



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

November 2026

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Heather Moore

Office Hours

M—F 8:30 am—4:30 pm

Welcome from the Director

Hello everyone,

November is a month to think about our blessings and, for many, to reach out to those less fortunate. Here at CAC, November is when we launch our annual appeal, asking the community to support the Center. This year, our “ask” is more important than ever – our building project is in full throttle, and we hope to raise the funds we need to complete the project without dipping too deeply into our endowment – so be looking for that letter in the mail! I’d love to chat with you about different ways you might support our long-term future.

To that end: please check out the Capital Campaign page at the back of this issue and read more about our new Giving Circle. The Giving Circle recognizes individuals who include the Canby Adult Center in their estate planning. This is a great way to help ensure that our service to Canby’s older adults continues for generations to come.

Wishing you a Happy Thanksgiving - Kathy



Our Annual Thanksgiving Lunch is Thursday, November 19th

Reservations Required
Reservations begin Monday, Oct 26th
(More details on page 9)

Gift Tree Applications Due November 11th

If you or someone you know will be alone for the holidays and/or would like to see a little something under your tree, please complete and return the enclosed gift tree application by Friday November 11th.

NOVEMBER REMINDERS:

- **Don’t forget to set your clocks BACK** an hour on Sunday, November 1st @ 2am!
- Wednesday, November 11th is Veteran’s Day and we are OPEN. Thank you to all of our Veterans!
- The Center is closing at 3pm on Wednesday Nov 25th. **We are closed Thursday, Nov. 26th AND Friday Nov 27th.** We wish you a very Happy Thanksgiving!
- Bunco is taking the rest of the year off. There will be no games in November or December. See you in January, 2027!

NOVEMBER EVENTS

Mark Your Calendar!



Thursday, November 5th @ lunch

Let’s have some fun! Elk season is underway and Mary is cooking up some delicious (pork) stew. Wear your best “hunt or be hunted” attire (a hunter or deer/elk).

Monday, November 9th @ 1pm

Join us for an informative presentation by Clackamas County Weatherization. They’ll discuss the Home Accessibility Grant Program and the Home Repair Loan Program.

Wednesday & Friday November 11th & 13th @1pm

AARP Smart Drive - This is a refresher class on current rules of the road. It may help you with your insurance premiums. Sign up by calling Wendy (503)266-2970

Friday, November 13th @ 10:30

Building Hope Through Healing
Grief Support with Joanne Petrie
Join Joann Petrie for a supportive conversation about navigating grief, finding hope and moving forward.

At A Glance: See inside for details

Oct 27	Sign up begins for November trips
	NOTE: TUESDAY
Nov 1	Daylight Savings, Fall BACK
Nov 2	Parkinsons Support 1pm
Nov 4	Genealogy Service 12:30
Nov 4&18	Blood Pressure Checks 10:30
Nov 5	Info Table: Veterans Services 10:30
Nov 9	Speaker: Weatherization 1pm
Nov 11&13	AARP Smart Drive 1-4pm
Nov 11	Board Meeting 1 pm
Nov 11	Attorney Consults 1:30 pm
Nov 11	Alzheimer’s Support 3 pm
Nov 12	Let’s Talk! 10am
Nov 12	Info Table: Family Resource Home Care
Nov 12	NW Medicare Advisors 1:30
Nov 13	Building Hope Through Healing 10:30
Nov 18	Red Cross Blood Drive 1pm
Nov 18	Card Craft (signup req’d) 1pm
Nov 19	Thanksgiving Lunch (signup req’d)
Nov 23	Nutrition Education 1pm
Nov 24	Trip Call-In 9-11am **TUESDAY**
Nov 25	HAMBURGER DAY (signup req’d)
Nov 25	Mandala 1pm
Nov 26th & 27th	– Thanksgiving Holiday, Center closed
Nov 30	Speaker & Lunch Sign Up Day

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 November 9th & 23rd.

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

Genealogy Services With Fred Gill —

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! 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 November 2nd

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 November 11th, 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**
- ♦ **Military Help Line (non-VA): 888-457-4838**

Veteran Recreation Opportunities

Oregon Hunting and Fishing Licenses

A free hunting and angling license is available for disabled war veterans rated at 25 percent or more service-connected disability with the VA, provided by the Oregon Department of Fish and Wildlife. Visit www.myodfw.com/articles/hunters-and-anglers-disabilities for more information.

America The Beautiful – The National Parks and Federal Recreational Lands Pass Series

The America the Beautiful Parks Pass Series includes admission to over 2,000 federal recreation sites. Each pass covers entrance fees at national parks and national wildlife refuges, standard amenity fees at national forest and grasslands and at lands managed by the Bureau of Land Management and Bureau of Reclamation. You can obtain a pass in person, with the proper documentation from a participating federal recreation site or office. For more information visit www.nps.gov/planyourvisit/passes.htm

The Clackamas County Low Income Utility Assistance Program is scheduled to open.

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 October 15 – December 7

This 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 This low-impact class is designed to build strength and help improve balance. No fee—donations appreciated

Tai Ji Quan: Monday, Wednesday and Friday at 9:00am
This evidence-based class uses slow, controlled movements to improve balance, strength and flexibility.
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—November 4th, 18th & 25th

Quilty Friends meets several Wednesdays each month; all levels of quilters are welcome—bring a portable sewing machine to get started. Work on individual or group projects (some are for charities). New quilters and walk-ins always welcome! **No Fee**

Mandala Project—4th Wednesday each month November 25th @ 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: Every Other Wednesday @ 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.

Board meeting minutes—Excerpts September 9, 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

Rose City Philanthropy – Mark and Jeri

Report from City Council Liaison, Jim Davis: Jim reported that the 9-11 ceremony this year will be hosted by the Canby Police Department and will feature a NY Police Officer who was involved in the aftermath at the Twin Towers at 8:00 am. The interim city manager's contract has been extended until June 2028. The City is working on an amendment to the city charter to be on the ballot for November that would allow the city manager to live outside the city limits. A swim levy is also on the ballot that would cover operations for 5 years and hopefully fund the remodel. The City and the School Board are meeting to discuss the fate of the existing CAC building; they will consider the City's Comprehensive Plan and the school district plan for the property.

Rose City Philanthropy: Jeri and Mark presented a current state of the campaign and an outline of next steps that will be needed to move forward. The commitment from the board and the campaign committee is critical. Each member of the board were asked to complete a short survey on how they could actively help. The members of the board discussed different ideas and suggestions including the addition of focused session on different ways to give from retirement funds and estates – educating people on the potential tax benefits of gifting from assets held.

Treasurer: Kathy took a draw on August 31st in the amount of \$67,000 to cover operational expenses. This brings the total transfer of funds in this fiscal year to \$134,000, consistent with the CAC budget. While total assets under management were up, unrealized gains were down – not a surprise given the market and the conflict in the middle east along with the economy.

Director:

\$10,000 check received from Nothing but Net last week.

New building:

Framing and telecommunications work is largely completed.

Pre-school ready – flooring in two rooms, new lighting, bathroom door opening to church office sealed off, temporary hallway door installed.

Working on outside signage and AV systems in dining room

Basement ceiling reinforced to hold our heavy kitchen

Capital Campaign

Pending grant proposals:: Reser Family and Joseph Weston foundation, via Oregon Community Foundation.

To complete: Ford Family and Roundhouse Foundations.

PIERS grant (generator) under State environmental review. No surprises expected.

CDBG – after months of no movement, we have a draft agreement in hand, should be signed by county commissioners on September 10th.

New business:

Existing officers; Loren Bell, Chair; Keith Galitz, Treasurer and Sandie Field, Secretary have expressed their willingness to continue to serve. However, other Board members are encouraged to let Kathy or Loren know if they would like to run for a position. Also there remains an opening for Vice Chair.

Kathy will circulate a message requesting interest from the board members who would like to be considered for any of the officer positions. Responses will be addressed at the October board meeting for vote/approval.

*Respectfully submitted,
Sandra Field, Board Secretary*

November Speakers & Events

Thursday, November 5th @ 10:30a



Veteran's Services Info Table

A representative from Clackamas County Veteran's Services will be here to answer your questions and provide information about veterans' benefits and available services. Stop by the table and learn more about the resources available to you!

Friday, November 13th @ 10:30am

Building Hope Through Healing: Grief Support



Join us for a new twice-monthly series with Joann Petrie. Joann, a certified bereavement counselor, hospice chaplain (for 30+ years) and a published author, will lead us through a supportive discussion about navigating grief, finding hope and moving forward.

Sign-up Required

No Fee

Monday, November 9th @ 1pm

Speaker: Weatherization



Weatherization Services and Energy Education help low-income households increase energy efficiency in their homes, reduce their energy costs and improve the health, safety and comfort of their home environment. Weatherization includes insulation, air sealing and other measures that are designed to keep heat in the home during winter and keep it cool during summer months. They will also share information on home loan and home modification programs available.

Sign-up Required

No Fee

Wednesday, November 18th @ 1pm

Beautiful Card Craft

Learn watercolor techniques, practice those techniques, then use the techniques to paint two generic greeting cards. Don't worry, you don't have to know how to draw for this class. (The designs are already on the cards.)

You don't need to bring supplies, everything you need will be provided.

Instructor is providing artist quality watercolor paints, a plastic palette, 100% cotton watercolor paper to practice on, a no. 6 watercolor paintbrush, the cards with envelopes, and a handout describing the techniques being demonstrated.

Students get to keep the handout, the practice papers and the two greeting cards.

Sign ups required- Class limited to 10

Sign up at front desk or call 503 266 2970



AARP Smart Driver Classroom Course

Wednesday & Friday

November 11th & 13th

1:00 to 4:30 pm each day.

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

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

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

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

Monday, November 23rd @ 1pm

Nutrition Education

Join Mindy & Wendy for a fun hour of Nutrition Education! We're "cooking up" a simple, seasonal salad that you can enjoy all winter long. This one is packed with flavor and fiber – don't miss out, spots are limited.

Sign-up required

No Fee

November 11th @ Lunchtime Veterans Day



Canby Troop 258 Scouts will be here to present the colors.

Thursday, November 12th @ 10:30

Information Table



Julie Nola with Family Resource home Care will be here to provide information on in-home assistance for companion & in-home care. Stop by and see what kind of service she has to offer.

Thursday, November 12th @ 10am

Let's Talk – Thanksgiving & Gratitude



We'll gather together this month to discuss the upcoming holidays, the feelings they bring and some ways we're grateful.

Sign-up encouraged

No Fee



Trips—November 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 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, October 27th**. 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.

Small Town Shakespeare

Thursday, November 5th

Step back in time with us for an entertaining evening of Shakespearean comedy. Canby High School's production of **Love's Labour's Lost** follows four young men who vow to put love aside and devote themselves to studying – until four clever women arrive and turn their plans upside down! Expect romance, witty banter, surprises and plenty of laughs! We'll grab dinner first at the new restaurant in town – Jo's Saloon & Eatery.

Depart: 4:30pm

Cost: \$10 (bring money for dinner)

Return: 10pm

Bus Fee: Donations appreciated

Sausage, Supper & Shenanigans!

Saturday, November 7th

It's the 92nd Annual Verboort Sausage Festival, a beloved community event in Forest Grove featuring its famous homemade sausage, a hearty "all you can eat" lunch and plenty of small-town charm. Don't forget your wallet, there's shopping too. You can peruse their one-of-a-kind bazaar, filled with vintage jewelry, plants, handmade holiday décor, potholders & quilts, and homemade baked goods and jams.

Depart: 12pm

Cost: \$21 (bring exact cash to bus driver)

Return 5pm

Bus Fee: Donations appreciated

Country Charm & Christmas Cheer

Tuesday, November 10th

Enjoy a festive day in the country! We'll start with a light lunch (delicious soups and sandwiches) at the historic Butteville Store. Then head back to Canby to the Country Christmas Bazaar at Clackamas County Fairgrounds. We'll shop the over 150 vendors selling their handcrafted items featuring fall decorations, collectibles, home décor, gourmet treats, and much more. 'Tis the season!

Depart: 11:30am

Cost: Free (bring money for lunch & shopping)

Return: 3pm

Bus Fee: Donations appreciated

A New Thanksgiving Tradition

Tuesday, November 17th

We're starting a ***NEW*** Thanksgiving tradition at one of Portland's ***OLDEST*** restaurants, Huber's Café, where turkey has been a tradition for generations! We'll head to downtown Portland to enjoy their famous roast turkey dinner complete with all the classic Thanksgiving favorites. It's the perfect way to celebrate the season!

Depart: 11am

Cost: (\$23 + gratuity)

Return: 2:30pm

Bus Fee: Donations appreciated

A Thanksgiving Tradition Update:

For the past few years, we've enjoyed the Thanksgiving tradition of joining Marquam Methodist Church for their Annual Thanksgiving Potluck. Unfortunately, they aren't able to accommodate our group this year, so we won't be attending. We're grateful for the generosity shared over the years and are looking forward to starting a new tradition.



November Movies, Music & More

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

Movie Line-up

WEDNESDAY MOVIES AT THE CENTER

November 4th — The Greatest Game Ever Played The True story of a caddy's unlikely rise to the top of the game. Starring Shia LaBeouf, Michael Weaver

November 11th — Life of Pi A shipwreck leaves a boy lost at sea aboard a lifeboat with a massive Bengal tiger in Ang Lee's visually stunning Oscar-winner.

November 18th — Joy Joy is the story of the title character, who rose to become founder and matriarch of a powerful family business dynasty. Starring Jennifer Lawrence, Robert De Niro, Bradley Cooper

November 25th — Cops & Robbersons Jack Palance plays a tough-as-nails detective assigned to bust a mob hitman who has just moved into a quiet suburban neighborhood. Things don't go as planned when he sets up a stakeout at the Robbersons' (Chevy Chase and Diane Wiest) house next door.



Double "O" Who.....? 0-0-7 Fridays with Bond, James Bond

November 6th — Dr. No In the first James Bond spy classic, Sean Connery is the ever-suave and fearless secret Agent 007 on a mission in Jamaica to thwart a fanatical scientist's world-threatening scheme.

November 13th — The Spy Who Loved Me An egomaniacal shipping magnate gets his hands on foreign nuclear warheads and threatens to destroy New York City with his newfound loot. Superspy James Bond (Roger Moore) travels the globe and goes head-to-head with Jaws, a henchman with steel teeth, to stop him.

November 20th — Tomorrow Never Dies The Carver Media Group Network seems to know the news even before it happens. It's up to James Bond to find out how and why. Starring Pierce Brosnan, Jonathan Pryce, and Michelle Yeoh

Fall Americana Quilt Raffle

(approximately 56" x 66")

Drawing is Thursday, November 19th at 12pm

Tickets - \$1each or \$5 for 6 tickets

Thank you to our "Quilty Friends" for the beautiful quilt to raffle!!

**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.

Mickey Tickle those Ivories—November 2nd & 16th
Join us to hear a fine selection of hits, and oldies & goodies.

Music with Jim – November 5th

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

Music with Dave – November 6th

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

Music with Scott – November 9th

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

Piano with Jonah – Wednesdays in November

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

Remember to Make Your Lunch Reservation for Special Events

Signups for November lunches are MONDAY, October 26th

Lunch Dates: We require reservations for our "special lunch" celebrations and hamburger day. This month we offer two lunches that require a signup / reservation.

November 25th, Hamburger Day

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

November 19th, Thanksgiving Lunch

Roasted turkey with gravy, mashed potatoes, stuffing, green beans, sweet potatoes, salad & a fresh baked roll.
Save room for pumpkin pie!

To give as many members as possible the opportunity to attend, you may reserve a spot for yourself and one other member of your household. Friends who would like to join you must call and make their own reservation. Due to space being limited and this being our most popular event of the year, we ask that you refrain from inviting extended family. Priority is given to local individuals age 60 and older. If you want to sit with friends, arrive early – no reserving seats for people not in the building.

If you make a reservation for lunch and then are not able to keep it, please call us at 503 266 2970 to cancel your reservation in advance.

Thank you!!

Life, Health & Happenings

November is here and brings with it not just cooler (rainy ☔) weather – but turkey, stuffing, pumpkin pie and stretchy pants!! I'm taking time to pause and be thankful for all the fun I have in my personal and work life! The laughter, the games, the good food and fun! I'm thankful for friendships and everyone I've grown to know and love from this place!! I hope to see you all at the center soon ~ Mindy

Alcohol Misuse

Alcohol & Aging: When a Drink Becomes a Problem

For many people, enjoying a glass of wine with dinner, a beer with friends or a cocktail at a celebration is simply part of life. But as we get older, alcohol can affect the body differently than it did when we were younger. A drinking pattern that once seemed harmless can sometimes begin to affect our health, medications, balance, sleep, mood or relationships.

Alcohol misuse is not simply “drinking every day” or “being an alcoholic.” It can include drinking more than intended, drinking in situations where alcohol creates a safety risk, binge drinking, or continuing to drink even when it is causing problems. And alcohol use disorder can develop at any age—including later in life.

Why Does Alcohol Affect Us Differently as We Age?

Aging changes the way our bodies process alcohol. Older adults generally have less body water and lean muscle mass, which can result in a higher concentration of alcohol in the bloodstream after drinking the same amount as a younger person. We may also become more sensitive to alcohol's effects on balance, coordination, reaction time and judgment.

That matters because falls are already a significant concern as we age. Alcohol can increase dizziness, impair coordination and make it harder to recover from a stumble. A fall that might have resulted in a bruise years ago can result in a broken hip, hospitalization or a lengthy recovery later in life.

Alcohol and Medications: A Particularly Important Concern

Many older adults take several prescription or over-the-counter medications, and alcohol can interact with a surprisingly large number of them. These interactions can increase drowsiness, dizziness, bleeding, impaired coordination and other dangerous side effects. Some combinations can even be life-threatening.

Medications commonly used for sleep, anxiety, pain, depression, allergies and certain chronic conditions can interact with alcohol. Alcohol can also change the way some medications are absorbed or broken down by the body. NIAAA notes that adults age 65 and older are particularly vulnerable to alcohol-medication interactions because of both age-related changes and the greater likelihood of taking multiple medications.

If you take medications, don't assume that a medication is safe to mix with alcohol simply because you've done it before. Your doctor or pharmacist can tell you whether your particular medications and health conditions make drinking risky.

It Can Affect More Than the Liver

We often associate excessive drinking with liver disease, but alcohol can affect many parts of the body. Long-term misuse can contribute to cardiovascular problems, certain cancers, weakened immune function, bone problems and changes in brain function. It can also worsen existing conditions such as high blood pressure, diabetes, osteoporosis, memory problems and mood disorders.

Alcohol can also interfere with sleep. Although a drink may make someone feel sleepy initially, alcohol can disrupt sleep later in the night, potentially leaving a person tired the next day. And sometimes the effects can be confusing. Forgetfulness, confusion, balance problems or changes in mood may be blamed entirely on “getting older” when alcohol could actually be contributing.

How Common Is the Problem?

This isn't a rare issue. According to the National Institute on Alcohol Abuse and Alcoholism, 4.8% of U.S. adults age 65 and older met criteria for alcohol use disorder in 2024, while 11.4% reported binge drinking during the previous month.

The numbers don't tell us that drinking itself is necessarily a problem. They do remind us that alcohol misuse can affect people in every stage of life—including active, healthy older adults.

What Can You Do?

Start by taking an honest look at your drinking. Are you drinking more than you planned? Do you find yourself using alcohol to cope with loneliness, stress, grief or sleep problems? Have family members or friends expressed concern? Have you ever skipped an activity, medication or responsibility because of drinking?

If the answer to any of these questions is concerning, talk with your healthcare provider. Alcohol problems are treatable, and asking for help is a sign of strength—not failure. There is also no need to wait until drinking has become a serious problem to reconsider your habits. Some people choose to cut back, take alcohol-free days or stop drinking altogether.

Most importantly, there is no shame in asking for help. Life changes as we age, and our relationship with alcohol may need to change along with it. Taking a closer look at your drinking isn't about giving up everything you enjoy. It's about making sure alcohol isn't taking away from the years you're working so hard to enjoy.

Your health is worth the conversation.

Sources: National Institute on Alcohol Abuse and Alcoholism (NIAAA); National Institute on Aging (NIA).

Birthdays & This & That!

November 2026 Birthdays!



2	Marlene Bauge	16	Dick Schmidt
2	Sally Poznanski	17	Jesse Elders
2	Peggy Wyatt	17	Dolores Gillespie
3	Pam Reynolds	17	Annie Kaufman
4	Thomas Adams	17	Rex Sebastian
4	Tricia Boyd	17	John Soderlund
4	Patty Walters	17	Les Zettergren
5	Sydney Castleton	18	Gerri Lanter
5	David Feldmann	19	Gerry Casale
5	Marie Ornelaz	20	Joel Daniels
5	Elizabeth Wheelock	20	Gary Dressler
6	Darrell Nelson	21	Cameron Dewey
7	Glenda Christman	21	Gary Field
7	Judy Hogland	21	David Greiner
7	Jo Wheat	21	James Leroy
7	Andrea Wiese	22	Robert Kauffman
8	Linda Baker	22	Robert Magee
8	Deborah Planert	23	Betty Crawford
9	Gail Gartner	23	Jenny Kirk
9	Roger Livengood	23	Veneta Leshner
9	Frances Monahan	24	Bill Fenton
9	Gary Needham	24	Shirley Harris
11	Jerry Condray	24	Carol Pienovi
11	Robert Johnson	25	Lois Gustafson
11	Gloria Preston	25	Joe Haftorson
11	Dave Schedler	26	Doug Wing
12	Louise Brow	27	Barbara Kendall
12	Roberta Elders	27	Sara Rae
12	Connie Owens	28	Peter Durkee
12	Lynn Swanson	28	Terri Haworth
12	Donna Verdeck	28	Allan Kawada
12	Wayne Vissers	28	Gordon Rasted
13	Janet Jeffries	29	Linda Dippman
13	Mary Jo Kelly	29	Deborah Hancox
13	Judy Neighbours	29	Don Hyatt
13	Wade Porter	29	Rose Mills
14	Tom Barnett	30	Jerry Caponette
14	Toni Hvidsten	30	Cathy Schuh

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!**



NOVEMBER BIRTHDAY SPOTLIGHT

Nov 2 – Burt Lancaster	Nov 19 – Jodie Foster
Nov 5 – Art Garfunkel	Nov 20 – Bo Derek
Nov 7 – Sally Field	Nov 25 – Joe DiMaggio
Nov 7 – Marie Curie	Nov 27 – Bruce Lee
Nov 17 – Danny Devito	Nov 30 – Mark Twain

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 Forgotten War

Omaha has never been on my short list of places that I hoped to visit in this lifetime, but I boarded the flight with anticipation for the Korean/ Cold War Annual Meeting presented by the US Dept. of Defense in early Sept. of this year. This was the third such meeting that I have attended and they never fail to impress me with their ongoing dedication to their stated mission: “No soldier left behind.”

Usually, the meetings are held in Arlington, VA, just outside Washington D.C. But the reason for the atypical venue was that it is the site of one of only two labs in the country that do the forensic work to identify remains of lost service members when they are returned. The other one is in Honolulu, which might have been a popular but less fiscally prudent choice. The group had been offered the opportunity to tour the lab if they wished during their stay, and most did.

I am invited to these annual updates as the Primary Next of Kin to my Uncle PFC Richard Stockman, who died in captivity in Korea in 1950. To date, his remains have never been identified from among those returned to the US. I carry the torch for him on behalf of my Grandmother Hattie Stockman, who I never knew. But I know what a mother would do.

The Korean War is often referred to as “The Forgotten War.” I want to provide an example of how it is not forgotten by one particular group of people. There were an estimated 400 attendees at this meeting, and roughly another 50 involved in the presentation of it. On the second and last night of the gathering, we were invited to a dinner hosted by Korean Vice Minister of Veterans Affairs, Yoon-Jin Kang.

We gathered at the Doubletree by Hilton in Omaha to board 10 sleek charter buses, and were police-escorted through the downtown intersections, halting traffic along the way. This continued 30 miles to the Strategic Air Command Museum. Once inside, we were shown to linen-covered tables set with china and crystal, each seating 8 in front of a large stage and podium. Servers soon offered

wine prior to the Opening Remarks by the Vice Minister and Mr. Kelly McKeague, head of the Defense POW/MIA Accounting Agency. Following the Chaplain’s Benediction, we enjoyed a beautifully presented 3 course meal which he we had selected in advance.

The program that followed was entitled The Korean War Memorial Peace Concert, a Tribute to the Korean War, Honoring Our Heroes and POW/MIA Families. The Artistic Director was Jong Hoon Bae, an internationally recognized Conductor, and the Saecho Philharmonic Orchestra. The program featured some traditional Korean music and instruments, a Medley of Military Marches, themes from “The Godfather” and “Schindler’s List,” oboe and violin solos and renditions of “I’ll Remember You,” and “What a Wonderful World,” by Matt Catingub, an award- winning jazz performer. At the conclusion of the program, we were invited to open the small boxes left by each place setting, containing lapel pins bearing the image of the Koren flag that is draped upon every casket of a recovered Korean War veteran as it is returned.

Guests were then welcome to browse the Museum at their leisure. Given that we had attended a full 2 days of meetings before the dinner and program, and were still a half-hour bus ride from the hotel, most opted to return to their buses soon, to prepare for the next day’s travel. But it had been made very evident by the Korean Vice Counsel, that the sacrifices made by our country and these families specifically, were far from forgotten 75 years later.

~ Resi Stockman-Hind

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's First Thursday Night Market

November 5th 5-8pm

Businesses will be open for extended hours offering special discounts, sales and activities! Bundle up and come enjoy this monthly event.

Next Stop Comedy @ FOB Taproom

November 6th (Time tbd)

Ready for some laughs? Come to FOB Taproom for an evening of live comedy featuring local comedians, plenty of laughs and a fun atmosphere.

Candy Cane Lane Bazaar, Hope Village

November 6th-7th 9-4pm

Come on over to Hope village where you'll find a little bit of everything from hand crafted quilts, jewelry and woodworking to candles, bath & body products, Christmas décor, baked goodies & more! Don't miss the popular "Christmas Past" room. Lunch available for purchase.

Formidable Turkey Trot @ Formidable Strength & Training (1382 SE 3rd)

November 7th @ 9am

This fun, no-pressure community run/walk event is for all ages! Strollers, dogs, EVERYONE is welcome. Registration is required at Eventbrite.com

Botanical Ink Workshop @ Canby Public Library

November 7th 5-8pm

Making your own natural ink not only gives you beautiful and interesting colors to create with, but it provides a deep connection to the natural world. In this workshop, you will learn to make ink from flowers and other natural materials - many that are easy to find in your garden or even kitchen! Registration required.

Holiday Craft Bazaar @ St. Patrick's Church

November 14th 9-4pm & 15th 9-2pm

Get a jump start on your holiday shopping – browse a variety of unique handmade gifts, holiday décor, tasty treats and festive treasures.

Paint Your Pint Night @ Canby Beer Library (Hosted by Red Chair Farms)

November 18th @ 6pm

We've partnered with Canby Beer Library to host a fun night of painting, beer and delicious eats! Grab your friends and be sure to join us for a memorable night! Registration required \$30 eventbrite.com

**** SAVE THE DATE ****

**Saturday, December 5th
9-3pm**

Canby Adult Center Holiday Bazaar

Get into the holiday spirit and join us for our annual holiday bazaar! Browse a wonderful selection of handmade jewelry, crafts, wreaths, seasonal décor, and more! And don't forget the cinnamon rolls and delicious hot lunch for purchase.



Canby Kiwanis Toy Drive is back! We're excited to host a donation barrel in our lobby / foyer area beginning on (or around) November 1st. Help spread holiday cheer by donating new toys and bringing smiles to local children this holiday season.

Your Community, Your Voice: Canby Schools

In 2025, Canby School District received a State Technical Assistance Program (TAP) grant to develop a long-range facility plan. The Committee's job is to look at the condition of our school buildings and recommend the improvements needed to address our aging infrastructure, with the most urgent needs first. Its recommendations will build on the findings of our 2025 Facility Condition and ADA Assessments and work to ensure learning and teaching spaces meet current standards. The committee will address safety and lay out short- and long-term priorities in a 10-year facility plan. They'll favor practical, durable solutions that lower long-term maintenance costs.

How can you help? Take the survey here:

<https://tejoin.com/scroll/933575615>

Or visit our website: www.canbyadultcenter.org and click the link for the Canby School District Committee Survey.

The more voices we hear, the stronger both plans will be. Thank you for everything you do for Canby students and for engaging in this process with such care and interest.

Jennifer Patterson
Superintendent, Canby School District

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
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Ferguson	Gerald Hawks	Marty Moretty	Michael Vissers
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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
Daryl & Margaret	Gregory Horner & Jill	Chuck Odell	Marilyn Wichman
Buchanan	Holseth	Sarah Odell	Greta Wiersma
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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	

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

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

September & October Financial Donors

Virginia Bredlin, Devin & Shuree Deller,
Peter & Joy Durkee, Bob & Lori Grady,
Toni Hessevick, Ruth Howard,
Robert Larson, Adam Meredith, Mary Reed,
Renaissance Charitable Foundation,
Steve & Janet Skinner, Greg Timmons

Memorial Donors:

Michele Hunter in Memory of Grandpa Gilbert

Annual Appeal Donors:

Mark and Sharon O'Shea

September-October In-Kind Donors:

John Lettenmaier

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 \$250+

Richard Ares	Tom and Nina Kelly
Ken Arrigotti	Gay Kuykendall
Loren and Jen Bell	Robert & Barbara Magee
Ron Berg	Mike McNulty
Peter Bierma	Barb & Carol Menkel
Jack and Ruth Brito	Alice Merrill
Canby Kiwanis Foundation	Martin Meskers
Canby Rotary Foundation	Gale Nelson
Kelsey Cordill	Catrina & Matt Nelson
Cornerstone Wealth	Tim & Sally Nichols
Management	Puddin' River Chocolates
Joel Cutsforth	Quest Investment
Kathe Cutsforth	Management
Tanner Cutsforth	Reif & Hunsaker
Patrick & Connie Devlin	Bill and JoEllen Reif
DirectLink	Roger & Stephanie Reif
Joe Egli	Kathy Robinson
Embold Credit Union	Teresa Sasse
Matt & Kim English	Terri Schneider
Sandie Field	MJ & Rob Sheveland
Gail Freeman	Steve & Janet Skinner
Jan Galitz	Steve & Karen Skoog
Keith Galitz	Jamie Stickel-Ebner
Scott Goetchius	Charlie & Denise Stinson
Sue Goetchius	Matt & Lauren Stutes
Allison Griffin	Chris & Suzy Stutes
Paul Hauer	Larissa & Travis Tiede
Paul & Carol Hawkins	Tamara Tofte
Hope Village Residents	Tim Tofte
Association	Lynda Tucker & Dan Edwards
Frank & Kim Hosford	John Warwick
Jim Hunsaker	Scott & Roberta Wiesehan
JTMF Foundation	Wilcox Arredondo
Kathleen Jordan	Don Wilson
Ray and Rachel Keen	Kevin Wright
Jerry Keen	Matt & Jennifer Zacher

September & October Capital Campaign Donors thru October 12th

Curtis and Janice McLeod	Gale Nelson
Joyce Peters	Puddin' River Chocolates
Alice Robinson	Kathy Robinson



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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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— November 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:30 Music w/ Mickey 1:00 Parkinsons Support 1:00 Hand & Foot Canasta 3:00 Relaxation & Meditation	3 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	4 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 10:30 BP Check 11:30 Music with Jonah 1:00 Mahjong 11:00 GeriFit 12:30 Genealogy 1:00 Movie: The Greatest Game Ever Played	5 Elk Season Begins Dress like an Elk or A Hunter! 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 10:30 Info Table: Veterans Services 11:00 BingoCize 1:00 Line Dancing 2:15 Zumba Gold 4:30 Trip: CHS Play	6 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 11:30 Music w/ Dave 1:00 Pinochle 1:00 Movie: Dr. No	7 12:00 Trip: Verboort
8	9 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:30 Music w/ Scott 1:00 Hand & Foot Canasta 1:00 Speaker: Weatherization 3:00 Relaxation & Meditation	10 9:30 YOGA 10:00 Needles & Knots 11:30 Trip: Bazaar Shopping 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	11 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 10:00 Newsletter Fold 11:30 Music with Jonah 11:00 GeriFit 1:00 Board Meeting 1:00 Attorney Consults 1:00 AARP Smart Drive 1:00 Movie: Life of Pi 3:00 Alz Support	12 9:00 Beginning Ukulele 10:00 Let's Talk! 10:30 Info Table: Family Resource HomeCare 11:00 BingoCize 1:00 Line Dancing 1:00 Dominos 1:30 NW Medicare Adv. 2:15 Zumba Gold	13 9:00 Tai Ji Quan 10:00 BB&B 10:30 Grief Support w/ Joann Petrie 11:00 GeriFit 1:00 Pinochle 1:00 AARP Smart Drive 1:00 Movie: The Spy Who Loved Me	14
15	16 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	17 9:30 YOGA 10:00 Needles & Knots 11:00 Trip: Huber's 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	18 9:00 Tai Ji Quan 10:00 BB&B 10:30 BP Check 11:00 GeriFit 11:30 Music with Jonah 1:00 Blood Drive 1:00 Craft w/ Shelly 1:00 Mahjong 1:00 Movie: Cops & Robbersons	19 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 11:00 BingoCize Thanksgiving Lunch *Signup Req'd* 1:00 Line Dancing 2:15 Zumba Gold	20 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 Pinochle 1:00 Movie: Tomorrow Never Dies	21
22	23 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 1:00 Nutrition Education 1:00 Hand & Foot 3:00 Relaxation & Meditation	24 9:00-11:00 Trip Signup/Call-in 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	25 9:00 Tai Ji 10:00 BB&B 10:00 Quilty Friends 11:00 GeriFit 11:30 Music with Jonah 1:00 Mandala 1:00 Movie: Joy	26 Center Closed 	27	28
29	30 8:30 Speaker & Special Lunch Signup Day 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 1:00 Hand & Foot 3:00 Relaxation & Meditation	Dec 1	2	3	4	5

Menu—November 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	2 Breaded Chicken Sandwich Lettuce and Tomato Sweet Potato Fries Coleslaw Fruit	3	4 Sweet and Sour Meatballs White Rice Vegetables White Bean Salad Oatmeal Raisin Cookie	5 Pork Stew w/roasted Vegetables Roasted Red Potatoes Steamed Vegetable Green Salad Chefs Choice Dessert	6 Chicken Fried Steak With Gravy Rice Pilaf Steamed Vegetable Carrot Coin Salad Fresh Fruit	7
8	9 Apple Dijon Pork Loin Rice Pilaf Fresh Vegetables Apple Sauce Fruit	10	11 Taco Salad Tossed Greens Beans/Rice Fresh Fruit	12 Chicken & Dumplings Mashed Potatoes Vegetables Carrot & Raisin Salad Apple Spice Cake	13 Native American Meal Poyha with Gravy Wild rice Roasted Zucchini Flat bread Green Salad Vanilla Pudding with Berry sauce	14
15	16 Breaded Pollock Rice Pilaf Mixed Vegetables Cole Slaw Carrot Cake	17	18 Chef's Salad Vegetable Soup Fresh Fruit	19 Thanksgiving Meal Roasted Turkey Stuffing Mashed Potatoes Green Beans Sweet Potatoes Green Salad & Roll Pumpkin Pie *Signup Required*	20 Breakfast for Lunch Assorted Quiche Fresh Fruit Tator tots Muffin	21
22	23 Baked Ziti with Penna Pasta Mixed Vegetables Spinach Salad Apple Berry Crisp	24	25 Hamburger Day Potato Salad Broccoli & Cauliflower Salad Fresh Fruit *Signup Required*	26 Thanksgiving Day Center Closed 	27 THoliday Center Closed	28
29	30 Beef Chili with Beans Cornbread Vegetables Cucumber salad Fruit			Special thanks to our serving groups: Canby Fire Dept. Canby Police Dept. Canby Utility Canby Garden Club Zion Mennonite Church LDS Church- First Ward 		