker & Lunch Sign Up Day
Sep 29 Trip Call-In 9-11am

****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 September

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 Tuesday 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
- Memoir Writing
- Hand & Foot
- Ukulele
- Pinochle
- Crafting & Quilting Groups
- Woodworking
- Many Game Groups!

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

Activities and resources available on a drop-in basis:

- Ping Pong & Pool/billiards
- Books / Library*

*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. Appointment IS required; call 503-266-2970 to schedule your next 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

1st & 3rd Wednesdays of each month @ 10:30

Roger Livengood is an RN who provides a blood pressure clinic 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 September 14th & 28th.

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 —

1st Wednesday of each month starting @ 12:30

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. These 30 Minute individual consultations are available from 12:30—3:30 pm once per month. Appointment required, sign up at the front desk or call 503 266 2970.

American Red Cross Blood Drive—

Red Cross blood drives are monthly at the Center—due to the great need! **Blood drives for 2026** 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. We will send out automated morning calls through My Senior Center if there is a delay or closure. Be sure to check your phone for a message – even if you don't recognize the number or area code!

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 is canceled for
September. We'll see you on Oct 5th.**



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 Sept 9th, 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!

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.**



Downsizing? Trying to reduce clutter? Don't use it anymore? Donate it! **Community Warehouse** is a nonprofit furniture bank with locations in Tualatin and Portland Oregon. Community Warehouse collects donated furniture and household items and redistributes the items to local families and individuals in need.



Community Warehouse has been serving the Portland area for 25 years. Donated home goods are collected. Social Service agencies connect with individuals and families in need and redistribute the donations locally to those who need it most. If you have extra dishes, towels, beds, furniture and more, consider donating to Community Warehouse. Call or visit their website for donation hours or to schedule a pickup: 503 235 8786 – www.communitywarehouse.org

Items most in need currently:

- Sofas
- Dressers
- Cooking pots
- Small kitchen appliances
- Blankets
- Kitchen knives

Community Warehouse accepts referrals from client advocates, social service agencies and non-profit organizations.



Double Up Food Bucks allows **SNAP** (Supplemental Nutrition Assistance Program) shoppers to get **DOUBLE** the fruits and vegetables at CSA shares, Farmers Markets, Farm Stands, and Grocery Stores across Oregon!

How do I know if I'm eligible to use Double Up Food Bucks?

- If you use SNAP food benefits, you can earn Double Up!
- If you use EBT Cash benefits, unfortunately you are not eligible to earn Double Up, however you are eligible to participate in Produce Match at participating farmers markets and farm stands.
- Note: Some locations may require a quick sign up at a cashier or information booth

It's easy with **Double Up Food Bucks**! For example, if you spend \$20 of your SNAP dollars at a participating farmers market, you will get another \$20 to buy more locally grown fruits and vegetables. At farmers markets, the Double Up Food Bucks benefit comes in the form of \$2 coupons that can be redeemed for fresh fruits and vegetables at any participating farmers market in Oregon! SNAP currency can usually only be redeemed at the market where you receive it.

Source: doubleuporegon.org

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 9:00am
We now offer Tai Chi Quan classes three times weekly. 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! BEGINNERS WELCOME! No fee—donations appreciated

Yoga — Tuesday at 9:30am
This class is offered every Tuesday 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 3:00pm
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 1:00pm — No partner needed for this popular and fun line dancing class! New dancers always welcome! No fee—donations appreciated

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 \$6, 2 packets \$9, 3 packets \$11
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! **No Fee**

WEDNESDAY

Quilty Friends—September 2nd, 9th & 23rd

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 September 24th @ 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! **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.**

FUN & GAMES: Open to everyone!

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. **New players welcome. No fee**

Pinochle: Tuesdays & Fridays at 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 welcome. No fee**

Bunco: Last Thursday every month 1 pm. This group is open to everyone!

Mexican Train Dominos: 2nd & 4th Thursday at 1pm All aboard for fun with Mexican Train! **New players welcome. No fee**

Mahjong: 1st & 3rd Wednesday every month 1 pm. This group is open to everyone! **New players welcome. 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 August 5th, 2026

Directors Present:

Loren Bell, Keith Galitz, Sandra Field, Tim Nichols, Cash McCall, Joyce Peters, Bill Reif, Larissa Tiede.

Directors Excused:

Mike Vissers

Staff Present:

Kathy Robinson

Guests:

Jim Davis, City Council Liaison

Report from City Council Liaison, Jim Davis:

A new city ordinance to be reviewed that would address the rules around the use of e-bikes and e-scooters is town making parents and guardians more accountable. .

Treasurer: Quest continues to maintain enough cash to meet the cash needs for the start of our construction- although the \$250,000 received last month from a foundation has postponed the need to take a draw.

Administration, finance and staffing

- Brokerage account set up with Cornerstone Wealth Management.
- New hire for kitchen utility awaiting background check.
- Worship Group's last day in July 19th, (as anticipated)
- 2026/2027 Budget to be revised to include all building project-related transactions including contractor payments.

Building Update – North Holly Street

- Renovations started on June 22nd
- Demo largely completed; one more room needs abatement
- Fire sprinklers work starts this week.
- On track to be completed in the pre-school wing by Labor D
- JTMF Foundation fund of \$250K received and deposited to the campaign account.
- Proposals submitted to Marie LeFram Foundation and Reser Family Foundation.
- Direct Link has conducted an onsite review; locations for phone and internet lines identified. (in-kind donation)
- Funding committed/received from Wilcox Arredondo, Puddin River Chocolates, Embold Credit Union and Cornerstone Wealth Management, in addition to Reif and Hunsaker
- \$25K from Canby Rotary Foundation

2026-27 Board Elections

- Annual General Meeting scheduled for September 9th at which time new members of the board will be announced.
- Kathy reported that she has not received any new board member applications so we expect to extend the terms of the three members whose terms will end. .

At 2:00 pm a motion was made to adjourn the meeting. Motion was seconded and passed unanimously. The next scheduled board meeting will be on Wednesday, September 9, 2026.

Respectfully submitted by Sandra Field, Secretary

Annual General Meeting, September 9th 2026 at 12:30

Its that time again! Our Annual General Membership meeting will be held on September 9th at 12:30 pm, at the end of lunch service. This is an opportunity to hear about the Center's performance over the last year, meet our Board members and, most of all, learn about where we are with our new building project. Because we have three Board members willing to serve again, and no new applicants. The Board slate will be adopted at the meeting without a vote. We appreciate our Board's continued willingness to serve!
If you attend lunch on the 9th, please plan to stay for the meeting so as not to disrupt the presentations. We'll have you out in less than 30 minutes!

September Speakers & Events

NW Medicare Advisors Thursday, September 9th

A representative is available each month to provide information and answer questions regarding a variety of Medicare plans, including questions for those who are new to Medicare or those who are currently on Medicare. Call Nola at 503-343-6738 if you have questions.

Walk-ins welcome

No Fee

Let's Talk! Thursday, September 10th 10am – Keeping Safe at Home



What little changes can make your home safer, easier and more comfortable? Join us for an engaging conversation about keeping your home safe. Whether it be from preventing falls and everyday hazards or simple tips that can help us feel more confident in our own space. Come share your ideas and maybe learn a new trick or two!

Sign-up Encouraged

No Fee

**Thursday, September 10th
10:30-12pm
Information Table**



**Do I qualify for food assistance?
Do I qualify for help with my Medicare co pay?
How can I qualify for long term care services?**

A representative from Canby Aging and People with Disabilities will have an informational table at the center on Thursday September 10th from 10:30 to noon. Stop by and learn about benefits and services that may be helpful to you.

Thursday, September 24th @ 10am Caring for Your Health at Every Age

Join us for an informative presentation about Neighborhood Health Center (NHC) services and the care available to support your health and well-being. We'll also be joined by a dental hygienist who will share the importance of maintaining good oral health as we age, including tips for keeping your teeth and gums healthy.



Sign-up Encouraged

No Fee



Love books? We Need You!
Our little library could use a friendly volunteer to help keep things organized. Please see Timpra for details!

Smile! It's picture day at Canby Adult Center!

This October, we will be taking optional pictures to add to your profile in MySeniorCenter.



Why have a photo on file?

- It allows us to complete your member profile in MSC
- Your picture helps us put new names and faces together much easier 😊
- Most importantly, we can better assist in the event of an emergency by confirming your identity

Your privacy matters. Your photo will be stored securely in your MySeniorCenter member profile and is used for internal purposes by Canby Adult Center staff only. It will not be posted on social media, shared publicly or used anywhere without your permission.

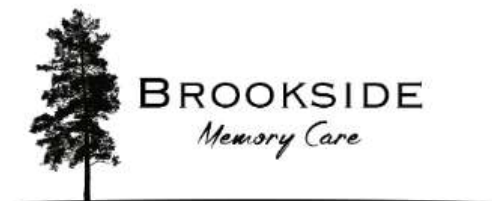
Participation is voluntary, but we truly hope everyone will participate!



**Thursday, September 24th
10:30-12pm
Information Table**

FirstLight Home Care offers customized home care, respite, companion and personal care solutions to assist you or your loved ones from the comfort of their home. Seniors recovering from medical procedures, or anyone who needs companionship and assistance can benefit from the attentive services of a highly trained, trustworthy caregiver.

Special thanks to Brookside Senior Living for the bottled water and popsicles! We're finding good use of the water on our day trips and the popsicles will be a special treat for lunch soon!!



Trips—September 2026

*** TRIP SIGNUP PROCESS ***

To make our trip sign-ups more fair and efficient, we are introducing a lottery-style signup 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, August 25**. 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.

Blooming Beautiful: A Day With the Dahlias

Thursday, September 3

Fields of color await! Join us for a delightful day at the **Swan Island Dahlia Festival** where THOUSANDS of vibrant dahlias create one of Oregon's most breathtaking displays of color! Stroll through acres of spectacular blooms, breathe in the fresh country air and enjoy an hour surrounded by the beauty of nature. There will be food trucks (burgers, tacos, donuts AND ice cream) available for a casual lunch experience, so bring your wallet and your appetite!

Depart: 11am

Return 1-1:30pm

Cost: free (bring money for lunch)

Bus Fee: Donations accepted

The Donald Café + Sweet Stop Sampler

Tuesday, September 8th

Discover TWO local gems on this delicious day trip! At **The Donald Café**, the focus is fresh plates, comfort food and a welcoming atmosphere. We'll start with lunch at The Donald Café, owned by one of our local community members – let's go support a local(ish) business! When we're nice and full, we'll swing by the Pacific Hazelnut Farms & Candy Factory in Aurora for some light sampling & shopping....you'll definitely need to bring your appetite!

Depart: 11am

Return: 3pm

Cost: free, bring money for lunch

Bus Fee: Donations accepted

Take A Drive Down Memory Lane

Tuesday, September 15th

Calling all car enthusiasts – and anyone who appreciates a little nostalgia! We're going to the **Northwest Vintage Car & Motorcycle Museum**, where beautifully restored automobiles and motorcycles tell the story of transportation through decades. The museum aims to educate about the history and evolution of classic automobile, fostering lifelong learning and community engagement through events that inspire interest and comradery. We'll "Drink & Dine at Route 99" on our way home!

Depart: 9:00am

Return: 2pm

Cost: free, donations encouraged (bring money for lunch)

Grab Your Lederhosen, It's Oktoberfest Time!

Thursday, September 17th

Experience a little slice of Bavaria without leaving Oregon! **Mt. Angel Oktoberfest** is known as the Northwest's largest celebration of German heritage. We'll stroll through the charming Bavarian-style streets as they're transformed into a lively festival filled with music, delicious food, local artisans and festive entertainment. There will be plenty of time to explore at your pace, shop and enjoy the sights/sounds/tastes of this beloved Oregon tradition!

Depart: 10am

Return: 4pm

Cost: free, bring money for lunch

Harvest Time in Hood River

Tuesday, September 22nd

Breathtaking views of Mt. Hood and farm-fresh treats await on one of Oregon's favorite fall adventures! Join us as we travel the famous **Hood River Fruit Loop**, where orchards, farm stands and family-owned markets are bursting with the flavors of the season. We'll make several carefully selected stops to browse fresh apples, pears, jams, cider baked goods, gifts and MORE! There will also be a lunch stop at a local favorite before heading home.

Depart: 9:30am

Return: 6pm

Cost: free, bring money for lunch & shopping

Style & Savings.....Sign me up!

Tuesday, September 29th

Ready to freshen up your wardrobe without spending a fortune? Join us for a fun-filled day at **New to You** in McMinnville – Oregon's largest consignment shop! Browse thousands of gently loved clothing items, shoes, handbags, jewelry and accessories – you never know what fabulous find is waiting for you. After shopping 'til we've dropped, we'll grab lunch somewhere nearby before heading home.

Depart: 9:30am

Return: 3pm

Cost: free (bring money for shopping and lunch)

September Movies, Music & More

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

Movie Line-up

WEDNESDAY MOVIES AT THE CENTER

September 2nd — The Intern Oscar® winners Robert De Niro and Anne Hathaway star in this workplace comedy from Nancy Meyers (The Parent Trap) about a 70-year-old widower who, rather than enjoy retirement, decides to apply as a senior intern at an online fashion site.

September 9th — Secondhand Lions This comedic and touching family film follows the adventures of a shy young boy who is sent to spend the summer with his eccentric uncles. Starring Michael Caine and Robert Duvall

September 16th — No Reservations A perfectionist chef addicted to her work struggles to adjust when her sister passes away leaving her with a little girl to raise and a new sous-chef threatens to take over her kitchen.

September 23rd — The Odyssey The aquatic adventure of the highly influential and fearlessly ambitious pioneer, innovator, filmmaker, researcher, and conservationist, Jacques-Yves Cousteau, covers roughly thirty years of an inarguably rich in achievements life.

September 30th — Looking Through Water A father (in an attempt to reconnect with his estranged son) invites him to compete in a father-son fishing competition. Starring father and son Michael and Cameron Douglas. Please note: This movie is unrated and hasn't been screened.



Football Fridays

September 4th — Leatherheads In 1925, an enterprising pro football player convinces America's too-good-to-be-true college football hero to play for his team and keep the league from going under. Starring George Clooney and Renee Zellweger

September 11th — We Are Marshall When a plane crash claims the lives of members of the Marshall University football team and some of its fans, the team's new coach (played by Matthew McConaughey) and his surviving players try to keep the football program alive.

September 18th — Little Giants Misfits form their own opposing team to an elite peewee football team, coached by the elite team coach's brother. Starring Rick Moranis

September 25th — Rudy Rudy has always been told that he was too small to play college football. But he is determined to overcome the odds and fulfill his dream of playing for Notre Dame.

**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.

Music with Scott – September 11th

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

Mickey Tickles those Ivories—September 14th & 28th

Join us to hear a fine selection of hits, and oldies & goodies.

Music with Jim – September 17th

Guitar music with Jim includes patriotic tunes, gospel & more!

Music with Dave – September 18th

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

Piano with Jonah—Wednesdays in September

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

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 signup / reservation.

September 23rd, 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 September lunches are MONDAY, August 31st

Stadium Snacks Through the Years

<u>Snack</u>	<u>1976</u>	<u>2026</u>
Hotdog	\$0.75	\$8.50
Soda	\$0.50	\$7.00
Peanuts	\$0.60	\$6.50
Popcorn	\$0.75	\$8.00
Candy	\$0.40	\$6.50
Ice Cream	\$0.60	\$7.50



Back THEN, a family of 4 would pay \$7.40 for a hotdog, soda and ice cream at a ball game.

TODAY, it would cost that family \$92.00 !!!!!

Life, Health & Happenings

Welcome to September, my favorite month of the year! It's been a smoky summer, a horrible fire season. I'm ready for the change in seasons. ...a nice, soaking rain will do us some good. September is National Senior Center Month – perfect! We offer so many wonderful things here at the center, too many to list on one page! Come in to see me and I'll fill you in 😊 — Mindy

National Senior Center Month: More Than A Building, A Place Where Community Comes To Life

When was the last time you tried something new?

Learned a new game, took an exercise class, shared lunch with someone you'd never met before, laughed until your cheeks hurt.

If it's been a while, September – National Senior Center Month – is the perfect reminder that it's never too late to start.

Across the country—and right here in our own community—senior centers have evolved into vibrant hubs where older adults gather to stay active, connected, healthy, and engaged. They are places where friendships begin, new hobbies are discovered, and every day offers an opportunity to learn something new.

September is National Senior Center Month, making it the perfect time to celebrate everything these remarkable places bring to our communities.

A Place to Belong

Loneliness has become one of the greatest health challenges facing older adults. Studies have shown that social isolation can impact both physical and mental health, increasing the risk of depression, memory problems, heart disease, and even premature death.

Senior centers help change that story. For many people, walking through the doors means finding friends who know their name, people who notice when they've missed a class, and a community that genuinely cares about them.

Sometimes the best medicine isn't found in a prescription bottle—it's found over a cup of coffee, during an exercise class, or while laughing over a game of cards.

Staying Strong—Body and Mind

Today's senior centers are filled with opportunities to stay healthy. Exercise classes improve strength, balance, flexibility, and confidence.

Educational programs introduce new skills and healthy habits. Games challenge the brain. Creative classes inspire imagination.

Many centers offer volunteer opportunities that provide purpose.

Whether someone enjoys tai chi, chair fitness, line dancing, pickleball, painting, quilting, Mahjong, or simply sharing lunch with friends, there truly is something for everyone.

Growing older doesn't mean slowing down—it means discovering new ways to stay engaged.

More Than Recreation

Many people don't realize everything a senior center provides. Transportation services help people remain independent. Educational seminars connect members with valuable resources.

Some centers provide health screenings, blood pressure checks, support groups, technology assistance, tax help, caregiver resources, and community partnerships. All these additional offerings help older adults continue living full and independent lives. Senior centers often become a bridge between people and the services they need.

A Community Investment

Senior centers don't just benefit older adults—they strengthen entire communities. When older adults remain active, connected, and healthy, everyone benefits. Volunteers give back thousands of hours each year. **The volunteers at the Canby Adult center gave almost 11,000 hours last year alone!!** Grandparents stay involved with families. Lifelong friendships flourish. Local businesses, organizations, and community partners all become part of something bigger. Every class attended, every meal shared, every volunteer hour, and every new friendship creates a ripple effect throughout the community.

Looking Ahead

Here at the Canby Adult Center, we're especially excited about the future. As many of you know, we're in the midst of an exciting transformation as we renovate our new home. Thanks to the generosity of community donors and the support of city and county grants, we're creating a welcoming space that will serve older adults for generations to come. This new building isn't just about fresh paint or updated rooms—it's about creating a place where our community can continue to gather, grow, laugh, learn, and thrive. Everyone Is Welcome

If you've never visited a senior center before, National Senior Center Month is the perfect time to stop by.

You don't have to know anyone.
You don't have to be an exercise enthusiast.
You don't have to be an expert card player.
You simply have to walk through the door.
You may come for a class, a presentation, or lunch—but chances are you'll leave with something even more valuable: new friends, new experiences, and a place where you truly belong.
Because at the end of the day, that's what senior centers are all about.
They're more than a building.
They're about companionship, they're about community.

Birthdays & This & That!

September 2026 Birthdays

2 Gary Thomas	15 Loren Leshner
3 Florence Ball	16 Carol Hyatt
3 Jean Emch	16 Carol Johnson
3 Robert Keeney	16 Cynthia Riggs
3 Ken Lind	16 Marilyn Rush
3 Reese Williams	16 Marisol Schwalb
4 Toni Bowes	16 Mike Kissner
4 Leighton Perkins	16 Daryl LaClef
5 Susan Burkert	16 Rudy Paulson
5 Mary Cornish	17 Mick Wilson
5 Susan Slowik	18 Marilyn Ankney
5 Jane Vollmer	20 Cathy Whiting
5 Scott Goetchius	20 Terry Fillis
5 Stan Jewell	20 Bruce Johnson
6 Sue Nanson	21 Cheryl Layson
7 Louise Gingerich	22 Linda Josvay
7 Robert Dally	22 Lissa Phelps
7 Jim Thompson	22 Karen Rustan
8 Darla Hill	22 Terri Simmons
8 Ruth Irons	23 Steve Gustafson
8 Bertha VonCraigh	24 Angela Baker
8 Sharon Sconchin	24 Karen Kleinke
8 Sue Tiernan	24 Kathy Posey
9 Debra Harman	25 Doris Creedon
9 Rob Newton	25 Efroginia Konev
9 Sandi Witkowski	26 Nidia Arguedas
10 Jeannine Davis	27 Janet Flowers
10 Karen Doupe	27 Luana Hill
10 Sandy Thompson	27 Glen Brooks
11 Kathleen Nolin	28 Dyanne McDonnell
12 Judy Collins	28 Ruth Riha
12 Butch Hogland	28 Nelvia Turner
12 Peter Lokteff	28 Greg Newman
12 Deve Swaim	28 Steve Nunn
14 Donna Evans	30 Karen Hill
14 Cherie Kennemer	30 Barb Jones
14 Chuck Kocher	30 Barbara Magee
15 Candice Guise	30 Duane Fillis
15 Edye Pavlicek	30 Dennis Tuurii



SEPTEMBER BIRTHDAY SPOTLIGHT

Sept 1 – Julie Andrews
 Sept 5 – Bob Newhart
 Sept 19 – Bill Medley

Sept 20 – Sophie Loren
 Sept 24 – Neil Diamond
 Sept 26 – Olivia Newton-John

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”.

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!**

**A special THANK YOU to Pat Schauer and
 Canby VFW for helping us get our American flag
 flying proudly again.
 We are truly grateful!**



**Save the date.....
 October 30th @ lunch**

Dust off your favorite costume, grab Your witch’s hat, or simply wear your favorite fall colors and join us for a spooktacular afternoon of festive food, fun and Halloween spirit! Mark your calendar, you won’t want to miss this frightfully-fun celebration!



Memoir/Creative Writing—

First and third Thursdays, at 10 am

FIRST FLIGHT

I enlisted in the Air Force two months after I graduated high school. Until that time I had never flown anywhere in any kind of an aircraft. Before my enlistment I spent the night at a friend's house with some of my pals. I went to high school with them, we stayed up all night. That morning I dropped my car off downtown San Francisco with my father. He was getting off shift as a San Francisco fireman. I took the Key System train over to Oakland to the enlistment center. After we went through the enlistment paperwork, swearing in and all the other necessary things they took us out to the Oakland airport.

We got on a Western Airlines plane, and after we all settled in the plane took off, flew exactly 10 minutes and landed in San Francisco. It seems the only reason the plane was in Oakland was to pick up a bunch of us recruits. There were some marines and also some navy people with us. They were all going to Southern California. After they loaded the civilians on board, the plane took off and we flew to Los Angeles.

We had a 4 1/2 hour layover in Los Angeles the recruiters had given us a voucher to get dinner at the one of the restaurants in the airport in LA. After that we got on board a United Airlines super constellation and took off. The flight was an overnighter or "red eye". Needless to say I was very tired so I quickly fell asleep. The next thing I knew the plane was landing and since I had a row to myself I had been laying down sleeping. I'd put my pillow next to the window. I lifted my head and looked out the window. A sign said welcome to El Paso. Well, I knew we weren't going to El Paso that we were going on to San Antonio so I promptly went right back to sleep.

The next thing I knew the plane was bumping and I woke up we were in San Antonio. We got off the plane and for the next six weeks that's the last time anybody treated me like a human being. We took a bus ride to the base then they broke us into groups and then we were broken up into smaller groups. The smaller group was called a flight. There were 66 of us in a flight. The next time I flew was when I left San Antonio to go to Denver to my technical school.

Mark O'Shea

"A Moment in Time: Letter Received"

It was after 8:46 am when I was interrupted by a knock at my classroom door. I had been teaching *The Catcher in the Rye* to a first-period group of sleepy high school seniors, building to the moment when Holden, about to leave his boarding school and embark on his life-changing NYC odyssey, screams down the hallway, "Sleep tight, ya morons!" But that moment would have to wait, for a school administrator was standing at my door to pass along what seemed to be an urgent message. I opened the door and, as he spoke, I noticed other admins giving the same urgent message to other teachers down the hallway: *A passenger jet had flown into one of the Twin Towers.*

Shortly after the start of the next class period, a second jet struck the other tower. Up until this moment, it seemed we'd merely witnessed the worst aviation disaster in U.S. history. But this second hit made it clear. This was intentional. America was under attack.

By the start of third period at 10:00 am, everyone in the building knew of the incident in lower Manhattan (later we would learn of the Pentagon attack and Flight 93 crashing into the Pennsylvania field). "Did you hear?" was whispered during passing period. Everyone had questions. Anxiety was palpable. Anxiety, and a growing sense of fear. Was this the start of a much bigger attack? And now both towers have collapsed. *How many* people have just died? Could other major cities – like Chicago – be next? *What is happening?*

Music was a staple of my lessons, so I typically kept a CD/Radio/Cassette player on the file cabinet behind my desk. Today I tuned-in to live news coverage instead, with students scooting to gather their desks around mine and listen closely. My classroom suddenly became a sort of bunkered shelter while *something* was raging outside. A few students cried. Encircled around me they sat in quiet confusion and fear --- like each of us, needing comfort, solace, answers.

By 1:00 pm, Administration had cancelled the remainder of the school day, as well as all after-school sports and activities, for the simple yet unprecedented reason of letting everyone go home to their families. While many kids were jubilant for the early release, the rest of us just wanted to go home and hug our loved ones.

I stopped at Kindercare on the way home to get my four-year-old son Matthew. Finally home, Matthew played while I watched the continuing live news coverage, the endlessly repeating multi-angle video footage of the planes from earlier plunging ... nay, *dissolving* into the towers ... the fiery explosions, the topplings ... the enormous cloud that enshrouded the city, cloaking folks as if dipped in a thick coating of dust and asbestos and glass. The chaos. Talk of Arab terrorists. Dawn, whose office boss at the time was loathe to let his people go, finally released his employees mid-afternoon. Meanwhile, speaking to my Grandpa on the phone with landline cord stretched to see the news coverage while talking from the next room, we together wondered: What happens next?

*Sitting in rhythms of distracted compliance
until shaken awake with fuel and fire -----
a letter to an America without her glasses;
a flaming invoice stuffed into a paper drawer.*

By Tim Strzechowski

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

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 Sept.

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

Swan Island Dahlia Festival

Wednesday-Sunday in September

We invite you to celebrate the season of Dahlias! Stroll through almost 50 acres of breathtaking fields and a beautiful display garden of stunning dahlias featuring over 375 varieties. Fill your belly with yummy treats from our Food Carts, relax and enjoy the Live Music on the weekend, or take one of our Classes throughout the festival dates.

Canby's First Thursday Night Market

September 3rd

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



September 8th 10:30am @ Canby Grove

Christian Center Walk at your pace, inspire others, build a community. \$10 includes a commemorative T-shirt, lunch and water stations. Register at walkwithdave.net

FOBtoberfest 2026 @ Clackamas County Fairgrounds

September 19th & 20th Join us for **FOBtoberfest** — a festive weekend celebrating good food, German beer, and live music in the heart of Canby. Come early to grab a place in line and get your stein! Enjoy live entertainment, authentic German cuisine, refreshing German import brews, and other local favorites.

St. Josef's Grape Stomping Festival

September 24th & 25th 12-6pm

Celebrate wine country with an afternoon of live music, local wine, delicious food and the festival's famous grape stomping competition!



September 19th 1-3pm

Watercolor Workshop – Registration Required

September 26th 1-3pm

Garlic Class & Giveaway – Workshop on growing garlic, including a garlic giveaway!

Just Out of Town...

Oregon Hop Festival, Woodburn

September 12th

Celebrate Oregon's rich hop-growing heritage with craft beer, live music, local food, artisan vendors and family-friendly fun! A perfect way to enjoy a festive day why experiencing one of the states most iconic agricultural traditions.

Relay For Life of the Mid-Valley

Presented by Oregon Oncology Specialists

September 12th @ 11am

Relay for Life is more than a walk – it's a chance to come together in your local community to celebrate cancer survivors, remember loved ones lost, and fight back against every cancer as we come together for every life. Walk starts @ Centennial Park in Woodburn.

Mt Angel Oktoberfest

September 17-20th

This annual festival is Oregon's oldest and largest folk festival, celebrating Bavarian culture, harvest traditions, and community festivities. Save yourself the drive and catch a ride with the CAC bus on Sept 17th! Trip details on page 8.

41st Annual Fall Classic, Woodburn Dragstrip

September 18-20th

Feel the rumble as vintage hot rods, classic dragsters and nostalgic race cars take to the track during this PREMIER racing event!



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

Anonymous	Donna Douglass	Darline Kraxberger	Roger & Stephanie Reif
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Bridge to Life Fellowship	Edward Jones—Charitable Gift Fund
Canby American Legion Auxiliary	Fisher's Supply Inc
Canby Area Beautification	Hope Village
Canby Volunteer Fire Association	Lewelling Ventures
Canby Garden Club	Martin's Town & Country Furniture
Canby Import Auto Repair	Miles Nursery Inc
Canby Kiwanis Foundation	Oregon Custom Cabinets
Canby-Molalla Spine & Sport	Reif & Hunsaker
Clackamas County Meals on Wheels	Sons of American Legion—Canby
Desert Rose Properties	Swan Island Dahlias
DirectLink	Uptown Medical Billing

July & August Financial Donors:

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Billeadeaux, Adam Meredith, Gordon Rasted,
Mary Reed, Steve & Janet Skinner,
Judy Summers, Greg Timmons, Thomas Utterback

July & August In-Kind Donors:

Brookside Senior Living
Maxine Elle

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

Andrew Kauffman—Attorney at Law	Canby Kiwanis Foundation	Cutsforth's Marketplace
Hulbert's Flowers	Kahut Waste Services	

Thank you 2025-2026 Capital Campaign Donors

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!

Capital Campaign Donors

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Gay Kuykendall	Kevin Wright
Jake Larson	Matt & Jennifer Zacher
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July & August Capital Campaign Donors thru 8/10/26

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Gay Kuykendall	Tamara Tofte
Kathy Robinson	Tim Tofte
Terri Schneider	Tiffany Wilson
Canby Rotary Foundation	



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

☐

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

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

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— September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	2 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 10:30 BP Check 11:30 Music with Jonah 1:00 Blood Drive 1:00 **NEW Mahjong 11:00 GeriFit 12:30 Genealogy 1:00 Movie: The Intern	3 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 11:00 BingoCize 11:00 Trip: Dahlia Fields 1:00 Line Dancing 2:15 Zumba Gold	4 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Leatherheads	5
6	7 LABOR DAY Center Closed 	8 9:30 YOGA 10:00 Needles & Knots 11:00 Trip: Donald Cafe 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	9 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 11:30 Music with Jonah 12:30 Annual General Mtg 1:00 Attorney Consults 1:00 Board Meeting 3:00 Alz Support 1:00 Movie: Secondhand Lions	10 9:00 Beginning Ukulele 10:00 Let's Talk! 10:30 Info Table: Aging & People w/ Disabilities 11:00 BingoCize 1:00 Line Dancing 1:00 Dominos 1:30 NW Medicare Adv. 2:15 Zumba Gold	11 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 11:30 Music w/ Scott 1:00 Pinochle 1:00 Movie: We Are Marshall	12
13	14 9:00 Footclinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:30 Music w/ Mickey 1:00 Hand & Foot Canasta 3:00 Relaxation & Meditation	15 9:00 Trip: Automobile & Motorcycle Museum 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	16 9:00 Tai Ji 10:00 BB&B 10:00 Newsletter Fold 10:30 BP Check 11:00 GeriFit 11:30 Music with Jonah 1:00 **NEW Mahjong 1:00 Movie: No Reservations	17 9:00 Beginning Ukulele 10:00 Trip: Oktoberfest 10:00 Memoir/Creative Writing 11:00 BingoCize 11:30 Music w/ Jim 1:00 Line Dancing 2:15 Zumba Gold	18 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 11:30 Music w/ Dave 1:00 Pinochle 1:00 Movie: Little Giants	19
20	21 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 1:00 Hand & Foot 3:00 Relaxation & Meditation	22 9:30 Trip: Hood River 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	23 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:00 GeriFit 11:30 Music with Jonah 1:00 Movie: The Odyssey **Hamburger Day**	24 9:00 Beginning Ukulele 10:00 Seated V-ball 10:00 Speaker: Oral Health 10:30 Info Table: FirstLight Home Care 11:00 BingoCize 1:00 Line Dancing 1:00 Dominos 1:00 Bunco 2:15 Zumba Gold	25 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Rudy	26
27	28 8:30 Speaker & Special Lunch signup day 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:30 Music w/ Mickey 1:00 Hand & Foot 3:00 Relaxation & Meditation	29 9:00-11:00 Trip Signup/Call-In 9:30 Trip: New2You 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	30 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: Looking Through Water			

Menu—September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			Cobb Salad Vegetable Soup Fruit	Chicken Enchilada Casserole Seasoned Beans Carrots Three Bean Salad Tres Leches Cake	Spaghetti w/ Meat Sauce Green Salad Garlic Bread Fresh Fruit	
6	7	8	9	10	11	12
	Labor Day Center Closed 		Meatloaf w/ Gravy Mashed Potatoes Steamed Broccoli Fresh Veggie Salad Cookie	Deli Turkey Sandwich Lettuce and Tomato Chef's Choice Soup Carrot Raisin Salad Fruit	Teriyaki Pork w/ Vegetables White Rice Oriental Vegetable Chickpea Salad Chef's Choice Dessert	
13	14	15	16	17	18	19
	Oven Baked Pollock Rice Pilaf Vegetables Coleslaw Cookies		Sloppy Joes Cole Slaw Tots Tapioca Pudding	Chicken & Dumplings Mashed Potatoes Broccoli and Cauliflower Cucumber Salad Fresh Fruit	Tortilla Soup Spanish Rice Steamed Vegetable Fruit	
20	21	22	23	24	25	26
	Jambalaya w/ Rice Cornbread Coleslaw Fresh Fruit		Hamburger Day Potato Salad Broccoli & Cauliflower Salad Smoes Bar **signup required**	Chicken Caesar Salad Romaine Lettuce Chef's Choice Soup Apple Crisp	Chicken Fried Steak Diced Potatoes Vegetables Tossed Salad Fruit	
27	28	29	30			
	Shrimp Alfredo Fetuccini pasta Mixed Vegetables Spinach Salad Apple Berry Crisp		Kielbasa with Sauerkraut Scalloped Potatoes Steamed Veggies Green Salad Jello salad		Special thanks to our serving groups: Canby Fire Dept. Canby Police Dept. Canby Utility Canby Garden Club Zion Mennonite Church LDS Church- First Ward 	