

The Senior Informer

MOLALLA ADULT COMMUNITY CENTER

Address: 315 Kennel Ave.

PO Box 797, Molalla, OR 97038

Hours: Monday-Friday: 9am-4pm

503-829-4214

May 2016

Center Staff

Cecily Rose,
Director

Brittney Closner,
Client Service Rep.

Jodi Lee-Hill,
Financial Mgr.
Nutrition Mgr.

Cathy O. & Kim B.
Nutrition Assistants

Dennis Ray,
Transportation Mgr.

Vern T. & Duane D.
Drivers

Rick Campbell,
Maintenance

Volunteers
Reception

Molalla Area

Seniors Executive Board

Sally Zeek
President

Wanda James
Vice President

Pat Torsen
Treasurer

Secretary

Ruth Emanuel
Marilyn Bloch
Lorraine Peters
Teri Stevenson
Burl Boren
Board Members

Director's Message

Dear Members,

We never tire of telling you how blessed we feel to be a part of this Center and this community. This month is no different. During the first part of April, our annual letter went out to our community members asking for their support to this Center. The generosity has been pouring in! I can't begin to express how grateful we are for each and every person who's responded with donations, encouraging words, and support. We are truly honored to be a part of something so beautiful.

As we settle into May, there is much to celebrate. Spring is a wonderful time for new beginnings, growth, and renewal. This is also a month where Mothers are celebrated! Then we take the time to pause on Memorial Day to honor those who served this country and sacrificed their lives for our freedom. This is a month where we can reflect and truly realize that we have so much to be grateful for.

However you're celebrating this month, we hope you have a beautiful May!

Cecily Rose
Director

Molalla Area Seniors Meetings

Executive Board Monday
May 16th—9:30am

General Meeting Thursday
May 26th—12:15pm

The Molalla Adult Community Center is a non-profit organization created to promote recreational, educational, social, cultural, community health, and nutrition programs for senior citizens in Molalla and the surrounding area. For any questions or to schedule an appointment, call the Center at 503-829-4214.



EXERCISE

Better Bones and Balance—

Monday, Wednesday and Friday 9am-9:50am. Suggested donation \$2.00 paid to MACC.

Tai Chi—

Instructor F. Schenk leads an amazing class each Tuesday and Thursday at 9:30am. First class is free, each additional class is \$5 paid to the instructor.

Walking Group—

Meet at the Center and walk together as a group around the community, Tuesdays and Thursdays, 10am!

SHOPPING

Monday: Safeway

Tuesday: Bimart

Thursday: Hi School Pharmacy

Friday: Milk Creek Produce

*Please call morning of by 9:30am to get on bus list. Bus leaves no later than 12:45pm.

HEALTH AND WELLNESS

Foot Clinic— Sandy Home Care, \$30.

All appointments are set for the 4th Thurs of every month (subject to change due to holidays and closures).

Blood Pressure Clinic— 1st Tuesday 10:30-12:30pm with Renee. OR 11am -1pm with Margaret (Check the calendar for the date)

Seated or Table Massage—With Carol, 2nd Wed by appointment only. 30 minutes for \$35, 45 min for \$45, 1 hour \$55. Reduced fees may be available

CRAFTS

Quilting— Every Tues at 9am.

Quilting room operates all day long each Tuesday with breaks for lunch from 12pm-1pm. Quilts made are raffled for proceeds that benefits the Meals on Wheels program.

Knit & Crochet— Every Fri, 10am.

SPECIAL INTERESTS

Painting with Pauline— Every Mon 10am-12pm and 1pm-3pm. New afternoon class has openings.

Writing Group—Every Tues, 1pm-2:30pm. Class is free!

Legal Services—Andrew Kauffman, 2nd Tues of the month 9-11am by appointment only.

Computers— Class is currently on hold and will resume at a later date. Please be sure to check the calendar for updated information!

Weekly AA Meetings—Friday 3pm. Contact Wanda: 971-258-6522. Wednesday 12 Contact Lindsay: 503-829-4105.

Women's Cancer Support Group—3rd Friday, 1pm.

Diabetic Support Group: Contact Providence Health Services at (503) 215-6628.

Alzheimer's Support Group: Contact Pheasant Pointe at 503-829-3777, or Molalla Manor at 503-829-5591

GAMES

Bingo!— Every Friday at 1pm! \$2 Suggested Donation to cover prizes!

Chess/Checkers—Any Time!

ADDITIONAL SERVICE

Referral and Assistance— For issues facing seniors. Calls are accepted on behalf of others as well. For mental health crises call County Crisis Service: 503-655-8585.

Van Rides— Rides into the Center for lunch, activities and local shopping. Suggested donation is \$1.50 round trip. Please call in the morning. Check the calendar for afternoon shopping.

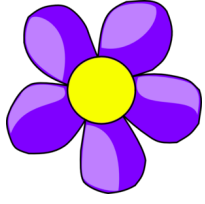
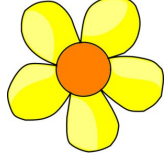
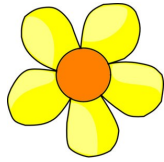
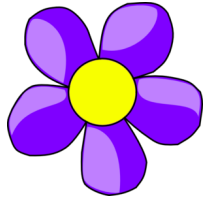
Medical Equipment—For short term loan, at the Center.


TRP—Transportation Reaching People, designed to assist people with rides to medical appointments. At this time, we do not have Wednesday appointments available. We apologize for any inconvenience. Call Brittney at the Center.

Lunch!—Mon, Tues, Thurs and Fri at 12pm. Suggested donation of \$3.00 for those over 60, \$5.00 for those under 60. We also deliver Meals on Wheels for homebound clients.

WE NEED YOU!!

Volunteer!— We are in need of back up MOW drivers, servers, receptionists, decorating and more! Contact Cecily.



Mon	Tue	Wed	Thu	Fri
<p><i>Servers: Assembly of God</i> HS Pork Patty w/ Gravy Whipped Potatoes w/ Gravy Steamed Carrots Frosted Spice Cake</p> <p>2</p>	<p><i>Servers: Molalla Methodist</i> DC Beef Stew Country Trio Vegetable Garden Vegetable Salad Cornmeal Roll Gelatin Jewels w/ Whip Top</p> <p>3</p>	<p><i>Servers: The Girls</i> White Bean Chicken Chili Steamed Carrots Country Coleslaw Squash Roll Mandarin Pineapple Cup</p> <p>9</p>	<p><i>Servers: St. James Church</i> Chicken Lo Mein Fresh Zucchini Slices Garden Vegetable Salad Wheat Roll Chilled Peaches</p> <p>5</p>	<p><i>Servers: Meadowbrook Church</i> Southwest Chicken Whole Kernel Corn Spinach Romaine Salad Steamed Rice Choc Zucchini Brownie</p> <p>6</p>
<p><i>Servers: The Girls</i> Paprika Chicken Breast Whipped Potatoes Mixed Vegetables Seven Grain Bread Lemon Whip</p> <p>16</p>	<p><i>Servers: The Nazarene Church</i> Mini Santa Fe Salad on Spinach Romaine Minestrone Soup Wheat Dinner Roll Golden Fruit Cup</p> <p>17</p>	<p><i>Servers: The Girls</i> Chicken w/ Supreme Sauce Whipped Sweet Potatoes Green Peas & Onions Lemon Frosted White Cake</p> <p>10</p>	<p><i>Servers: Grace Lutheran</i> Roast Turkey w/ Gravy Whipped Potatoes w/ Gravy Broccoli Normandy Onion Bread Peanut Butter Bar</p> <p>12</p>	<p><i>Servers: LDS Church</i> BBQ Smokehouse Ribbette Delmonico Potatoes Green Peas Caraway Rye Bread Spiced Pears</p> <p>13</p>
<p><i>Servers: The Girls</i> Congregate: Spaghetti w/ Meat Sauce Meals on Wheels: Curried Chicken & Rice Salad w/ Popeye Potato Soup</p> <p>23</p>	<p><i>Servers: Molalla Christian</i> Shoyu Chicken Lyonnaise Potatoes Steamed Spinach Oat Rye Bread Apple Crisp</p> <p>24</p>	<p>Red Lobster and Shopping</p> <p>11</p>	<p><i>Servers: BCC</i> Bread Baked Fish w/ Tartar Creamed Potatoes Broccoli Cuts Oatmeal Bread Mixed Fruit Cup</p> <p>19</p>	<p><i>Servers: The Girls</i> Beef Chili w/ Beans Cut Green Beans Romaine Iceberg Salad Cornmeal Roll Banana Pudding</p> <p>20</p>
<p>IN HONOR OF MEMORIAL DAY We will be closed Monday, May 30</p> <p>30</p>	<p><i>Servers: The Girls</i> Hearty Chicken Stew Herbed Carrots Broccoli Cuts Chocolate Chip Bar</p> <p>31</p>	<p>Elmer's Restaurant and tour of the Rice Northwest Museum of Rocks and Minerals!</p> <p>25</p>	<p><i>Servers: Men Of St. James</i> Sweet & Sour Chicken/Rice Green Peas Romaine Iceberg Salad Gelatin w/ Whip Top</p> <p>26</p>	<p><i>It's a Lang Weekend!</i> </p> <p>27</p>

Special Outings and Events!

Bus Trips



Lunch at Red Lobster & Shopping at Sportsman's Warehouse in Salem

Wednesday, May 11th
Bus Leaves Center at 10:30am
Suggested Donation \$7

We're headed down South to Salem for a delicious Red Lobster lunch, followed by shopping at Sportsman's Warehouse. Rumor has it, there are multiple stores nearby!

**Sign up begins Friday,
May 6th, at 9am.**

Thai Dish Cuisine & Thriftway Shopping Evening Outing!



Wednesday, May 18th
Bus Leaves Center at 4pm
Suggested Bus Donation \$5

Our next cultural dinner will be trying out some amazing Thai food at the Thai Dish Cuisine in Canby! After we fill our bellies, we'll go on over and shop 'til we drop at Thriftway, right next door!

**Sign up begins Friday,
May 13th, at 9am.**

Lunch at Elmer's Restaurant and a Tour of the Rice Northwest Museum of Rocks and Minerals in Hillsboro!



Wednesday, May 25th
Bus Leaves Center at 10:30am
Suggested Bus Donation \$8

Museum Fee: Seniors 60+= \$9, Veterans with ID= \$7, Adults= \$10

The Rice Northwest Museum of Rocks and Minerals houses a world-class collection recognized as the finest in the Pacific Northwest and one of the best in the nation. The Museum showcases not only fine rocks and minerals, but also fossils, meteorites, lapidary art, and gemstones from both the Pacific Northwest and all around the world. Just the pictures alone on their website is absolutely gorgeous! Don't miss this outing!

**Sign up begins Friday,
May 20th, at 9am.**

***Please note that our recreational transportation program, which includes all outings, is specifically purposed for our Bus/Vans. While we understand that some people want to partake in our trips independently, in their own vehicles, we are unable to accommodate these requests into our planning. We encourage you to join us on the bus and enjoy the entire and complete Center Outing experience!**

*All suggested donations are directed to transportation and administrative costs.

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>9 Better Bones & Balance 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline</p> 	<p>3</p> <p>9:30am Quilting 9:30am Tai Chi 10am Walking Group 10am BP Clinic w/ Renee 11:30 <i>The Fiddlesticks!</i> 12:45pm Bimart 1pm Writing Group</p> 	<p>4</p> <p>9 Better Bones & Balance 12pm AA Meeting</p> 	<p>5</p> <p>9:30am Tai Chi 10am Walking Group 12:45 Hi School Pharmacy</p> 	<p>6</p> <p>9 Better Bones & Balance 10am Knit & Crochet 12:45 Milk Creek Produce 1pm Bingo 3pm AA Meeting</p> 
<p>9</p> <p>9 Better Bones & Balance 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline</p> 	<p>10</p> <p>9am Lawyer, by appt 9:30am Quilting 9:30am Tai Chi 10am Walking Group 11:30 <i>River City Riders!</i> 12:45pm Bimart 1pm Computers 1pm Writing Group</p> 	<p>11</p> <p>9 Better Bones & Balance 12pm AA Meeting</p> <p>*Red Lobster & Sportsman's Warehouse Outing (Sign up May 6th)</p>	<p>12</p> <p>9:30am Tai Chi 10am Walking Group 12:45 Hi School Pharmacy</p> 	<p>13</p> <p>9 Better Bones & Balance 10am Knit & Crochet 12:45 Milk Creek Produce 1pm Bingo 3pm AA Meeting Dance Like a Chicken Day (Sat)</p> 
<p>16</p> <p>9 Better Bones & Balance 9:30am MAS Board Meeting 10am Painting with Pauline 11:30 <i>Dennis Stafford!</i> 12:45p Shopping at Safeway 1pm Painting with Pauline</p>	<p>17</p> <p>9:30am Tai Chi 9:30am Quilting 10am Walking Group 11:30 <i>Patricia & Rosie!</i> 12:45pm Bimart 1pm Computers 1pm Writing Group</p> 	<p>18</p> <p>9am Breakfast Fundraiser 12pm AA Meeting</p>  <p>*Thai Dish Cuisine & Thriftway Evening Outing (Sign up May 13th)</p>	<p>19</p> <p>9:30am Tai Chi 10am Walking Group 11 BP Clinic w/ Margaret 12:45 Hi School Pharmacy</p> 	<p>20</p> <p>9 Better Bones & Balance 10am Knit & Crochet 12pm Birthday Celebrations! 12:45 Milk Creek Produce 1pm Bingo 1-2:30 Cancer Support Group 3pm AA Meeting</p>
<p>23</p> <p>9 Better Bones & Balance 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline</p>  <p>Lucky Penny Day!</p>	<p>24</p> <p>9:30am Quilting 9:30am Tai Chi 10am Walking Group 12:45pm Bimart 1pm Computers 1pm Writing Group</p> 	<p>25</p> <p>9 Better Bones & Balance 12pm AA Meeting</p> <p>*Elmer's & Rice Rock Museum Outing (Sign up May 20th) Senior Health & Fitness Day!</p>	<p>26</p> <p>9:30am Tai Chi 9:30am Foot Clinic 10am Walking Group 12:15 MAS General Meeting 12:45 Hi School Pharmacy</p> 	<p>27</p> <p><i>Sorry We're</i> CLOSED</p>
<p>30</p>  <p>Happy Memorial Day</p>	<p>31</p> <p>9:30am Quilting 9:30am Tai Chi 10am Walking Group 12:45pm Bimart 1pm Computers 1pm Writing Group</p> 			

Center Activities

Date of Event	Bus Leaves/Time of Event	Restaurant Location	Activity	Sign up AFTER	Suggested Donation	Additional \$\$ Info
5/11	Bus Leaves Center at 10:30am	Red Lobster in Salem	Shopping at Sportsman's Warehouse	Friday, May 6th 9am	\$7	Lunch \$8-\$20
5/18	Bus Leaves Center at 4pm	Thai Dish Cuisine in Canby	Shopping at Thriftway	Friday, May 13th 9am	\$5	Dinner \$8-\$15
5/25	Bus Leaves Center at 10:30am	Elmer's Restaurant in Hillsboro	Rice Northwest Museum of Rocks & Minerals	Friday, May 20th 9am	\$8	Lunch— \$5-\$12 Museum: 60+ \$9 Veterans \$7

Happy Birthday to YOU! Happy Birthday to YOU! Happy Birthday Dear Members! Happy Birthday to YOU!....

5/2 Patricia Neils

5/6 Elverna Parkins

5/13 Dorys Luff

5/14 Patricia Kimes

5/16 Ed Penner

5/17 John Woolfolk

5/19 Denise Anderson

5/19 Russ Riggs

5/20 Ilene Holman



5/21 Howard Bicket

5/23 Delores

Shortridge

5/29 Edna Boynton

5/31 Sharon Allen

Also Celebrating

May Birthdays:

Nash Carter, Liz

Peterson, and Norma

VanVorst



*Our apologies in advance if we missed mentioning your birthday...Please contact the Receptionist at the front desk so that we may update our records, and HAPPY BIRTHDAY! Because we adore all of our members, we don't want to miss honoring YOU on your special day!

Center Updates & Notices

Reminders, changes, updates, new news, old news, you name it.

Scam Alert! It has been brought to our attention there are 2 scams hitting Molalla and we want you to be aware of them! 1. People are contacting seniors via telephone to befriend them. This seems harmless at first, as the phone calls are just for conversation and companionship, but they later grow into asking for money and banking account information. Please **NEVER** give out personal information, especially to those you do not know. 2. There are people looking for homes/rooms to rent, do not sign a contract, and are unable to pass a background check. These people will move in for a short amount of time, write bad checks, and leave before caught. If you rent a home or room out, **PLEASE BE SURE** to get a background check beforehand. If at any time you feel you are a victim of these scams or might be, please contact the Molalla Police Department.



Please join us on Tuesday, May 10th at 11:30am to see the River City Riders back in action! This group of square dancing horses are fundraising their way to Nationals in Des Moines, Iowa & USA West in Pocatello, Idaho! Whether you can make a small donation to them or just come and support them with smiles, you're sure to witness a great show!!

The Center will be closed on Friday, May 27th, and Monday, May 30th, in observance of Memorial Day. The Center Staff would like to take the time to honor and thank all of our Veterans, past, present and future, along with their families, for their sacrifice. It is because of these brave men and women that we are free, and this gift is not gone unnoticed or unappreciated. We hope you have a beautiful long week, and we will be back Tuesday, May 31st!



We want to wish all Mother's a Happy Mother's Day! Whether you are a Mother, Aunt, Godmother, or a role model to other women, we want to Celebrate you! We hope you have a beautiful Mother's Day weekend!

Springtime is here, and with that comes our beautiful roses blooming! Just a gentle reminder that these roses are memorials for Friends of the Center, and we ask that you do not pick them. We appreciate your consideration!



Be sure to check the calendar for fun days we have coming up! Visit us during our lunch time on these days to see what fun things we have planned! These days could include learning something new, fun prizes, yummy snacks, or wacky activities! Don't miss out!

DISCLAIMER

In the normal course of our Center activities and events, there may be times when your likeness may be caught on video and or camera. In addition, your likeness may be inadvertently used in, and or placed on, a variety of social media sites, i.e. YouTube, Twitter, Facebook, Instagram, and the many others that exist. If you are not comfortable with this, and or you find that by chance your likeness has been used and want it removed, please contact the Center and we will gladly do all we can to remove you and or your family's likeness. Thank you.



Volunteer/Sponsor/Fundraiser News!

Our next Fundraiser Breakfast is set on Wednesday, May 18th!! Molalla Area Seniors is sponsoring this breakfast, and we ask that you invite all your family and friends in support of not only the Center, but for MAS as well! Breakfast is just \$5.00 per plate, and the menu is a delicious one! We will be serving waffles, bacon, fruit, and of course—COFFEE! We can't wait to see you at the Center!



Volunteer Opportunity! We're looking for volunteers for our Senior Companion Program! You will visit seniors weekly, providing companionship, possible transportation and independence. If you are interested in volunteering, or if you are in need of a companion, contact Cecily or Brittney!

We had such a fantastic Spring Bazaar & Plant Sale! We would like to thank Evan's Farms, Al's Farm and Garden, K's Nursery, and all private donors. While this is a dual fundraiser, MACC alone raised over \$700!



In Loving Memory:

\$30 received in Memory of Freada Thompson.

\$500 received in Memory of Dorothy Dotson

\$100 received in Memory of Dorothy Dotson

\$25 received in Memory of Dorothy Dotson

\$20 received in Memory of Dorothy Dotson



A special "Thank You" to our 2016 sponsors and all our sponsors throughout the years...

Assembly of God

Avamere Living at Berry Park

B&B Leasing

Cindy's Café & Catering

Clackamas County Meals on Wheels

Clarkes Grange

Country Values

Foothills Community Church

Headwaters Tai Chi LLC

MARJAK Enterprises, Inc.

Molalla Area Seniors Inc.

Molalla Communications

Molalla Manor

Molalla Kiwanis

Molalla Rotary

New Horizon's Fellowship

Specialty Polymers, Inc

St. James Catholic Church

Private Donors

And to everyone in the local community who have privately donated to keep this Center open and running for our members.

Thank You!

We apologize if we've missed anyone. Please feel free to contact us and let us know if so. We thank you for your donations. 503-829-4214

Around the Community

Community Meals:

Wednesdays at 5:30pm—
Mulino Grace Community Church

Thursdays at 5pm—Meals for Molalla
(Located on Main St next to Foothills Church office)

Women's Cancer Support Group

Third Friday of each month at the
Molalla Adult Center
1:00-2:30pm.

Weatherization Works!

Weatherization reduces energy costs by making your home more energy efficient. Weatherization includes insulation and air sealing measures for your home designed to keep in heat in the winter and cool air in the summer. This reduces home heat loss and air leaks that can make your home less energy efficient.

Clackamas County Weatherization Program helps low-income individuals and families improve their efficiency and reduce energy costs.

If you feel like this might be a program that will work for you, or an area where your home needs help, contact the Clackamas County Weatherization Program. More information on eligibility or to request an application, please call 503-650-3338.

Do you have a community event or service you would like to be in our newsletter? Please let Brittney know before the 15th of each month for the following months event, group, or class!

Would you like to receive Gleaners? The Center has a list of people looking for adoptees onto their program. Give Brittney at the Center a call for more

Tri-met passes available at Molalla Christian Church

If you need Tri-met passes to get into Portland, please stop by the Molalla Christian Church Office—223 E. 3rd St on Mondays through Thursdays, 10:15-2pm. Honored Citizen, Adult, and Youth passes are available for low income people. For more information, call 503-829-2901

First Student is Hiring!

First Student (the Molalla Bus Barn) is currently looking for bus drivers! They will train you!

If you are interested, or know someone who is, or would like more information, please contact

Location Manager Greg Rants:

Mobile: 503-704-4830
Gregory.Rants@FirstGroup.com

Food Fun!

Red, White, and Blueberry Fruit Salad

Ingredients

- 1 pint strawberries, hulled and quartered
- 1 pint blueberries
- 1/2 cup white sugar
- 2 tablespoons lemon juice
- 4 bananas



Directions

Mix the strawberries and blueberries together in a bowl, sprinkle with sugar and lemon juice, and toss lightly. Refrigerate until cold, at least 30 minutes. About 30 minutes before serving, cut the bananas into 3/4-inch thick slices, and toss with the berries.

<http://allrecipes.com/recipe/214674/red-white-and-blueberry-fruit-salad/print/?recipeType=Recipe&servings=8>

Sudoku

			7					3
	1		8			9		
4					3	2		
	2			6	8			
	3	6						
9							8	
		7				6		5
	8	1						
6				2				

The classic **Sudoku** game involves a grid of 81 squares. The grid is divided into nine blocks, each containing nine squares. The **rules** of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

Nutrition Program Update:

July 1st 2015–March 31st 2016 YTD FY

Revenue:	
Congregate Dining	\$6,877.06
Donations	\$1,983.00
MOW	\$10,781.45
Government–Clackamas County	\$14,264.57
Government–State	\$10,322.28
Other–Grants	\$0.00
Total YTD:	\$44,228.36
Expenses:	
Food, MOW, Payroll	\$35,464.78
Nutrition	
2014/2015 Budget:	\$50,000
Thank You!	

Wish List for the Center:

We're dreaming of these items.... Can you help? Call the Center if you have questions on any of them or know of a way they can be obtained.

Office/Kitchen Supplies (We are looking for stamps, and sandwich sized bags).

Food of the Month (We are currently looking for salad dressing, spaghetti sauce, and canned fruit).

Bingo Prizes (Our recipients love our prize giveaways, these items can vary from \$1-\$5 in value.)

**2015/2016 Annual
Appeal Total: \$16,250.17**

Stay tuned for our 2016-2017
annual appeal numbers beginning
in June's Newsletter! We are so
grateful for your generosity!

Molalla Adult Community Center Membership Application

*Make membership checks payable to Molalla Area Seniors/MAS

New Member _____ Renewal _____ Single Membership \$10/Year Couple: \$20/Year

Name: _____ Birth: Month _____ Day _____ Year _____

Over 60? Yes / No

Name: _____ Birth: Month _____ Day _____ Year _____

Over 60? Yes / No

Address: _____

Phone: _____ Cell: _____

Email Address: _____ Enclosed Check \$ _____ Cash \$ _____

Making a Donation to support the Center is easy!

*Make donation checks payable to MACC/Foothills

Donation Enclosed: Donor Name: _____

Address: _____

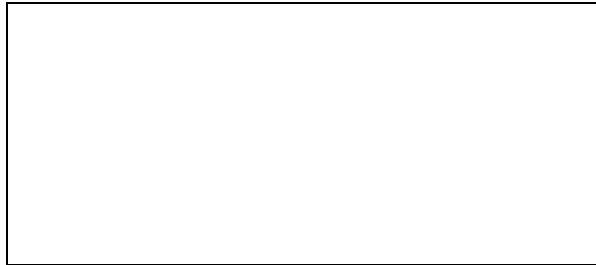
Amount \$ _____ Donation: In Honor of: _____

In Memory of: _____



PO Box 797
Molalla, OR 97038

Nonprofit Organization
U.S. Postage Paid
Molalla, OR 97038
Permit #21



DUES ARE OWED ON THE DATE LISTED ABOVE. PLEASE MAKE OUT ALL CHECKS for dues TO MOLALLA AREA SENIORS.

Upcoming Events ~

Tuesday, May 3rd—BP Clinic w/ Renee 10am

Tuesday, May 10th—Lawyer, by appt 9am

Tuesday, May 10th—River City Riders! 11:30am

Wednesday, May 11th—Red Lobster & Shopping Outing 10:30am.

Monday, May 16th—MAS Board Meeting 9:30am.

Wednesday, May 18th—Breakfast Fundraiser 9am.

Wednesday, May 18th—Thai Dish Cuisine Evening Outing 4pm.

Thursday, May 19th—BP Clinic w/ Margaret 10am.

Friday, May 20th—Birthday Celebrations! 12pm.

Wednesday, May 25th—Elmer's & Rice Rock Museum Outing 10:30.

Thursday, May 26th—Foot Clinic 9:30am.

Thursday, May 26th—MAS General Meeting 12:15pm.

Friday, May 27th—CLOSED for Memorial Day Weekend.

Monday, May 30th—CLOSED for Memorial Day Weekend.