



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

October 2026

CENTER STAFF

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CUSTODIAN
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MONITORS
Carol Clark
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Office Hours

M—F 8:30 am—4:30 pm

Welcome from the Director

Hello everyone,

Feels like fall! I love this time of year, when I pull in the results of my small efforts at produce gardening – my kitchen has smelled like spaghetti sauce for the last two weeks, with the canner bubbling away! Its fun to see the produce that so many generous gardeners bring in to share on our “free bench” outside the front door. Apples, pears, plums, grapes, tomatoes...oh, and zucchini. Lots and lots of zucchini....

This is just a reminder, that if your garden over-produced this year, or if you have a high-bearing fruit tree, our free bench is waiting for you! We just ask that, whenever possible, you do NOT bring in food to share on Friday afternoon. Since we are closed for the weekend, anything left on the bench Friday after lunch will likely spoil in place, as there's no one here to take it.

For our guests: Please help yourself to whatever is on the free bench, but please leave some for others to enjoy!

See you at the Center - Kathy

A Flag FULL of Thanks

A heartfelt thank you to Canby
Fire Chief Matt Dale & City



Administrator Randy Ealy for helping us get our flag flying proudly again! We're grateful for your time, your help and your VERY tall ladder! Check out our Facebook page for a great photo of Chief Dale high above the Center!

October Kicks off Medicare Enrollment



Friday, October 16th @ 1pm
Medicare 101

Are you new to Medicare, or do you already have Medicare and have questions about your coverage? Clackamas County SHIBA (Senior Health Insurance Benefits Assistance) Counselors will assist with Medicare eligibility & enrollment, parts A, B, C, and D, optional coverage choices, financial assistance programs, Medicare fraud prevention tips and other covered services.

Don't Miss These OCTOBER Events....

Oct 1 – End of Life Café, 10am
Oct 7 – Reverse Mortgage Pros & Cons, 1pm
Oct 8 – NW Medicare Advisors, 1pm
Oct 14 – Reflexology, 1pm
Oct 16 – SHIBA, 1pm

** See page 7 for more details!

Month At A Glance: See inside for details

Sep 29 Sign up begins for October trips
NOTE: TUESDAY
Oct 5 Parkinsons Support 1pm
Oct 7 Genealogy Service 12:30
Oct 7&21 Blood Pressure Checks 10:30
Oct 7 Amer. Red Cross Blood Drive 1pm
Oct 7&21 **New MahJongg** 1pm
Oct 8 NW Medicare Advisors 1:30
Oct 8&22 Mexican Train Dominos 1pm
Oct 14 Board Meeting 1 pm
Oct 14 Attorney Consults 1 pm
Oct 14 Alzheimer's Support 3 pm
Oct 15 Picture Day! See page 7 for details
Oct 15 Let's Talk (canceled this month)
Oct 16 SHIBA 1pm
Oct 21 HAMBURGER DAY (signup req'd)
Oct 21 Mandala 1pm
Oct 22 Seated Volleyball 10am
Oct 23 Oktoberfest Lunch (signup req'd)
Oct 26 Speaker & Lunch Sign Up Day
Oct 27 Trip Call-In 9-11am ****TUESDAY****
Oct 29 Bunco 1 pm
Oct 30 Halloween Party LUNCH
Costume Contest at Noon

Attention Bingo Players

There is **no bingo on October 20th**. This schedule change is for one-day only. **Bingo will resume as usual Tuesday, October 27th**. Thanks for your understanding!

Center Services

Client Services Available This Month

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
- Bunco and Mahjongg

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 October 12th & 26th.

Jenelle is a footcare nurse who lives in the area and worked in the Health/Hospice field for more than 20 years. She is a trained medical professional providing this critical service and has provided footcare to several other senior centers in Clackamas County for years. She offers services twice each month, from 9 am to 2 pm. This is a nail trim (no foot soak) and the fee for service is \$50. **Appointment required**

Genealogy Services With Fred Gill —

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** October 7 & November 4. If you need assistance scheduling an appointment call Kathy Robinson at 503 266 2970.

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!

NW Medicare Advisors

2nd Thursday of the month at 1pm, a representative is available 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

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.

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/Animal 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

October 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 October 14th, 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.**



Canby Fire Med
An Emergency Ambulance Membership Program

FireMed is an emergency ambulance membership program that helps cover the costs of medically necessary transports via ambulance. This program is not for profit and is only intended to benefit the citizens within the Canby Fire District. One **FireMed** subscription covers the entire family, which means the primary member, spouse or domestic partner, and all relatives living in the same household.

Ground ambulance transportation membership is just \$61.00 per benefit year (Jan 1 – Dec 31st).

Open enrollment is October 1st through December 31st of each year.

For questions regarding program specifics, please call 503 266 5851 or visit www.canbyfire.org. Brochures are available at The Canby Adult Center.

Source: Canby Fire Med Brochure

The Clackamas County Low Income Utility Assistance Program is scheduled to open to October 1st 2026.

Eligibility Guidelines

Household Unit Size	Annual Gross Income*	Monthly Gross Income*
1	\$40,326	\$3,360.50
2	\$52,734	\$4,394.50
3	\$65,142	\$5,428.50

The program provides **financial assistance for heating and cooling** using electricity, natural gas, oil, propane, wood, or pellets. Heating assistance is available from **October through April**. Priority is given to **seniors (60+), disabled, medically fragile households, and families with children under six**, with general eligibility opening later in the season. Assistance is provided **on a first-come, first-served basis** and depends on available funding. Contact Wendy May for more information or call the county direct at 503 650 5640.

Medicare Open Enrollment

Open Enrollment happens from October 15-December 7 and is the time each year when you can make changes to your coverage. The changes you make during Open Enrollment are effective January 1 of next year (the plan must get your enrollment request by December 7).

Your options during Open Enrollment

During Open Enrollment what you can do depends on the kind of coverage you have now.

Change your Medicare Advantage Plan

Join, drop, or switch to another Medicare Advantage Plan with or without drug coverage

Change your drug plan

Join, drop or switch to another Medicare drug plan if you're in Original Medicare

Change how you get coverage

Switch from Original Medicare to Medicare Advantage Plan or from a Medicare Advantage Plan to Original Medicare.



Source: Medicare.gov

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—October 7th, 21st & 29th

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 October 22nd @ 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**

Mahjongg: 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 2029)

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 2029)

Joyce Peters

(Term ends Sept 2029)

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.

Annual General Meeting Minutes—Excerpts September 9, 2026

The Annual General Meeting was held September 9, 2026, in the Canby Adult Center Dining Room and was called to order at 12:30 pm by Kathy Robinson, Director. All current board members were in attendance with the exception of Mike Vissers. Also in attendance was Jim Davis, City Liaison to the board.

Kathy introduced Chair, Loren Bell, who welcomed all to the meeting. Treasurer Keith Galitz then presented the slate of continuing Board members – Loren Bell, Joyce Peters and Bill Reif. Notice was made to the general membership of the open board positions and interested parties were welcome to apply. Having received no new applications, the existing slate will be adopted for terms expiring September 2029.

Treasurer Keith Galitz presented a brief financial report on the performance of the investment portfolio this past year, managed by Quest Investment Management. Keith reminded the audience that CAC relies on the earnings generated from our investments to fund our operations, which has become more challenging since Federal and County funding programs have reduced their contributions. Other Centers are operated by a city budget and charge for classes and programs. In 2026, \$440,000 was drawn from the investment earnings to fund operations. Managing those funds to ensure continued sustainable earnings that will cover operating costs is critical and makes fundraising a focal point for next year as we complete the remodeling process on the new property.

Kathy covered highlights for 2025-2026. We have new staff and a new building. Several staff retired this year and four new staff were added. Positions and responsibilities have changed as well, bringing new energy and new ideas to serve the changing needs of Canby's adult community.

Over 40,000 meals were provided last year through Home Delivered Meals and the Dining Room. There was a decline in the number of Home Delivered meals by 10 percent while meals served in the Dining Room held steady. Donations for meals averaged \$1.11 per meal in the dining room and \$1.36 per Home Delivered. **Donations per meal are down some 20% when compared to last year.**

Kathy reported that our new Home for Healthy Aging remodeling project is well on its way at North Holly Street. The contractor Paradigm Construction started work on site in June. Rose City Philanthropy is assisting us in the deployment of a fundraising campaign to secure the resources necessary to finalize making the building our own. Kathy and Keith reviewed the campaign progress to raise the \$4,155,000 needed for the project. To date, we have secured \$2,494,000 which includes funds from CAC's investment fund of \$1.M; \$512K from the City of Canby, various government grants of \$465K; JTMF Foundation funds of \$250K Local individual and business donations of \$217K; Canby Rotary and Direct Link donations of \$25K each. We need to raise an additional \$1,661,000 to fully pay off the project without depleting investment funds.

Kathy continues the grant writing process while we continue to pursue corporate gifts and individual donations that include multi-year pledges, gifts of qualified required distributions, securities, etc. Our investment policy will be developed to include a Giving Circle of those contributions from Estate Planning through wills, trusts and life insurance. We are grateful to the many corporate and individual donors so far who are listed in the monthly newsletter. Keith explained that the capital campaign differs from the Annual Appeal receipts. The Annual Appeal helps us fund the operations that include meals and programs offered in the center, while the campaign is specific to the acquisition of our new home.

Kathy completed her presentation and asked for questions. Having received no questions, Kathy thanked the congregation for their attendance and the meeting was adjourned at 12:45 pm.

*Respectfully submitted,
Sandra Field, Board Secretary*

October Speakers & Events

Friday, October 2nd @ 10am End of Life Café

During this 90-minute free Café, we will explore practical and emotional topics around aging and end of life in clear, compassionate language. You can share your thoughts, ask questions and learn simple ways to support yourself and the people you care about.



Sign-up Required

No Fee

Wednesday October 7th 1:00 PM Canby Adult Center Reverse Mortgage Pros and Cons

Ben Richardson- Senior Real Estate Specialist Ideal Real Estate will be here to answer questions and share pros and cons of Reverse Mortgages. You don't want to miss this.

Sign-ups Required

No Fee

Thursday, October 8th @ 1:30pm

A representative is available 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

Wednesday, October 14th @ 1pm

Sara Lynn with Sound Soles will be here to teach the benefits of reflexology & tuning fork healing. These gentle yet powerful modalities work together to support circulation, release tension, and bring balance and harmony to the body. Join us to learn how you can benefit from this unique practice!



Sign-up Required

No Fee

Smile! It's picture day at Canby Adult Center! Thursday, October 15th

Why have a photo on file?



- 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

To help keep things moving smoothly, we're dividing picture day by LAST NAME:

If your last name starts with A-L: 9-11:30am (before lunch)
If your last name starts with M-Z: 1-2:30pm (after lunch)

Can't make it during your scheduled time? No problem! Just stop by and see Mindy any day AFTER picture day and she'll be happy to get your photo taken and added to your profile.



Participation is voluntary, but we'd greatly appreciate your help in getting your profile up to date.



Friday, October 16th @ 1pm Medicare 101

Are you new to Medicare, or do you already have Medicare and have questions about your coverage? Clackamas County SHIBA (Senior Health Insurance Benefits Assistance) Counselors* will explain the following:

- Medicare eligibility & enrollment
- Parts A, B, C, and D
- Covered services
- Optional coverage choices
- Financial assistance programs
- Medicare fraud prevention tips

Registration is not required. For more information, call Clackamas County SHIBA at 503-655-8269 (Monday – Thurs, 9am-4pm).

*SHIBA Counselors do not sell insurance – they are trained volunteers who provide free, objective Medicare education and assistance.

October 16, 2026 2pm-4pm One-on-One Medicare Counseling Appointments With SHIBA volunteers Appointment and Advance Registration required. Call— 503-655-8269

If you need help comparing Medicare coverage options or making a change to your medical insurance Clackamas County SHIBA volunteers are providing one-on-one in-person counseling to Clackamas County residents at the Canby Adult Center, October 16th from 2 to 4 pm.

You must have an appointment; call 503 655-8269 to schedule your individual appointment.

Let's Talk!



We're taking October off, see you in November!

Trips—October 2026

* TRIP SIGNUP PROCESS *

To make our trip sign-ups more fair and efficient, we now use 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, Sept 29th**. 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.

Fall on the Farm at Bauman's

Tuesday, October 13th

A harvest day full of pumpkins, treats & country charm! Get ready for a fun-filled fall outing to Bauman's Farm & Garden in Gervais! We'll soak up all the sights & smells of the season as we explore this beloved farm, known for its beautiful fall displays, fresh produce, pumpkins and don't forget their FAMOUS apple cider donuts! Wear your comfy shoes and dress for the weather. Lunch on our way home!

Depart: 9:30am

Return: 2pm

Cost: Free (money for lunch/spending)

Bus Fee: Donations appreciated

Paint & Sip at Vivino

Thursday, October 15th

Let's get creative – and enjoy a little sip along the way! First stop, lunch at Hops n Drops (think burgers and sandwiches, salads, soups and more!) Next stop, Vivino Art Studio, where an instructor will guide us step-by-step through creating our own canvas painting. No experience necessary – just bring your creativity and willingness to have some fun. Enjoy a beverage (if you want!) paint, laugh & socialize as you create a fall themed masterpiece of your own.

Depart: 11am

Return 4pm

Cost: \$40 (bring money for lunch)

Bus Fee: Donations appreciated

Oregon Stories + Stillhouse Spirits

Thursday, October 22nd

Step back in time with us for a visit to the Museum of the Oregon Territory in Oregon City! Discover the fascinating stories, people and places that shaped our region while exploring exhibits filled with our Oregon history. The museum is a regional treasure that overlooks Willamette Falls and is the PERFECT stop before lunch at Highland Stillhouse.

Depart: 10am

Return: 2pm

Cost: \$8 museum fee + money for lunch

Bus Fee: Donations appreciated

A Walk in the Trees: Hoyt Arboretum

Tuesday, October 27th

Forest trails, fresh air and a beautiful overlook! Join us for a peaceful stroll through Hoyt Arboretum, one of Portland's most beautiful outdoor treasures. We'll take the Overlook/ Wildwood loop (1.25 miles) through the arboretum, surrounded by towering trees, lush greenery and seasonal scenery. Bring your camera, the overlook is a perfect spot to pause and take it all in (rain or shine!) Of course, lunch on our way home.

Depart: 10am

Return: 3pm

Cost: Free (bring money for lunch)

Bus Fee: Donations appreciated

Mystery Dinner

Wednesday, October 28th

We're heading out again! Another mystery dinner is on the calendar 🍷 Get ready to hop on the bus, enjoy some good company and head out for a mystery dinner adventure! The destination?? We're not telling! All we can say is that there will be good food, great conversation and a fun evening waiting for you.

Depart: 5pm

Return 7:30pm

Cost: Free (bring money for dinner, budget \$30-\$40)

Bus Fee: Donations appreciated

October Movies, Music & More

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

Movie Line-up

WEDNESDAY MOVIES AT THE CENTER

October 7th — The Way A father heads overseas to recover the body of his estranged son who died while traveling the "El camino de Santiago," and decides to take the pilgrimage himself. Starring Emilio Estevez & Martin Sheen

October 13th — A Walk in the Clouds In this visually stunning film, a disillusioned WWII vet's (Keanu Reeves) life takes a surprising turn when he poses as the husband of the daughter of a domineering vineyard owner.

October 20th — The Spy Next Door Former C.I.A. spy Bob Ho takes on his toughest assignment to date: looking after his girlfriend's three kids, but things take a turn when a russian terrorist takes aim at the family. Starring Jackie Chan

October 27th — The Greatest Showman Hugh Jackman stars as the wildly colorful 1800s impresario P.T. Barnum, who founded the Barnum & Bailey Circus.



Remembering Dolly Parton

October 2nd — Joyful Noise Music and film superstars Dolly Parton and Queen Latifah duet in this gospel choir dramedy about an unlikely partnership between two strong-minded women who are forced to work together to save a small town gospel choir after budget cuts threaten to shut them down.

October 9th — 9 to 5 Three secretaries turn the tables on their obnoxious boss. Starring Jane Fonda, Lily Tomlin, Dolly Parton

October 16th — Straight Talk A telephone operator's life changes when she innocently walks through a wrong door at the right time and is mistakenly identified as the station's new on-air psychologist.

October 23rd — Unlikely Angel Dolly Parton plays Ruby Diamond, a brassy and sassy lounge singer. When she meets an untimely demise, Ruby's denied entrance to heaven by Saint Peter (Roddy McDowall). To earn her wings, she must find a mother for a widowed father and his family, in this endearing movie of hope and love.

October 30th — Practical Magic Two witch sisters (Nicole Kidman, Sandra Bullock), raised by their eccentric aunts in a small town, face closed-minded prejudice and a curse which threatens to prevent them ever finding lasting love.

**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 – October 7th

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

Music with Dave – October 9th

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

Mickey Tickles those Ivories—October 12th & 26th

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

Music with Jim – October 15th

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

Piano with Jonah – October 14th, 21st & 28th

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 two lunches that require a signup / reservation.

October 21st, Hamburger Day

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

October 23rd, Oktoberfest

Bratwurst paired with tangy sauerkraut, roasted potatoes, green beans, applesauce and bread pudding.

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 October lunches are MONDAY, September 28th

***Dolly* by the Numbers.....**

3,000+ Songs

Dolly has written or co-written throughout her legendary career.

300+ MILLION Books Gifted

She has gifted millions of books to kids through Dolly's Imagination Library since it began in 1995.

20+ Movies & TV films

Dolly has been in over 20 movies and television films!

11 Grammy Awards

She's racked up 11 Grammy Awards and 1 Lifetime Achievement award!

Infinity Hearts Touched

Her music, kindness, humor and generosity have reached generations.



Life, Health & Happenings

Hello, October! Not sure about you, but I'm ready for pumpkin spice lattes, pumpkin bread, pumpkin everything! Bring on the spooky season fun!! Don't forget our Halloween Lunch on Friday, October 30th. Costumes not required, but strongly recommended!! Get outside for a walk when you can ☺ I hope to see you at the center soon ~ Mindy

Home Sweet (SAFE) Home

Fire Safety – Beyond The Smoke Alarm

By now, most of us know the basics of fire safety: have working smoke alarms, keep an extinguisher nearby, never leave a candle lit or a burner unattended. But some of the biggest fire risks in our homes can be the things we rarely think twice about. Just a quick look around your home may reveal a few hazards hiding in plain sight.

1) Don't let the dryer lint pile up

Clean the lint screen after EVERY load and periodically check the dryer vent and exhaust duct for accumulated lint. A clogged vent can restrict airflow and cause the dryer to overheat.

2) Watch those outlets

Overloaded outlets and damaged cords can create serious fire hazards. If a cord is frayed, cracked, hot to the touch or damaged – replace it. And skip the temptation to plug one power strip into another.

3) Know how to handle a grease fire

If a small grease fire starts in a pan, NEVER pour water on it – water can cause burning grease to splatter and spread the fire. If it is safe to do so, turn off the heat and carefully slide a lid over the pan to smother the flames. If the fire is growing or you aren't sure what to do, GET OUT and call 911.

4) Don't ignore the little warning signs

Buzzing outlets, flickering lights, frequent circuit-breaker trips, sparks or outlets and switches that feel hot can indicate an electrical problem. Don't ignore them, have a qualified electrician check them out.

Staying Safe in Your Safe Place

Home is supposed to be where we feel most comfortable and secure – but that doesn't mean we should let our guard down completely. Today, home security is about more than locking our doors. A few simple habits can help protect you from unwanted visitors, scams and situations that may put you at risk.

1) Don't automatically open your door

If someone you aren't expecting knocks or rings the doorbell, you don't have to answer. Use a peephole, window or doorbell camera to see who is there. If someone claims to be from a utility company, delivery service or repair company, verify their identity before allowing them inside. If you aren't expecting them, don't let them in.

2) Be cautious with unexpected calls

Scammers may pretend to be from your bank, Medicare, a government agency or even a family member. If someone calls and pressures you to send money (or gift cards), share personal information, or act IMMEDIATELY, stop and verify the story on your own. Hang up, call your bank, your family member, etc. to verify.

3) Protect your personal information

Don't EVER give out your Social Security Number, Medicare number, bank information, passwords, or security codes to someone who contacts you unexpectedly. Legitimate organizations generally won't pressure you for sensitive information through unsolicited calls or emails.

4) Don't ignore the little warning signs

Buzzing outlets, flickering lights, frequent circuit-breaker trips, sparks or outlets and switches that feel hot can indicate an electrical problem. Don't ignore them, have a qualified electrician check them out.

5) Don't advertise that you're away

Be mindful about posting vacation plans or extended absences on social media. If you're going to be away, consider asking a trusted neighbor to collect mail or packages and keep an eye on your home.

6) Be careful with packages

Packages sitting outside can signal that no one is home. Bring deliveries inside when you can, and consider asking a trusted neighbor to grab them if you'll be gone.

Sources: NFPA, US Consumer Product Safety Commission

Carbon Monoxide: The Invisible Danger

Carbon monoxide (CO) is a colorless, odorless gas that can build up in your home without you realizing it. It can be produced by fuel-burning appliances and equipment such as furnaces, fireplaces, gas stoves, generators, and grills. Make sure you have working carbon monoxide alarms near sleeping areas and on each level of your home, and test them regularly. Never use a grill, generator, or other fuel-burning equipment inside your home, garage, or other enclosed space. If your CO alarm sounds—or you experience symptoms such as headache, dizziness, nausea, weakness, or confusion—get outside into fresh air and call 911. Don't ignore the alarm or assume it's a false alarm.

Birthdays & This & That!

October 2026 Birthdays!



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, Canby VFW and Canby Fire Department for helping us get our American flag flying proudly again. We are truly grateful!



**Save the date.....
October 30th @ lunch
Costume Contest!**

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!



1 Lawrence Krettler	17 Robert McCall
1 Sally Nichols	17 Cheryl Yates
2 Rosie Cranston	18 Susie Flores-Carillo
2 William Judge	18 Robin McAlpin
3 Carolyn Wilmes	18 Sondra Petterson
4 Connie Kalinowski	18 Peter Zenthoefer
6 Judith Keeney	19 Judy Gascho
6 Gary Kluever	20 Sheridan Lucas
6 Linda White	20 Ed Montecucco
6 Kay Wisdom	21 Virginia Daniels
7 Christin Lane	21 Gerald Zimmer
7 Julia Moraga	22 Carol Clark
8 Madeline Roberts	22 Anton Heinrich
8 Laurie Sandsness	22 Irene Holderby
9 Julie Johnson	22 Shirley Wright
9 Roger Rossman	23 Lonnie Bollinger
10 Rollin Beachane	23 Daniel Gillespie
10 Allen Holt	23 Christie Goebel
10 Rose Judge	23 Garrett Lisenbee
10 Efim Konev	23 Marie Richey
10 Donna Sebersen	23 Roberta Wiesehan
10 Dyan Tipton	24 Alan Brawner
11 Judy Corcoran	24 Cheryl Fullerton
11 Laura Dewey	25 Robert Baguio
12 Micki Paul	25 Joe Barrell
13 Don Hope	25 Dan Payzant
13 Karen Marchant	25 Tanali Todd
13 Bruce Marshall	26 Douglas Dailey
13 Lyndell Robertson	26 Carole Darling
13 John Salisbury	26 Roberta Knapp
13 Sue Wilson	27 Cindy Caufield
14 Margaret Alber	28 Carol Holsten
14 Judy Summers	28 Nida Lokteff
14 Scott Way	28 Lillibell Welter
15 Betty Anderson	29 Barbara Fincher
15 Carol Summers	29 Georgine Trammell
16 Sue Farnsworth	30 Tricia McCarten
16 Annie Lind	31 Suzanne Nichols
16 Boneita York	31 Suzie Voss



OCTOBER BIRTHDAY SPOTLIGHT

Oct 4 – Susan Sarandon	Oct 13 – Paul Simon
Oct 5 – Kate Winslet	Oct 16 – Angela Lansbury
Oct 8 – Chevy Chase	Oct 21 – Carrie Fisher
Oct 12 – Luciano Pavarotti	Oct 29 – Richard Dreyfuss

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”.

Memoir/Creative Writing—

First and third Thursdays, at 10 am

The Farmer in the Dell

Years ago, our little village of Wappingers Falls, NY held a Halloween Parade that started on the west side of the village at the bridge spanning our local creek and proceeded up East Main Street hill then disbanded near the post office by our home. The walk up the East Main St. hill was a challenge for my brothers and I as we were 10, 8 and 6 years old.

Our father and mother gathered costumes and signs for our entry into the parade contest for best family theme. We portrayed the nursery rhyme, "The Farmer in the Dell." You remember the nursery rhyme: The farmer in the dell takes a wife and the wife takes a nurse then the nurse takes a child, and the children take the dogs. We changed the nursery rhyme to fit our family cast of characters. Dad was the farmer and dressed in bib overalls wearing a straw hat while Mom was the wife dressed in a long flowing gingham dress also wore a straw hat. My brothers and I were dressed in bib overalls wearing cute little straw hats. Dad bought a long length of new clothesline rope that we each held in our right hand to keep us all together as we walked in the parade. We held a stick and cardboard sign in our left hand with the signs identified our character. We used leashes to walk the dogs from our house to the beginning of the parade. I was tasked with tying our two dogs to the end of the rope before the parade began.

Everything was fine as we walked along in the parade route up the East Main Street hill but near the top of the hill by our local historical park, one of our dogs, Dusty got loose from the rope. I knew I tied her to the rope using my fine knot tying skills but somehow, she became untied. Dusty became frightened and ran like the wind through the people in the parade. Our family all chased Dusty up Spring Street and we finally caught her near a front porch of nice home.

The farmer and his family disrupted the parade chasing after Dusty but we still won a prize for having the best family theme.
~ Bill Roberts

Green Lake House

When I was about to start the first grade, my parents moved into a rental house in Seattle, near Green Lake. It sat atop a hill, overlooking a power station that could best be seen from the upstairs bathroom with its claw-footed tub. It was a traditional 2-story home with a large front porch, built in the 1920's, framed by beds of St. John's wort enclosed by a rockery. The exterior was grey, but the living and dining rooms had been painted magenta and green by the former tenants. That was quickly remedied.

The basement was inhabited by an old oil furnace that spewed hot air through the floor grate into the dining room above, right next to the pot-bellied woodstove that my father would stoke on cold nights to the point that it glowed red. The dining room table and buffet were of dark wood, large and ornately carved to satisfy the tastes of my European parents. A heavy crystal bowl often graced the center of the table. This was the same crystal bowl that served as the nursery for the polliwogs that I captured in a Mason jar at Green Lake. I was able to nurture them, delighting in their development until they sprouted legs strong enough to expel themselves from their crystal crib and began to explore their surroundings, at which point my mother decreed that it was time to relocate them to a more suitable habitat. Most likely their offspring can still be found in Green Lake today.

There was a small room off the dining room that was designated as my playroom. It held a bookcase with my collection of Golden Books, among others, a school desk and the blackboard that my father had mounted on the wall. There I could instruct my dolls, teddy bears or anyone else who would listen in any chosen subject. I was never ambivalent about wanting to teach, and eventually did.

Outside were a pair of huge oak trees that lent their strong branches perfectly to supporting a beam that allowed my father to suspended a pair of swings. My best friend, Sharon and I wiled away many sunny afternoons swinging and singing the top hits of the day such as "April Love," "The Wayward Wind," "Tammy," "Whatever Will Be, Will Be" and many more. Fortunately for everyone, my desire to teach overpowered my desire to become a professional singer.

Over 40 years after we moved from that house, I was living and working in Vancouver, WA as a Realtor. I invited a co-worker to dinner at our home and said he was welcome to bring a guest. He brought his girlfriend, Patty, who I had never met. In the course of the conversation, over cocktails, Patty mentioned that she was originally from Seattle. I inquired what part of Seattle and she said her family had lived in the south end, but later moved further north, near Green Lake. I said, "So did we!" Then I told her we lived across the street from Fairview Elementary School, which I attended. She said, "So did I!" Incredulously, I said, "We lived in a big old rental house." Once more she said, "So did we!" By this time, the hair on the back of my neck was beginning to stand up. I said, "Our address was 813 NE 78th Street." She said, "So was ours." Then, proving her point, she went on to say, "Do you remember how you could see the power plant from the upstairs bathroom?"
~ Resi Stockman

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.
- ♦ **Taco Tuesdays** every other Tuesday. This is an ongoing fundraiser for roof replacement at the Legion.

Canby Farmer's Market—Saturdays in Oct

Only a few Saturdays left – The market wraps up this month. Be sure to come get your berries, flowers, baked goods, crafts and local produce. Hours are 9-1pm, rain or shine!

Canby's First Thursday Night Market October 1st Halloween Theme!

CHS Homecoming Parade is scheduled to come through downtown! Businesses will be open for extended hours offering special discounts, sales and activities! Come enjoy this monthly event.

Canby Barrel Race Club @ Clackamas Cty Fairgrounds

October 10th, (Times announced soon on website)

Feel the excitement of equestrian competition at the Canby Barrel Race Club's October race! Watch LOCAL talented horse-and-rider teams race against the clock around cloverleaf barrel pattern at Ely Arena. With competitors ranging from Peewee and Youth riders to Senior & Open competitors, there's plenty of fast-paced action to enjoy! Come cheer on our LOCAL riders right here in Canby! Check canbybarrelraceclub.com for start times.

Red October Canvas @ Red Chair Farms October 10th @ 1pm

Embrace the beautiful colors of fall at Red Chair Farm! Join them for a fun and relaxing canvas painting class featuring a bold and beautiful autumn design. All supplies are provided, cost \$30.

Adult Prom @ Clackamas County Event Ctr October 10th @ 6pm

Who says prom is just for high school kids? Get dressed up, dust off those dancing shoes and enjoy a night of music, dancing and grown-up fun at the 2026 adult prom!

Canby's Halloween Spooktacular Village October 31st 1-4pm

Get ready for a Spooktacular Halloween in downtown Canby! On Saturday, October 31st, local businesses will open their doors for trick-or-treating, with plenty of treats and Halloween fun for little ghosts and goblins. Canby Fire and Canby Police will also be downtown handing out candy. Grab your little goblins and come on down for some scary fun!

Just Out of Town...

United in Stitches: 54th Annual Quilt Show Old Aurora Colony Museum

October 18th 10am-5pm

Calling all quilters, crafters and lovers of beautiful handmade art! The 54th Annual United in Stitches Quilt Show returns this October and promises to bring an impressive collection of new and historic quilts to view.

Wilsonville Fall Harvest

October 24th – 10-1pm

Stein-Boozier Barn @ Murase Plaza (Wilsonville)

Celebrate the beauty of the season at this annual fall festival. This free family-friendly event features music, free pumpkins, horse-and-carriage rides, craft vendors, face painting and plenty of fun! Put on your favorite fall or Halloween costume and enjoy a festive morning just up I-5.

Adult Murder Mystery

October 24th @ 7pm

Wilsonville Public Library

Put on your detective hat and prepare for a night of mystery, mayhem and fun! Enjoy light snacks and refreshments while you follow the clues, investigate the suspects and try to solve the crime. Ages 18+, with prizes for the best costume and the most accurate "sleuth"!

Fir Point Farms Harvest Festival

October 26-30th 10-5pm

Fall is in FULL swing at Fir Point in nearby Aurora! Throughout October, enjoy the sights, sounds and flavors of the season with a pumpkin patch, corn maze, hayrides, fresh apple cider and famous apple cider donuts! There's also a country store and deli, nature trails and plenty of classic farm fun.

**** SAVE THE DATE ****

Saturday, November 14th & 15th St. Patrick's Holiday Craft Bazaar

St. Patrick's Holiday Craft Bazaar is looking for creative, passionate vendors to make this year's event better than ever! This year the event will be held in the newly renovated gym.

For more info, contact Patt Delaney
(818)481-5168

Drumroll Please.....

The winner of our "Fairly-Fun Quilt Raffle" was Beth Millican! Upon receiving the quilt, Beth said "I'm so happy, I've been praying for this – I've been wanting to make one for my neighbor, I plan to give this to her." Congratulations, Beth!

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

Anonymous	Donna Douglass	Darline Kraxberger	Roger & Stephanie Reif
Patricia Achenbach	Daniel Scott Driver	Karen & Larry Krettl	Leslie Rhodes
CD and Debra Albright	Deanna Edwards	Ray and Mary Lambert	Glenn Richardson
Abbie Allen	Susan & Scott Enyart	Robert Larson	Alice Robinson
Tim and Beckie	Mel Farrington	Annie & Ken Lind	George and Joy Schmidt
Anderson	Jeff Feller	Ron Lindland	Schmidt Family
Christine Anderson	Mardee Femrite & David Howe	Jim & Judy Long	Irene Schriever
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Phillip Applebee	Adrian and Kay Fisher	Jim Mallett	Roger Skoe &
Tom and Theresa Arena	Cheryl and Ron Fullerton	Sheldon Marcuvitz &	Sharon Arrigotti-Skoe
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Thomas & Tamra	Al and Linda Geddes	Byron & Sarah Marshall	Joan Steinfeld
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Tricia Boyd	Rosemary Hands	Jerry and Rose Mills	Glenn Richardson
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Helen	Patty Hatfield	Gerald & Brenda Mootz	VanderZanden
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Robert and Vicki	Jenny & Rob Hickman	John & Johanna	Dr. Trent Warren
Breitbarth	Judy and Butch Hogland	Noordwijk	Duke & Suzie Wear
Marj Brood	Jeff and Shirley Hollar	Richard & Kathy Oathes	Lawrence & Mary Weber
Sheila & Sid Brown	Donald & Susan Hope	Diane O'Connor	Janice Weeks
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June Casper	Robert and Carolyn Hoyt	Brent & Jennifer Pavlicek	Steven Winders
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Ernie Cowan	Julie Ann Johnson	Margaret Peterson	Sandi & Tim Witkowski
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Kim & Hardy Dimick	Chuck and Mary Kocher	Mary Reed	Mike & Betty Zolnikov
Kathi Dotson	Oliver Korsness	Bill and Jo Ellen Reif	

Sustaining Business & Organizational Donors— Donations of \$250+:

Bridge to Life Fellowship	Fisher's Supply Inc
Canby American Legion Auxiliary	Hope Village
Canby Area Beautification	Lewelling Ventures
Canby Volunteer Fire Association	Martin's Town & Country Furniture
Canby Garden Club	Miles Nursery Inc
Canby Import Auto Repair	Nothing But Net
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
Edward Jones—Charitable Gift Fund	

August & September Financial Donors:

Abbie Allen, Devin & Shuree Deller,
Peter & Joy Durkee, Ron & Judith Engman,
Teri Fritz, Margaret Gher, Ruth Howard,
Gary Kluever, Robert Larson, Adam Meredith,
Nothing But Net, Edye Pavlicek, Mary Reed,
Renaissance Charitable Foundation,
Steve & Janet Skinner, Greg Timmons,
Tina Wegesend

July & August In-Kind Donors:

Canby VFW Canby Fire Department

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

Andrew Kauffman—Attorney at Law
Hulbert's Flowers

Canby Kiwanis Foundation
Kahut Waste Services
John Lettenmaier

Cutsforth's Marketplace
Canby VFW

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 \$250+

Richard Ares	Mike McNulty
Ken Arrigotti	Barb & Carol Menkel
Loren and Jen Bell	Alice Merrill
Ron Berg	Martin Meskers
Peter Bierma	Gale Nelson
Jack and Ruth Brito	Catrina & Matt Nelson
Canby Rotary Foundation	Tim & Sally Nichols
Kelsey Cordill	Puddin' River Chocolates
Cornerstone Wealth Management	Quest Investment Management
Joel Cutsforth	Reif & Hunsaker
Kathe Cutsforth	Bill and JoEllen Reif
Tanner Cutsforth	Roger & Stephanie Reif
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Matt & Kim English	Terri Schneider
Sandie Field	MJ & Rob Sheveland
Jan Galitz	Steve & Janet Skinner
Keith Galitz	Steve & Karen Skoog
Scott Goetchius	Jamie Stickel-Ebner
Sue Goetchius	Charlie & Denise Stinson
Allison Griffin	Matt & Lauren Stutes
Paul Hauer	Chris & Suzy Stutes
Paul & Carol Hawkins	Larissa & Travis Tiede
Hope Village Residents Association	Tamara Tofte
Frank & Kim Hosford	Tim Tofte
Jim Hunsaker	Lynda Tucker & Dan Edwards
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Jerry Keen	Wilcox Arredondo
Gay Kuykendall	Don Wilson
	Tiffany Wilson
	Kevin Wright
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August & September Capital Campaign Donors thru September 14, 2026

Embold Credit Union
Gail Freeman
Tom and Nina Kelly
Robert and Barbara Magee
Puddin River Chocolates
Canby Kiwanis 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. We wish to thank the following people for including CAC in their estate planning:

- Johnie Dever
- Gary Needham
- Lori and Bob Grady
- Leslie Rhodes
- Cheryl Layson

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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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

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

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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— October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 11:00 BingoCize 1:00 Line Dancing 2:15 Zumba Gold	2 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Joyful Noise	3
4	5 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 1:00 Parkinsons Support 1:00 Hand & Foot Canasta 3:00 Relaxation & Meditation	6 Trip: Rail Bikes 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	7 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 10:30 BP Check 11:30 Music with Scott 1:00 Blood Drive 1:00 **NEW Mahjong 11:00 GeriFit 12:30 Genealogy 1:00 Movie: The Way	8 9:00 Beginning Ukulele 11:00 BingoCize 1:00 Line Dancing 1:00 Dominos 1:30 NW Medicare Adv. 2:15 Zumba Gold	9 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 11:30 Music w/ Dave 1:00 Pinochle 1:00 Movie: 9 to 5	10
11	12 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	13 9:00 Trip: Bauman's Farms 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	14 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 1:00 Board Meeting 1:00 Speaker: Reflexology 3:00 Alz Support 1:00 Movie: A Walk in The Clouds	15 ** PICTURE DAY ** See Mindy 😊 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 11:00 Trip: Paint & Sip 11:00 BingoCize 11:30 Music w/ Jim 1:00 Line Dancing 2:15 Zumba Gold	16 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 SHIBA Meeting 2-4pm SHIBA Appts 1:00 Pinochle 1:00 Movie: Straight Talk	17
18	19 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 1:00 Hand & Foot 3:00 Relaxation & Meditation	20 9:30 YOGA 10:00 Needles & Knots NO BINGO TODAY 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	21 9:00 Tai Ji 10:00 BB&B 10:00 Quilty Friends 10:30 BP Check 11:00 GeriFit 11:30 Music with Jonah 1:00 Mandala 1:00 **NEW Mahjong 1:00 Movie: The Spy Next Door	22 9:00 Beginning Ukulele 10:00 Seated V-ball 10:00 Trip: OC Museum 11:00 BingoCize 1:00 Line Dancing 1:00 Dominos 2:15 Zumba Gold	23 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Unlikely Angel	24
25	26 8:30 Speaker & Special Lunch signup day 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 3:00 Relaxation & Meditation	27 9:00-11:00 Trip Signup/Call-In 10:00 Trip: Hike @ Hoyt Arboretum 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	28 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 Greatest Showman 5:00 Trip: Mystery Dinner	29 9:00 Beginning Ukulele 11:00 BingoCize 1:00 Line Dancing 1:00 Bunco 2:15 Zumba Gold	30 Halloween Party 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Practical Magic	31

Menu—October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Special thanks to our serving groups: Canby Fire Dept. Canby Police Dept. Canby Utility Canby Garden Club Zion Mennonite Church LDS Church- First Ward 			1 Tuna Casserole Green Beans Carrot Raisin Salad Fresh baked Roll Chocolate Cake	2 Pulled Pork Sandwich Tots Steamed Carrots Three Bean Salad Cookie	3
4	5 Breaded Pollock Rice Pilaf Zucchini Cole Slaw Fruit	6	7 Chef Salad Vegetable Soup Fruit	8 Sweet and Sour Chicken Rice Steamed Vegetable Cucumber Salad Fruit	9 Crab Linguini w/ Tomatoes Green Beans Marinated Veggie Salad Fresh baked Roll Peach Cobbler	10
11	12 Biscuits & Gravy Scrambled Eggs With Onions and Peppers Sausage Patty Jello Salad Fresh Fruit	13	14 Deli Sandwich Carrot Raisin Salad Chef's Choice Soap Vanilla Pudding	15 Chicken & Dumplings Mashed Potatoes Steamed Zucchini Carrot & Raisin Salad Apple Spice Cake	16 Beef Stew Cornbread Peas Tossed Salad Fresh Fruit	17
18	19 Ham and Cheese Quiche Corn Roasted Red Potatoes Green Salad Pumpkin Mousse	20	21 Hamburger Day Potato Salad Broccoli & Cauliflower Salad Fresh Fruit **Signup Required**	22 Cobb Salad Chef Choice Soup Blondie	23 Octoberfest Bratwurst Sauerkraut Roasted Potatoes Green Beans Applesauce Bread Pudding **Signup Required**	24
25	26 Tamale Pie Cornbread Lima Beans Fruit Cocktail Peanut Butter Bar	27	28 White Chicken Chili Cornbread Broccoli Roasted Vegetable Salad Fresh Fruit	29 Chicken Fried Steak Mashed Potatoes Mixed Vegetables Tossed Salad Pumpkin Bread	30 Halloween Party Spooky Spaghetti Meat Sauce Cauliflower Green Salad Garlic Bread Dirt with Worms	31