

# 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**



**December 2016**

## *Center Staff*

**Cecily Rose,**  
Director

**Brittney Closner,**  
Client Service Rep.

**Jodi Lee-Hill,**  
Financial Mgr.  
Nutrition Mgr.

**Kim Brooks**  
Nutrition Assistant

**Dennis Ray,**  
Transportation Mgr.

**Vern T. & Duane D.**  
Drivers

**Volunteers**  
Reception

## *Molalla Area*

### *Seniors Executive Board*

**Sally Zeek**  
President

**Wanda James**  
Vice President

**Pat Torsen**  
Treasurer

**Sandy Kundert**  
Secretary

**Ruth Emanuel**  
**Lorraine Peters**  
**Teri Stevenson**  
**Burl Boren**  
**Gordon Kundert**  
**Vera Black**  
Board Members

## Director's Message

Merry December!

We're so excited to celebrate this most magical time of year with you! As you look at the calendar of events, there are many opportunities to join in on the festivities that Christmas brings.

We've just wrapped up a wonderful month of Thanksgiving and many different fundraisers. We had another exceptional Holiday Bazaar. We think this year was historically the best attended that we've personally experienced with over 600 visitors. The Center profited just over \$1,200 to help sustain its many programs thanks to the folks who dropped by the bazaar. Like all other events, there are so many hours of volunteerism that go into each function, and we are grateful for all who pitched in to make this one a smashing success! The Winter months bring another project to the Center of providing emergency meals for each and every Meals on Wheels recipient. We successfully sent out an extra seven meals to 65 recipients this year. This reassures us that in the case of inclement weather, power outages, or any other shut down of the Center, our valued recipients won't go hungry. This project is made possible this year thanks to donations from The Oregon Food Bank, Jeff Rose, and BiMart! In addition to the donors, we'd like to extend a very special thank you to our Meals on Wheels drivers who delivered ALL of that EXTRA food! We are blessed beyond measure by the generosity that continues to pour into these needs.

It is my heart's desire that the Center brings you cheer this Holiday season in the very way you're needing it!

Wishing you a Merry Christmas,  
Cecily Rose  
Director

## Molalla Area Seniors Meetings

Executive Board Monday  
December 19th—9:30am

General Meeting Thursday  
December 22nd—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—

Tuesdays and Thursdays at 9:30am! First class is free, each class \$5 paid to instructor Frank Schenk. Watch calendar for schedule around holidays!

## 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 Molalla Area Seniors

### Knit & Crochet—

Every Fri, 10am.

**MAS Craft Hour—** 4th Tuesday of the month, 11am, different craft each month!

## 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 10:30am-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

## SHOPPING

**Monday:** Safeway

**Tuesday:** Bimart

**Thursday:** Hi School Pharmacy

**Friday:** Safeway

\*Please call morning of by 9:30am to get on bus list. Bus leaves at 12:45pm. Check outing page for specific outings!

## SPECIAL INTERESTS

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

**Writing Group—**On hold until further notice.

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

**Computers—** Now at Molalla Library!

**Weekly AA Meetings—**Monday, Wednesday, Friday—3pm.

**Brain Games—**Stephanie with Clackamas County Behavioral Health, 1st and 2nd Thurs of every month at 10:30am—brain games, memory games, fun conversation! Join us!

### 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!

**Pinochle!**— 2nd & 4th Tuesday of the month, from 12:30-3:30! Watch calendar for holiday changes!

## 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.



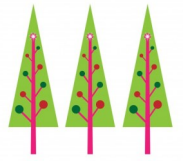
# DECEMBER



Mon	Tue	Wed	Thu	Fri
<p><i>Menu Subject to Change</i></p> <p><i>Servers: Assembly of God</i>            Beef Chili w/ Beans            Capri Blend Vegetables            Creamy Coleslaw            Whole Wheat Roll            Peaches</p>	<p><i>IT'S THE MOST Wonderful Time OF THE Year</i></p> <p><i>Servers: Molalla Methodist</i>            Fish Patty w/ Bun            Shred Lettuce &amp; Tartar Sc            Mixed Vegetables            Mandarin Pineapple Cup            Peanut Butter Bar</p>	<p><b>Don't get your TINSEL in a TANGLE</b></p> <p>Camp 18 Restaurant &amp; Jewell Meadows Wildlife</p>	<p><i>Servers: St. James Church</i>            Lima Beans &amp; Ham            Country Trio Vegetables            Spinach Romaine Salad            w/ Garlic Parmesan Dress            Chocolate Chip Bar</p> <p><i>Servers: Grace Lutheran</i>            Beef Swiss Style Patty            Whipped Potatoes w/ Gravy            Season Carrots            Chocolate Almond Pudding</p>	<p><i>Servers: Meadowbrook Church</i>            Oriental Shoyu Chicken            Garden Vegetable Rice            Broccoli            Rom Iceberg Salad/French            Mand Orange &amp; PA Cup</p> <p><i>Servers: LDS Church</i>            Macaroni &amp; Cheese            Broccoli            Romaine Iceberg Salad            w/ Thousand Dressing            Fresh Orange</p>
<p><i>Servers: The Girls</i>            Beef Stroganoff over Noodles            Mixed Vegetables            Spinach Romaine Salad            w/ Honey Mustard Dressing            Red Gelatin Jewels w/ Top</p>	<p><i>Servers: The Girls</i>            Beef Spanish Rice            Cut Green Beans            Tossed Salad            w/ Red Wine Vinaigrette            Chocolate Oatmeal Bar</p>	<p>14            Abby's Pizza &amp; Fred Meyer            Outing!</p>	<p><i>Servers: The Yoder Family</i>            Pasta Primavera            Green Peas            Creamy Coleslaw            Peaches</p>	<p><i>Servers: The Girls</i>            Cheese &amp; Grm Chili Bake            Marinated Broccoli Salad            Whole Wheat Roll            Chilled Pears</p>
<p><i>Servers: Marquam Methodist</i>            Salisbury Patty            Delmonico Potatoes            Country Trio Vegetables            Cranberry Crunch Bar</p>	<p><i>Servers: The Nazarene Church</i>            Roast Pork w/ Gravy            Whipped Potatoes            Capri Blend Vegetables            Bran Wheat Bread            Candy Cane Cake</p>	<p>21            Fundraiser Breakfast:            Egg &amp; Sausage Breakfast            Sandwich, Hash browns            and fruit.</p>	<p><i>Servers: The Men of St. James</i>            Roast Turkey w/ Gravy            Whipped Potatoes            Succotash            Oatmeal Bread            Strawberry Ice Cream</p>	<p><b>CLOSED FOR THE HOLIDAYS</b></p> 
<p>26  </p>	<p><i>Servers: Molalla Christian</i>            BBQ Smokehouse Chop            Tater Tots            Oregon Bean Medley            French Bread            Peaches</p>	<p>28  </p>	<p><i>Servers: The Girls</i>            Lasagna Roll Ups            Broccoli &amp; Carrots            Tossed Salad w/ Thousand            Bran Rye Bread            Vanilla Ice Cream Cup</p>	<p><i>Servers: The Girls</i>            Ground Beef &amp; Pot Stew            Capri Blend Vegetables            Country Coleslaw            Zucchini Brownie</p>



# Special Outings and Events!



## Bus Trips

### Camp 18 Restaurant & Jewell Meadows Wildlife Area



Wednesday, December 7th  
Bus Leaves Center at 9am  
Suggested Donation \$8

If you've never been to either of these places, you are missing out! Camp 18 Restaurant near Seaside is absolutely gorgeous in it's giant log lodge, with beautiful rustic décor and some of the best food ever! Afterward, you'll get to experience the beautiful Wildlife viewing area, where beautiful elk have been known to roam! You don't want to miss this trip! Be sure to dress warm or have layers if you want to look through the binoculars outside!

**Sign up begins Friday,  
December 2nd at 9am.**

### Abby's Pizza & Fred Meyer Shopping in Oregon City!

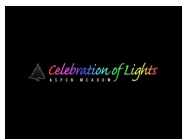


Wednesday, December 14th  
Bus Leaves Center at 10:30am  
Suggested Bus Donation \$5

Abby's Pizza has an amazing wood fired oven that bakes some of the most incredible pizza ever! They have salads, calzones, plenty of other options if pizza isn't your style! Once we're full, we're go burn some calories and shop like crazy to get our last minute Christmas gifts (or any other shopping!) done!

**Sign up begins Friday,  
December 9th at 9am.**

### Aspen Meadows Outing



Thursday, December 15th  
Bus Leaves Center at 4:30PM  
Suggested Bus Donation: \$3

Come with us on Senior Night at Aspen Meadows—a beautiful walk through Christmas lane! Aspen Meadows does a beautiful job displaying dozens of Christmas scenes as well as an incredible light display! Enjoy hot cocoa and delicious snacks on this evening outing. Be sure to dress warm!

**Sign up begins Friday,  
December 9th at 9am.**

### Christmas Breakfast Fundraiser & Movie: *It's a Wonderful Life!*

Wednesday, December 21st  
Suggested Bus Donation  
\$.75/ea way













Breakfast: \$5 (9am-10am)  
Movie Showing: 10:30am

Santa and his happy elves will be here at our breakfast Fundraiser! We will be having delicious sausage & egg breakfast sandwiches—afterward at 10:30, we will be watching *It's a Wonderful Life!* \*If you would like to come to the breakfast, please call ahead to get put on the bus list. You do not have to come to BOTH, you may choose one or the other. :)

**Sign up begins Friday,  
December 16th 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>5</p> <p>9 Better Bones &amp; Balance 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline 3pm AA Meeting</p>	<p>6</p> <p>9:30am Quilting 9:30 Tai Chi 10am BP Clinic w/ Renee 11:30 <i>The Fiddlesticks!</i> 12:45pm Bimart</p> 	<p>7</p> <p>9 Better Bones &amp; Balance 3pm AA Meeting</p> <p>*Camp 18 &amp; Jewell Meadows Wildlife Outing</p>	<p>1</p> <p>9:30 Tai Chi 10:30am Brain Games 12:45 Hi School Pharmacy</p> 	<p>2</p> <p>9 Better Bones &amp; Balance 10am Knit &amp; Crochet 12:45 Safeway 1pm Bingo 3pm AA Meeting</p> 
<p>12</p> <p>9 Better Bones &amp; Balance 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline 3pm AA Meeting</p> 	<p>13</p> <p>9am Lawyer, by appt 9:30am Quilting 9:30 Tai Chi 12:45pm Bimart</p>	<p>14</p> <p>9 Better Bones &amp; Balance 3pm AA Meeting</p> <p>*Abby's Pizza &amp; Fred Meyer Outing</p>	<p>15</p> <p>9:30 Tai Chi 11 BP Clinic w/ Margaret 12:45 Hi School Pharmacy</p>  <p>*Aspen Meadows Outing</p>	<p>16</p> <p>9 Better Bones &amp; Balance 10am Knit &amp; Crochet 12:45 Safeway 1-2:30 Women's Cancer Support Group 1pm Bingo 3pm AA Meeting</p> 
<p>19</p> <p>9 Betters Bones &amp; Balance 9:30 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>20</p> <p>9:30am Quilting 10am-12pm Parkinson's Support Group 11:30 <i>Patricia &amp; Rosie!</i> 12:45pm Bimart</p>	<p>21</p> <p>9 Breakfast Fundraiser 3pm AA Meeting</p> <p>*It's a Wonderful Life Movie</p>	<p>22</p> <p>11:30 Christmas Party! 12:15 MAS General Meeting 12:45 Hi School Pharmacy</p> 	<p>23</p> 
<p>26</p> 	<p>27</p> <p>9:30am Quilting 11am MAS Craft Hour 12:45pm Bimart</p>	<p>28</p> <p>9 Better Bones &amp; Balance 3pm AA Meeting</p> 	<p>29</p> <p>12:45 Hi School Pharmacy</p>	<p>30</p> <p>9 Better Bones &amp; Balance 10am Knit &amp; Crochet 12pm Birthday Celebrations! 12:45 Safeway 1pm Bingo 3pm AA Meeting</p>

# Center Activities

Date of Event	Bus Leaves/Time of Event	Restaurant Location	Activity	Sign up AFTER	Suggested Donation	Additional \$\$ Info
WEDNESDAY 12/7	9:00am	Camp 18 Restaurant in Eslie	Jewell Meadows Wildlife Area	12/2 9am	\$8	Lunch— \$8-\$15
WEDNESDAY 12/14	10:30am	Abby's Pizza in Oregon City	Shopping at Fred Meyer	12/9 9am	\$5	Lunch— \$7-\$20
THURSDAY 12/15	4:30PM	N/A	Aspen Meadows Christmas Lights	12/9 9am	\$3	Snacks & Cocoa Provided
WEDNESDAY 12/21	Call for bus	Center—Breakfast Fundraiser	It's a Wonderful Life Movie	12/16 9am	\$.75/ea way (bus)	Breakfast \$5

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

12/2 *Mary Jo Montgomery*  
 12/3 *Sally Zeek*  
 12/4 *Pamela Homrighaus*  
 12/5 *John Evans*  
 12/5 *Netra Thoma*  
 12/6 *Nancy Calhoon*  
 12/6 *Mike Pinkerton*  
 12/7 *Linda Kach*  
 12/8 *Donna Davey*  
 12/8 *Merrily Enquist*  
 12/11 *C.F. Selby*  
 12/12 *Carol Welch*  
 12/13 *Ginger Woolcock*  
 12/14 *Kathy Davis*



12/14 *Larry Hardesty*  
 12/14 *Karen Heiserman*  
 12/14 *Gayle Weisman*  
 12/15 *Paulette Eyman*  
 12/16 *Richard Lemons*  
 12/17 *Christine Anderson*  
 12/19 *Connie Shaver*  
 12/21 *Judith Burley*  
 12/27 *Terry Hines*  
 12/27 *Mary Lou Richtenburg*  
 12/29 *Sue Heublin*  
 12/30 *June Potter*  
*Also Celebrating in December:*  
*Judy Sprague!*



\*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.

With December comes the wrapping up of the Energy Assistance program at the Center! We were able to expand our contact with the County and get 75 applications, and we have used every last one of them! If everyone who sent in an application gets the minimum amount of credit, this program will have put \$17,850 back into Molalla's pockets! What a huge blessing this program is! If you have questions about the program or missed out on your chance to get your application, contact Brittney.



*Oh the weather outside is frightful... well, not quite yet! In the event of inclement weather, the Center will be closed. The Center follows the Molalla School District in closures—if they are closed for weather purposes, so are we. It may look like decent weather in town, but we serve many clients in the hills and outskirts of Molalla and Colton, and for the safety of our recipients, volunteers, and staff, we will stay closed. Emergency Meals have been delivered to all of our Meals on Wheels recipients in the event of the closure!*

Christmas is here and our schedule has changed quite a bit for the month! Special notes:  
\*We will be having an evening outing to Aspen Meadows for their light celebration on Thursday, Dec 15th.

\*There will be NO Tai Chi on the 20th, 22nd, 27th or 29th. Resume in January.

\*Join us for our Christmas Sweater party on Thursday, December 22nd!

\*The Center is CLOSED Friday, December 23rd and Monday, December 26th for Christmas weekend.

\*Our Parkinson's Support Group will be held on Tuesday, Dec 20th this month.



*If you ordered a Willamette Valley Pie or Cobbler from the Center, they will be available for pickup on December 8th after 12pm! Please be sure to swing by and get your order ASAP as we have very limited freezer space! Thank you for supporting our Seniors!*

## Update From Your MAS Board

I would like to thank Burl Boren for researching for Grants that might help the Center's needs, Teri Stevenson for heading a Candy Bar fundraiser through See's, and Vera Black for looking into a painting class fundraiser. The See's candy bars are available at the Center for \$2.50/ea—and they are DELICIOUS!



Your MAS Board will be donating Winter Bags to the Warming Center! Each bag will have a hat, gloves, socks, toothbrush, toothpaste, deodorant, and hand wipes. We thought it would be nice to reach out into our community!

The MAS Quilt Fundraiser was a huge success! We raffled off the quilt at the Holiday Bazaar, and the winner was Pat Wiltgen! Stay tuned for the next quilt we will be raffling. It is truly beautiful!

I would like to thank the Molalla Adult Community Center Staff & All the Volunteers for making the Center such a warm and happy place.

Sally Zeek  
MAS Board President.

# Volunteer/Sponsor/Fundraiser News Page

We'd like to take some time and offer our sincerest gratitude!

Thank you to Cover Up! They have generously provided lap blankets to send out to our Meals on Wheels recipients!



*Tim and Adrienne O'Hara for their giant and generous*

*donation of quilting materials for our MAS Quilters! We can't wait to see what beauty comes from the quilting room!*



All those who faithfully give in so many ways! We have so many who purchase items from our Wish List, and we are so grateful for you!



**A special thank you to the Oregon Food Bank, Jeff Rose, and BiMart for their help in providing food for our Emergency Meals!**

Thank you to Betty Magers for making hats for our Meals on Wheels Recipients!!



**Don't forget—Santa will be here for our Fundraiser Breakfast! Check the flyer for more information—bring your grandkids!**

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

Forgiven Fabrication

Headwaters Tai Chi LLC

MARJAK Enterprises, Inc.

Meadowbrook Church  
Molalla Area Seniors Inc.

Molalla Communications

Molalla Manor

Molalla Kiwanis

Molalla Rotary

Molalla Seventh Day Adventist

Molalla VFW

New Horizon's Fellowship

Specialty Polymers, Inc

St. James Catholic Church

Private Donors

*Thank You!*

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

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

# Presentation

Alzheimer's Association  
Health Living For Your Brain & Body

Friday, December 9th  
10:30am—12pm Presentation



An Education Program by the Alzheimer's Association:

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

\*Please register at 1-800-272-3900

## Resources

Questions or concerns about your Medicare plan? Contact SHIBA: 503-655-8269

Are you concerned of an elderly man or woman being abused, neglected, or harmed in any way? If so, contact Adult Protective Services: 1-855-503-7233

Are you an unpaid family caregiver? There are resources and benefits through the county available to you! Contact The Family Caregiver Support Program: 503-650-5724

Are you in need of legal support? Contact Legal Aid: 503-224-4086

Are you in a housing crisis, or need assistance? Contact Housing Authority: 503-655-8267

Do you need help with Energy Assistance? The Center has applications October 1-November 30th, however help is still available year round! Contact Energy Assistance: 503-650-5640

Are you interested in receiving Gleaners? Contact them at: 503-655-8740



# Molalla Adult Community Center

## Fundraiser Breakfast

Featuring a new menu each month!

- ◆ Breakfast Sandwiches
- ◆ Hashbrowns
- ◆ Fruit
- ◆ Orange Juice
- ◆ Coffee



A special thank you to December's  
breakfast sponsor:

Kiwanis club of Molalla

Santa will be here!

Wednesday, December 21st

9am—10:30am

\$5 per plate

Located at MACC—315 Kennel St

**Open to the community, the Molalla Adult Community Center will be hosting  
a breakfast on the 3rd Wednesday of every month.**

**Proceeds will be designated for our general fund.**

Please RSVP by calling the Center at

503-829-4214



# Around the Community

## GriefShare

Grief Share is a support group to help and encourage you after the death of a spouse, child, family member, or friend. Classes will run through September 14th to December 14th from 6:30-8:30pm at the Main Street Space (215 E. Main St.). Each session is self-contained so you do not have to attend in sequence.

## Women's Cancer Support Group

Meets at the Center every 3rd Friday of the month, from 1-2:30pm.

## Computer Classes

The Molalla Public Library offers one-on-one computer sessions! Please contact the Library at 503-829-2593 for more information, or stop by:

201 E 5th St  
Molalla, OR 97038

### 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.

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!

## Family Caregiver Support Program

This county program is designed to support unpaid family caregivers, helping take the burden off of them by providing emotional support, education, and case management through classes, support groups, and other resources available to them. If you are an unpaid family caregiver and would like to know more, please contact Jen Jungenberg at 503-650-5724

## 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](http://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!

## Cranberry-White Chocolate Cornmeal Tea Biscuits

### Ingredients

Nonstick cooking spray  
1/2 cup dried cranberries, coarsely chopped  
1 1/2 cups all-purpose flour  
1/2 cup yellow cornmeal  
1/4 cup packed brown sugar  
1 1/2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
1/4 cup butter  
4 ounces white baking chocolate (with cocoa butter),  
chopped  
1 egg white, lightly beaten  
1 8-ounce carton light dairy sour cream  
3 tablespoons fat-free milk



Preheat oven to 375 degrees F. Coat baking sheets with nonstick spray or line with parchment paper; set aside. Place cranberries in a small bowl; add enough boiling water to cover. Let stand for 5 minutes; drain well. Meanwhile, in a large bowl, combine flour, cornmeal, brown sugar, baking powder, baking soda, and salt. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Stir in drained cranberries and white chocolate. Make a well in the center of the flour mixture. In a small bowl, combine egg white, sour cream, and milk. Add egg white mixture all at once to flour mixture. Using a fork, stir until combined. Drop dough by well-rounded teaspoonfuls 2 inches apart onto prepared cookie sheets. Bake for 9 to 11 minutes or until edges are lightly browned and tops are set. Transfer biscuits to wire racks; cool completely.

<http://www.diabeticlivingonline.com/recipe/cookies/cranberry-white-chocolate-cornmeal-tea-biscuits/>

## Sudoku

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

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–October 31st 2016 (2017 YTD FY)

<b>Revenue:</b>	
Congregate Dining	\$2,273.15
Donations	\$1,065.00
MOW	\$3,723.00
Government–Clackamas County	\$5,490.08
Government–State	\$9,415.98
Total YTD:	\$21,967.21
<b>Expenses:</b>	
(Reflects direct expenses only)	
Food, MOW, Payroll	\$18,111.83
<b>Nutrition 2016/2017 Budget:</b>	\$53,000
<b>Thank You!</b>	

## 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 Kleenex.)

**Food of the Month** (We are currently looking for dry gravy packets, spaghetti sauce, and canned vegetables.)

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

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2016/2017  
Annual Appeal  
Total as of 10/31/16  
\$14,085.00

### 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: \_\_\_\_\_



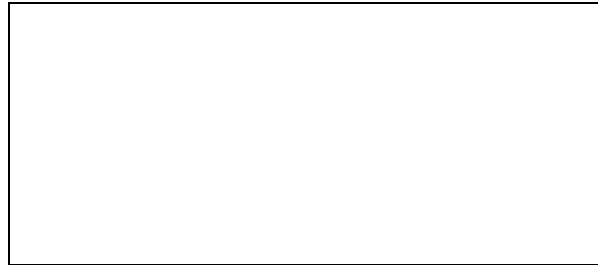
PO Box 797  
Molalla, OR 97038

**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, December 6th—Blood Pressure Clinic w/ Renee 10am  
Wednesday, December 7th—Camp 18 and Jewell Meadows Wildlife Outing 9am  
Friday, December 9th—Healthier Living Presentation 10:30am  
Tuesday, December 13th—Lawyer by appointment 9am  
Wednesday, December 14th—Abby's Pizza and Fred Meyer Outing 10:30am  
Thursday, December 15th—Blood Pressure Clinic w/ Margaret 11am  
Thursday, December 15th—Aspen Meadows Evening Outing 4:30pm  
Friday, December 16th—Women's Cancer Support Group 1pm  
Monday, December 19th—MAS Board Meeting 9:30am  
Tuesday, December 20th—Parkinson's Support Group 10am  
Wednesday, December 21st—Breakfast Fundraiser 9am  
Wednesday, December 21st—It's a Wonderful Life Movie 10:30am  
Thursday, December 22nd—Christmas Sweater Party 11:30am  
Thursday, December 22nd—MAS General Meeting 12:15pm  
Friday, December 23rd—Closed For Christmas Weekend!  
Monday, December 26th—Closed for Christmas Weekend!  
Tuesday, December 27th—MAS Craft Hour 11am  
Friday, December 30th—Birthday Celebrations 12pm