

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

June 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
Lorraine Peters

Teri Stevenson
Burl Boren
Board Members

Director's Message

Dear Members,

Let's start off by saying Happy Father's Day to those of you who have had the opportunity of being a Father! We are blessed each day with all kinds of fatherly wisdom at the Center, and we enjoy every ounce of it!

June is a wonderful month at the Center. While some programs begin a summer break or slow to only one day a week, other seasonal programs are just beginning. This is the month where we experience the most program transition, so be sure to check your calendar for the latest updates, and always feel free to call the Center to verify times or ask questions of any kind.

As the weather begins to warm up, I encourage you to start thinking now about the importance of staying hydrated ALL summer long! As we age, body water content decreases, the risk for dehydration increases, and the consequences become more serious. As the weather becomes nicer, you'll hear this more and more from us. Stop by the Center any time for a cool place to relax and hydrate!

Did you enjoy our "National" random holidays that we celebrated in May? Lookout June! We're celebrating National Chocolate Ice Cream Day! How could we pass that up? Inside the newsletter you'll see additional fun days and ways to celebrate. These bring laughter, fun, treats, prizes, and more to our average days and we're loving it!

Thanks and blessings from the Center,
Cecily Rose
Director

Molalla Area Seniors Meetings

Executive Board Monday
June 20th—9:30am

General Meeting Thursday
June 23rd—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 Thursday during summer months at 9:30am. First class is free, each additional class is \$5 paid to the instructor.

UPDATE

Walking Group—Meet at the Center and walk together as a group around the community, Tues and Thurs 10am! \$2 Suggested Donation.

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 Fri 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

UPDATE

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—On hold until September.

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—

Monday, Wednesday, Friday—3pm. Contact Carl Selby for information: 503-829-9855

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

UPDATE

UPDATE

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.

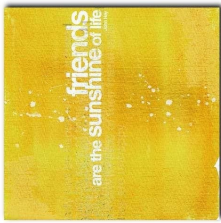

Lunch!—Mon, Tues, Thurs and Fri at 12pm. Suggested donation of \$3.00 for those over 60, \$5.00 for those under 60. We also deliver Meals on Wheels for homebound clients.

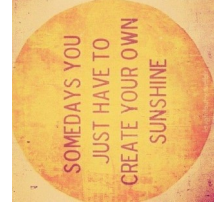
WE NEED YOU!!

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



SUNSHINE

Mon	Tue	Wed	Thu	Fri
 <p><i>Servers: Assembly of God</i> Chicken Chop Suey w/ Rice Cut Green Beans Country Coleslaw Potato Wheat Roll Spiced Apples</p>	 <p><i>Servers: Molalla Methodist</i> Turkey Club Mini Salad on Spinach Romaine Navy Bean Soup Carrot Mandarin Salad Chilled Peaches</p>	<p>1</p> <p>The RAM Restaurant and Tour of Old Aurora Colony Historical Museum Outing</p>	<p>2</p> <p><i>Servers: St. James Church</i> Kielbasa w/ Mustard on a Bun Baked Beans Mandarin Pineapple Salad Banana Choc Chip Bar</p>	<p>3</p> <p><i>Servers: Meadowbrook Church</i> Pasta Primavera Red Cabbage & Apples Spinach Romaine Salad Cornmeal Roll Tapioca Pudding</p>
<p>6</p> <p><i>Servers: The Girls</i> Black Bean Chili Whole Kernel Corn Tossed Salad Apple Rhubarb Crisp</p>	<p>7</p> <p><i>Servers: The Nazarene Church</i> Chicken Patty w/ Gravy Whipped Potatoes w/ Gravy Scandinavian Blend Vegt Orange Frosted Orange Cake</p>	<p>8</p> <p><i>Servers: The Girls</i> Fundraiser Breakfast— Eggs/Bacon/Fruit McMenamins Oregon City Evening Outing</p>	<p>9</p> <p><i>Servers: Grace Lutheran</i> Chicken Pomodoro Peas & Carrots Spinach Romaine Salad Caraway Rye Roll Peanut Butter Bar</p>	<p>10</p> <p><i>Servers: LDS Church</i> HS Pork Patty w/ Gravy Creamed Potatoes Broccoli Cuts Cherry Whip</p>
<p>13</p> <p><i>Servers: Marquam Methodist</i> Rotisserie Style Chicken Whipped Potatoes w/ Gravy Capri Blend Vegetable German Chocolate Cake</p>	<p>14</p> <p><i>Servers: Molalla Christian</i> Egg Salad 1/2 Sandwich on Wheat Bread Ham Barley Soup Spinach Romaine Salad Pineapple</p>	<p>15</p> <p><i>Servers: The Girls</i> Turkey Loaf w/ Gravy Garlic Potatoes Seasoned Carrots Choc Zucchini Brownies</p>	<p>16</p> <p><i>Servers: BCC</i> Swedish Meatballs Scandinavian Blend Vegt Homestyle Choc Pudding</p>	<p>17</p> <p><i>Servers: The Girls</i> Macaroni & Cheese Broccoli Normandy Mar Zucchini Salad Seven Grain Roll Gelatin Jewels w/ Whip</p>
<p>20</p> <p><i>Servers: The Girls</i> Sloppy Joe on a Bun Whole Kernel Corn Marinated Broccoli Salad Spiced Applesauce</p>	<p>21</p> <p><i>Servers: Foothills</i> Pork Sausage Gravy over Whipped Potatoes Broccoli Cuts Bran Rye Roll Lemon Whip</p>	<p>22</p> <p><i>Servers: Men Of St. James</i> Spaghetti w/ Meat Sauce Country Trio Vegt Spinach Romaine Salad Cornmeal Roll Cookies & Cream Pudding</p>	<p>23</p> <p><i>Servers: The Girls</i> Turkey Loaf w/ Gravy Garlic Potatoes Seasoned Carrots Choc Zucchini Brownies</p>	<p>24</p> <p><i>Servers: The Girls</i> Gustavs Bargarten and Shopping in Keizer Outing</p>



Special Outings and Events!



Bus Trips

Lunch at The RAM & Tour of the Old Aurora Colony Historical Museum



Wednesday, June 8th
Bus Leaves Center at 10:30am
Suggested Donation \$7
Seniors 60+ \$6 admission

A two-city outing! We'll go to Wilsonville RAM Restaurant for a delicious lunch, and then head over to the Old Aurora Colony Historical Museum for a self guided tour. Current exhibits show The Lost Boy and the Puzzle of the Multi-Colored Chair. Don't miss this fun tour!

Sign up begins Friday, June 3rd, at 9am.

McMenamins Oregon City Evening Outing!

Wednesday, June 15th
Bus Leaves Center at 4pm
Suggested Bus Donation \$5

This pub is located in the first incorporated city west of the Rocky Mountains: Oregon City, a town that dates back to 1829. Located within a historic building, a popular church from the turn of the century! Beautiful venue, delicious food from salads to burgers to seafood, you can't beat this delicious treat!

**Sign up begins Friday,
June 10th, at 9am.**

Cultural Lunch at Gustav's Bargarten and Shopping at Keizer Station!

Wednesday, June 29th
Bus Leaves Center at 10:30am
Suggested Bus Donation \$7


Gustav's Bargarten is located in Keizer Station, and has an absolute mouth-watering menu, from delicious soups and salads, to bratwurst and schnitzel! Enjoy a delicious German lunch here and take in the beautiful atmosphere with tall ceilings and amazing decorations! Afterward, we will do some shopping at different stores in Keizer Station!



**Sign up begins Friday,
June 24th, 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>9 Better Bones & Balance 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline 3pm AA Meeting</p> 	 <p>9:30am Quilting 10am BP Clinic w/ Renee 10am Walking Group 11:30 <i>The Fiddlesticks!</i> 12:45pm Bimart *National Chocolate Ice Cream Day!</p>	<p>9 Better Bones & Balance 3pm AA Meeting</p> 	<p>9:30am Tai Chi 10am Walking Group 12:45 Hi School Pharmacy</p> 	<p>9 Better Bones & Balance 10am Knit & Crochet 12:45 Milk Creek Produce 1pm Bingo 3pm AA Meeting</p> 
<p>9 Better Bones & Balance 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline 3pm AA Meeting</p> 	<p>9am Lawyer, by appt 9:30am Quilting 10am Walking Group 12:45pm Bimart</p> 	<p>9am Breakfast Fundraiser 3pm AA Meeting</p>  <p>*McMenamin's Evening Outing</p>	<p>9:30am Tai Chi 10am Walking Group 11 BP Clinic w/ Margaret 12:45 Hi School Pharmacy</p> 	<p>9 Better Bones & Balance 10am Knit & Crochet 12:45 Milk Creek Produce 1pm Bingo 3pm AA Meeting</p> 
<p>9 Better Bones & Balance 10am MAS Board Meeting 10am Painting with Pauline 11:30 <i>Dennis Stafford!</i> 12:45p Shopping at Safeway 1pm Painting with Pauline 3pm AA Meeting</p>	<p>9:30am Quilting 10am Walking Group 11:30 <i>Patricia & Rosie!</i> 12:45pm Bimart</p> 	<p>9 Better Bones & Balance 3pm AA Meeting</p> 	<p>9:30am Tai Chi 10am Walking Group 12:15 MAS General Meeting 12:45 Hi School Pharmacy *National Wear Pink Day!</p> 	<p>9am Foot Clinic 9 Better Bones & Balance 10am Knit & Crochet 12pm Birthday Celebration! 12:45 Milk Creek Produce 1pm Bingo 3pm AA Meeting</p> 
<p>9 Better Bones & Balance 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline 3pm AA Meeting *National Sunglasses Day!</p>	<p>9:30am Quilting 10am Walking Group 12:45pm Bimart</p> 	<p>9 Better Bones & Balance 3pm AA Meeting</p> <p>*Gustavs Bargarten and Shopping Outing!</p>	<p>9:30am Tai Chi 10am Walking Group 12:45 Hi School Pharmacy</p> 	<p>FATHER <i>A father is neither an anchor to hold us fast, nor a sailing light whose love shines on the way.</i> A great Dad gets promoted to Grandpa <i>a daughter's first love</i> Dad a son's first hero</p>

Center Activities



Date of Event	Bus Leaves/Time of Event	Restaurant Location	Activity	Sign up AFTER	Suggested Donation	Additional \$\$ Info
6/8	Bus Leaves Center at 10:30am	The RAM in Wilsonville	Old Aurora Colony Historical Museum	Friday, June 3rd 9am	\$7	Lunch \$8-\$20
6/15	Bus Leaves Center at 4pm	McMenamins Oregon City	N/A	Friday, June 10th 9am	\$5	Dinner \$6-\$15
6/29	Bus Leaves Center at 10:30am	Gustavs Bargarten in Keizer	Shopping at Keizer Station	Friday, June 24th 9am	\$7	Lunch— \$11-\$20

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

6/1 Karen Pola
6/5 Marilyn Kendoll
6/6 Betty Gallentine
6/6 Cathy LeDoux
6/7 Linda Beaver
6/7 Joe Clarizio
6/9 Barbara Hill
6/13 Dale McLouth
6/15 Ginger Woolcock
6/16 Marcia Campbell



6/16 Bill Hammond
6/16 Clifford Swartout
6/17 Randy Welch
6/23 Anne Shene
6/25 Melinda Miller
6/29 Joyce Nash
6/29 Joanna Cope
6/30 Jackie Dunbar
Also Celebrating:
CarmeLite Fawcett



*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.

Please note the following changes to our schedule for summer:

- *Tai Chi will only be meeting on Thursdays.
 - *Computer will be on hold until further notice.
 - *Writing Group will be on hold until September.
 - *AA will be meeting Monday, Wednesday, and Friday at 3pm in the Library.
 - *This month only, the Women's Cancer Support Group will be on Friday, June 24th.
- Please watch this space and our calendar for any and all updates!



We have some fun National Holidays coming up in June, including: Chocolate Ice Cream Day, Flag Day, Father's Day, Wear Pink Day, and Sunglasses Day! Watch the calendar for the

specific dates and be sure to join us for lunch, whether you're ready to eat chocolate ice cream, wear pink from head-to-toe flamingo style, or wearing the wackiest sunglasses you can find—it's sure to be a great time!



Did you know we are on Facebook? Be sure to "like" our page—the Molalla Adult Community Center, to see pictures and video, as well as reminders and news about the Center. Did you miss the National Chicken Dance day? Don't worry, there's video of a dancing chicken—yes, we said an actual dancing chicken! Go check it out!

Foot Clinic is changing dates effective immediately! Foot Clinic will now be held on the 4th Friday of every month, with the exception of holiday weeks! If you have questions, feel free to call the Center.



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

Volunteer/Sponsor/Fundraiser News!

Our next Fundraiser Breakfast is set on Wednesday, June 15th! Rick Weigel will be sponsoring this breakfast, and we ask that you invite all your family and friends in support of not only the Center, but for them as well! Breakfast is just \$5.00 per plate, and the menu is a delicious one! We will be serving scrambled eggs, bacon/sausage, hash browns, fruit, and of course—COFFEE! We can't wait to see you at the Center!



Have you seen the beautiful crocheted afghan in our lobby? We are raffling this amazing handcrafted 5'x5.5' blanket off, \$1/ea ticket or \$5 for 6 tickets. Drawing will be held on June 23rd—be sure to come in and get your tickets!!

Final numbers for our Spring Fling Plant Sale & Craft Bazaar—a total of \$800.50 from plant and food sales! Thank you to everyone who supported this event!



In Loving Memory Received in April:

- \$500 in memory of Roy Barr
- \$25 in memory of Bob Almquist
- \$25 in memory of Rose Brown
- \$30 in memory of Jim (no last name given)
- \$100 in memory of Ray & Berneita Itscher
- \$20 in memory of Donald McKenney
- \$10 in memory of Veterans



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

This month only meeting June 24th,
the 4th Friday of the month.
Other months: 3rd Friday.

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!

Dementia Education Workshop

Dementia 101—What is it? How is it diagnosed? How does it affect my loved one? Learn about different types of dementia, and how to cope/adapt to all these changes!

West Linn VA Clinic
1750 SW Blankenship Rd Suite 300
West Linn, OR 97068

Tuesday, June 7th, 10am-12pm.

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

Do You Shop on Amazon.com?

Did you know you can support Molalla Area Seniors non-profit while shopping on Amazon.com? A percentage of each purchase is donated back to MAS!

Go to:
www.smile.amazon.com
Login like normal
Search Molalla Area Seniors when prompted for your charity of choice.
Make purchases like normal.
Easy as that! Thank you for supporting Molalla Area Seniors!

Food Fun!

American-Italian Pasta Salad

Ingredients

- 1 (16 ounce) package fusilli pasta
- 1 cup mayonnaise
- 1 cup sour cream
- 2 tablespoons milk
- 1 (.7 ounce) package dry Italian-style salad dressing mix
- 1 cup frozen petite peas, thawed
- 2 (2 ounce) cans sliced black olives
- 1 cup cubed Genoa salami
- 3/4 cup chopped green onions
- 3/4 cup chopped celery
- 1/2 cup chopped fresh parsley



Directions

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water, and drain. In a medium bowl, combine mayonnaise, sour cream, milk and Italian dressing mix. Whisk together until smooth, set aside. In a large salad bowl combine cooked and cooled pasta, peas, olives, salami, green onions, celery and parsley. Mix in dressing last, reserving 1/2 cup. Let sit overnight in fridge. Stir before serving. Add extra dressing if pasta appears dry.

<http://allrecipes.com/recipe/14318/american-italian-pasta-salad/print/?recipeType=Recipe&servings=20>

Sudoku

			9	7			
9							8
	3		4	5		2	
3		7		4		2	6
			5	9			
8		9		2		1	3
	7		6	4		3	
2							9
			1	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–April 30th 2016 YTD FY

Revenue:	
Congregate Dining	\$7,491.99
Donations	\$2,753.00
MOW	\$11,402.45
Government–Clackamas County	\$15,361.83
Government–State	\$11,724.66
Other–Grants	\$0.00
Total YTD:	\$48,733.93
Expenses:	
Food, MOW, Payroll	\$39,503.40
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, coffee, and white printer paper.)

Food of the Month (We are currently looking for Jello pudding mix, canned tomatoes & tomato sauce).

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

2016/2017
Annual Appeal
Total as of
4/30/2016:
\$9,170

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, June 7th—BP Clinic w/ Renee 10am
Tuesday, June 7th—National Chocolate Ice Cream Day
Wednesday, June 8th—RAM Restaurant and Aurora Museum 10:30am
Tuesday, June 14th—Lawyer, by appointment 9am
Tuesday, June 14th—Flag Day
Wednesday, June 15th—Breakfast Fundraiser 9am
Wednesday, June 15th—McMenamins Evening Outing 4pm
Thursday, June 16th—BP Clinic with Margaret 11am
Friday, June 17th—Cancer Support Group 1pm
Monday, June 20th—MAS Board Meeting 9:30am
Thursday, June 23rd—MAS General Meeting 12:15pm
Thursday, June 23rd—National Wear Pink Day
Friday, June 24th—Foot Clinic 9am
Friday, June 24th—Birthday Celebrations 12pm
Monday, June 27th—National Sunglasses Day
Wednesday, June 29th—Gustavs Bargarten and Shopping Outing 10:30am