

# 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**

**February 2017**



## **Center Staff**

**Cecily Rose,**  
Director

**Brittney Closner,**  
Client Service Rep.

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

**Carol Walker**  
Nutrition Mgr.

**Kim Brooks**  
Nutrition Assistant

**Dennis Ray, Sheri K.**  
Transportation Mgr.

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

**Volunteers**  
Reception

## **Molalla Area**

### **Seniors Executive Board**

**Sally Zeek**  
President

**Wanda James**  
Vice President

**Pat Torsen**  
Treasurer

**Sandy Kundert**  
Secretary

**Lorraine Peters**  
**Teri Stevenson**

**Gordon Kundert**  
**Vera Black**

**Judy Heyerly**  
**Jojie Chapman**  
Board Members

## **Director's Message**

Dear Members,

What a crazy weathered winter we've had! With the multitude of closures we faced with snow days in January, I have to say, I fall more and more in love with this Center and the importance of its mission and programs. My love bank is full and how perfectly fitting as we step into the month of February. I'm always amazed at the generosity that flows into the Center be it through each volunteer, the recipients caring for one another, or the staff as I watch them lovingly assist members. We have an abundance of love coming in the forms of generous donations for the auction. Every donation truly means so very much to us. Our Sweet Heart's Celebration Auction and Dinner is our largest fundraiser of the year, and we always have a grand time as we raise funds for the Center. In addition to these wonderful donations we have recently received amazing news that the Ford Family Foundation has awarded us with the full request of \$10,000 for our bathroom remodel project! New bathrooms for the Center means better accessibility for those we serve, and that is something to celebrate! In addition, we have received \$3,500 from the National Christian Foundation through a private donor, and we are grateful beyond words! The timing is impeccable as we tackle expansion of programs and the completion of projects for sustainability of our great Center and its even greater mission! Please be sure to check out the calendar as we have added many services and programs this month to serve you!

Overflowing with love and thanks,  
Cecily Rose  
Director

## **Molalla Area Seniors Meetings**

Executive Board Monday  
February 20th—9:30am

General Meeting Thursday  
February 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—

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

## CRAFTS

### Quilting—

Every Tues at 9am. 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

## GAMES

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

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

## 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, 2nd & 4th Thurs of every month at 10:30am—brain games, memory games, fun conversation!

**Preventing Diabetes —**Thursdays at 1pm—learn about a healthy lifestyle to decrease your risk!

**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

## 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.

**Bristol Hospice Volunteering:** Giving patients hope, comfort, and love. Join the volunteer team by calling Kristen Van Tuyl—503-698-8911

**Senior Companion—** SCP volunteers are 55 years of age or older, no longer in the regular workforce, and are capable of serving adults with unique needs. If income eligible, volunteers may receive a non-taxable stipend plus mileage reimbursement. Volunteers spend at least 15 hours per week volunteering in order to meet program guidelines, and you can now work with hospice patients!

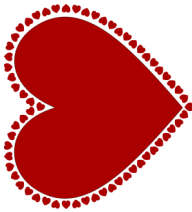

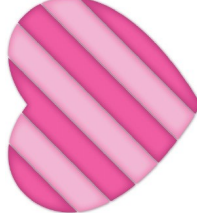
**Contact: 503-655-8875.**

## WE NEED YOU!!

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

# February



Mon	Tue	Wed	Thu	Fri
 <p><i>Servers: Assembly of God Church</i>                      Hearty Chicken Stew                      Broccoli Cuts                      Spinach Romaine Salad                      Multigrain Roll                      Spiced Applesauce</p>	 <p><i>Servers: Molalla Methodist</i>                      Hamburger Patty on a Bun                      Whole Kernel Corn                      Pineapple Slaw                      Banana Chocolate Chip Bar</p>	<p>1                      Famous Dave's Barbecue                      and Cabela's Outing!</p> <p>8                      Tammy D's &amp; Milk Creek                      Produce Outing!</p>	<p><i>Servers: St. James Church</i>                      BBQ Chicken Breast                      Colcannon Potatoes                      Country Trio Vegetables                      Cracked Wheat Bread                      Gelatin Jewels w/ Topping</p> <p><i>Servers: Grace Lutheran</i>                      Mac &amp; Cheese                      Dilled Carrots                      Marinated Broccoli Salad                      Chilled Peaches</p>	<p><i>Servers: Meadowbrook Church</i>                      Chicken Marsala Bake                      Oregon Bean Medley                      Creamy Coleslaw                      Cracked Wheat Roll                      Cinnamon Pear Crisp</p> <p><i>Servers: LDS Church</i>                      Meatloaf 1/2 Sandwich                      on Whole Wheat Bread                      Chicken Noodle Soup                      Carrot Mandarin Salad                      Cinnamon Applesauce</p>
<p><i>Servers: The Girls</i>                      Turkey Patty w/ Gravy                      Whipped Potatoes                      Scandinavian Blend Vegt                      Bran Wheat Bread                      Chocolate Orange Pudding</p> <p><i>Servers: Marquam Methodist</i>                      Chicken Patty                      Whipped Potatoes                      Mixed Vegetables                      Peaches                      *No MOW Delivery Today</p>	<p><i>Servers: The Girls</i>                      Roast Pork w/ Gravy                      Whipped Sweet Potatoes                      Broccoli Cuts                      Valentine's Day Cookie</p> <p><i>Servers: The Nazarene Church</i>                      Teriyaki Chicken Breast                      Steamed Spinach, Carrots                      Steamed White Rice                      Wheat Roll                      Pineapple</p>	<p>15                      Breakfast at the Center                      Tad's Evening Outing</p> <p>22                      Kwan's Chinese &amp; Grocery                      Outlet Outing</p>	<p><i>Servers: The Yoder Family</i>                      Meatloaf w/ Gravy                      Whipped Potatoes w/ Gravy                      Oregon Bean Medley                      Pink Confetti Cake</p> <p><i>Servers: The Men of St. James</i>                      Beef Patty w/ Pep &amp; Onion                      Whipped Potatoes                      Broccoli Raisin Salad                      Bran Rye Roll                      Mandarin Oranges</p>	<p><i>Servers: The Girls</i>                      Lasagna Cheese Rollups                      Italian Blend Vegetables                      Spin Rom Salad w/ French                      Cornmeal Roll                      Gelatin Jewels w/ Topping</p> <p><i>Servers: Foothills</i>                      Baked Fish w/ Tartar Sc                      Tater Tots                      Green Peas                      Hermit Bar</p>
<p><i>Servers: The Girls</i>                      Cowboy Campfire Stew                      Chuckwagon Corn                      Spin Rom Salad w/ GParm                      Mexican Chocolate Pudding</p>	<p><i>Servers: Molalla Christian</i>                      BBQ Smokehouse Chop                      Garlic Mashed Potatoes                      Broccoli Cuts                      Frosted Orange Cake</p>			<p>Menu Subject to Change</p>

# Special Outings and Events!



## Famous Dave's Barbecue & Cabela's Outing

Wednesday, February 1st  
Bus Leaves Center at 10:30am  
Suggested Donation \$6

Originally scheduled in January, we had to change the date due to inclement weather! If you were on the list before, you're automatically put on first and we will contact you to be sure you still want to go. There were roughly 5 spots left, so be sure to still get on the list if you weren't already! Join us for a fun, fun outing!

**Sign up begins Friday,  
January 27th at 9am.**



## Tammy D's & Milk Creek Produce Outing

Wednesday, February 8th  
Bus Leaves Center at 10:30am  
Suggested Bus Donation \$5

Keeping it local, Tammy D's is known for their amazing biscuits and gravy, and other incredible breakfast items. After brunch, we will head right over to Milk Creek Produce and see what goodies Farmer John has in store! The produce stand also sells honey, gluten free goodies, and coffee! You don't want to miss out!

**Sign up begins Friday,  
February 3rd at 9am.**



## Tad's Chicken & Dumpling's Evening Outing

Wednesday, February 15th  
Bus Leaves Center: 4pm  
Suggested Donation: \$6

Join us for a delicious dinner at Tad's Chicken and Dumplings! The menu is quite extensive, so if you aren't a chicken and dumplings fan, be sure to go and check out their amazing menu! A wide variety of food including fish, salads, pasta and more!

Sign up quick, this is a popular place!!

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

## Kwan's Chinese & Grocery Outlet Outing

Wednesday, February 22nd  
Bus Leaves Center: 10:30am  
Suggested Donation: \$7

We're headed South! Come along with us to Salem and treat yourself to a great Chinese lunch! After eating we will do some shopping at Grocery Outlet and nearby stores!

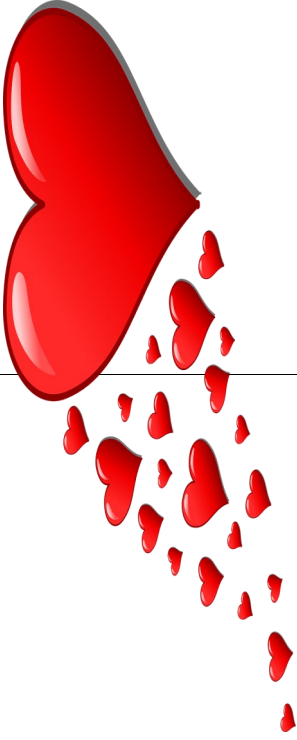
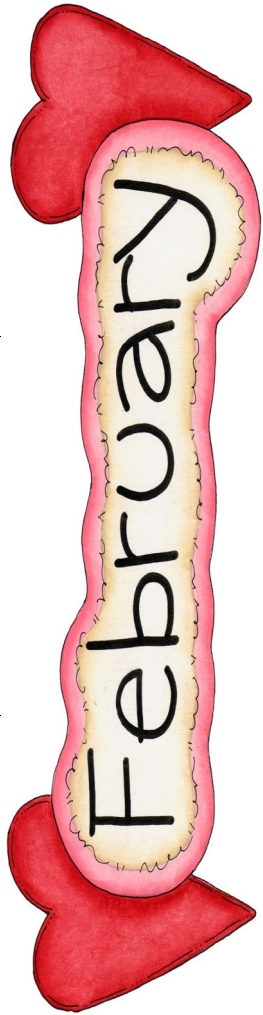
**Sign up begins Friday,  
February 17th at 9am.**



**\*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>6</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>7</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>1</p> <p>9 Better Bones &amp; Balance 10am-2pm Tax Aide 3pm AA Meeting  *Famous Dave's Barbecue &amp; Cabela's Outing</p>	<p>2</p> <p>9:30 Tai Chi 12:45 Hi School Pharmacy 1245pm Preventing Diabetes</p>	<p>3</p> <p>9 Better Bones &amp; Balance 10am Knit &amp; Crochet 12:45 Safeway 1pm Bingo 3pm AA Meeting</p>
<p>13</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>14</p> <p>9am Lawyer, by appt 9:30am Quilting 9:30 Tai Chi 12:30-3:30 Pinochle 12:45pm Bimart</p>	<p>15</p> <p>9 Breakfast 10am-2pm Tax Aide 3pm AA Meeting  Tad's Chicken N Dumplings Evening Outing.</p>	<p>16</p> <p>9:30 Tai Chi 11 BP Clinic w/ Margaret 12:45 Hi School Pharmacy 1245pm Preventing Diabetes</p>	<p>17</p> <p>9 Better Bones &amp; Balance 10am Knit &amp; Crochet 10:30 Clear Captions Pres 12:45 Safeway 1-2:30 Women's Cancer Support Group 1pm Bingo 3pm AA Meeting</p>
<p>20</p> <p>9 Better 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>21</p> <p>9:30am Quilting 10-12 Parkinson's Support Group 11:30 <i>Patricia &amp; Rosie!</i> 12:45pm Bimart</p>	<p>22</p> <p>9 Better Bones &amp; Balance 10am-2pm Tax Aid 3pm AA Meeting  Kawn's Chinese &amp; Grocery Outlet Outing</p>	<p>23</p> <p>10:30 Brain Games 12:15 MAS General Meeting 12:45 Hi School Pharmacy 1245pm Preventing Diabetes</p>	<p>24</p> <p>9 Better Bones &amp; Balance 9am Foot Clinic 10am Knit &amp; Crochet 11:45 Dennis' Retirement! 12pm Birthday Celebrations! 12:45 Safeway 1pm Bingo 3pm AA Meeting</p>
<p>37</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>28</p> <p>9:30am Quilting 11am MAS Craft Hour 12:30-3:30 Pinochle 12:45pm Bimart</p>			

# Center Activities

Date of Event	Bus Leaves/Time of Event	Restaurant Location	Activity	Sign up AFTER	Suggested Donation	Additional \$\$ Info
WEDNESDAY 2/1	10:30am	Famous Dave's Barbecue	Shopping at Cabela's	1/27 9am	\$6	Lunch— \$7-\$20
WEDNESDAY 2/8	10:30am	Tammy D's in Mulino	Milk Creek Produce	2/3 9am	\$5	Lunch— \$5-\$15
WEDNESDAY 2/15	4pm	Tad's Chicken N Dumplings	N/A	2/10 9am	\$6	Dinner— \$6-\$20
WEDNESDAY 2/22	10:30am	Kwans Chinese	Shopping at Grocery Outlet	2/24 9am	\$7	Lunch— \$5-\$15

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

*2/1 Tillie Ferlan*

*2/4 Bea Enyart*

*2/4 Connie Miller*

*2/11 Diane Pollard*

*2/12 Judy Yoder*

*2/14 Laurence Walch*

*2/18 Mary Lou Adams*

*2/18 Nada Storey*

*2/20 Gordon Kundert*

*2/21 Mary Gilson*



*2/22 Karl*

*Schneemayer*

*2/24 Don Lord*

*2/25 Joan Jagodnik*

*2/25 Rosemarie*

*Kraxberger*

*2/25 Pat Wiltgen*

*2/28 Lorraine Schoenborn*

*Also celebrating in*

*February: Roger 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.

**We will be partnering again with the AARP Foundation for Tax Assistance! Tax appointments will begin February 1st, and will be held on Wednesdays from 10am-2pm. If you would like to set up your appointment, please contact Cecily or Brittney! Thank you!**



The family of Pat Wiltgen would like to invite you to her 81st birthday part on Sunday, February 26th, 2pm-5pm at the Molalla Moose Lodge. This is a potluck event put on with the help of the Molalla Women of the Moose! They are requesting no gifts, however there will be a money tree if you wish to donate. Please send RSVP's to Connie Miller—503-824-2925, Lysa Miller—541-390-0561, or the Moose Lodge—503-829-5539. Thank you!

## *Memorial Donations:*

*Grant Burden—\$50*

*Mary Ella (McCall) Buchovic—\$50*



**Preventing Diabetes is a group that gets together every Thursday at 12:45pm, to go over resources, ideas, accountability and research. Each week is a new class—please come by the class anytime! If you miss a week, that's okay, come on back, you won't miss a thing for the next week's class!**

*Famous Dave's Barbecue and Cabela's Outing has been rescheduled due to inclement weather in January. It will be held on Wednesday, February 1st. We will call everyone on the list from last month to give them first opportunity, and then open to everyone else! There were still 5 spots left, so go ahead and get put on the list!*



## **Update From Your MAS Board**

MAS Board is pleased to welcome two new Board Members Jojie Chapman & Judy Heyerly. MAS Board was able to supply more needed items to our Molalla Warming Center. We are still selling our See's Candy. Please contact Sally Zeek or Teri Stevenson by leaving a message at the Center if you want to need some of that great See's candy. Looking forward to a wonderful year at Molalla Adult Community Center.

MAS President,  
Sally Zeek

**Painting Party with Pauline: MAS will be holding a painting party on Friday, March 10th at 1pm-3pm! This is open to the community, and will be \$30 per person. Cost of class includes all materials and your space! Come by the Center to get signed up quickly, as space will be limited!**



# From the Director's Desk

**Dennis is retiring!** If you've ridden the bus or sat in the dining room for one of Dennis' Ole and Lena jokes, or just had the pleasure of being in his presence, you know that us missing him is the understatement of 2017. Dennis was the first team member I met when I was selected to be the Director of the



Center. Prior to my official hire date we had many conversations; none of his conversations were related to his pay, his hours, or his benefits. Every single one of them was of care and concern for the people the Center served. This is the posture of his heart. This is why we have always valued him as an amazing asset to the Center. He has, for many years, lovingly called the recipients of the Center, his "peeps". Each year we have recipients try to vote him in as volunteer of the year, even though we mention over and over again that paid employees are not eligible. He's brought such joy and humor to the lives of his coworkers, volunteers, and our beloved clients. He's given each team member a nickname that will surpass his employment. I'm the skipper, Brittney's Bridget, Jodi is Yodi, and the list goes on and on. He's making us laugh, he's lifting our spirits, and he's filling up our lives with such



goodness each day, so imagining him gone will be difficult for us all. But while I say these things, we're also celebrating with him! We are so happy for him and for the freedom he'll have with his days! When you care deeply about someone seeing them happy is more important than your own happiness. I speak on behalf of so many when I say, Dennis, having you go will be so incredibly difficult, but seeing your joy will be even better! We are so happy for you and we're already missing you like crazy!

**Join us for Dennis' retirement party, Friday, February 24th at 11:45am!**



## Welcome new team members:



Carol Walker, our new Nutrition Manager! Carol comes with amazing experience in both the health care field and the restaurant field! She is full of ideas on ways we can both expand our nutrition program as well as utilize food donations and resources to further advance our growing Center!

Sheri Katin, our new transportation manager! Sheri has office management experience and had dreamed of being a part of a transportation program that cares for the aging. She has a loving and gentle spirit that will surely benefit all who know her, and especially those that utilize our bus and transportation program.

Dan Taylor, a new driver! Dan also comes with amazing experience. He was a professional driver for many years and this wisdom will grace our Center in beautiful ways. The addition of this new driver allows us to expand our transportation program as well. We're looking forward to the ability to add additional outings and events to our schedule!





# Volunteer/Sponsor/Fundraiser News Page



*Our next breakfast will be held on Wednesday, February 15th. Our menu this month is a breakfast casserole, English muffin, fruit and orange juice. \$5 suggested donation! Doors open at 9am!*



**Thank you for helping us make our craft sale such a success! We were able to raise \$277.70! A special thank you to Fred and Mary Jo Montgomery, and Gordon and Sandy Kundert, for all their help to make this sale a success!**



*Exciting grant news! The Center received \$3,500 from the National Christian Foundation! We also recently found out that the grant we applied for with the Ford Family Foundation for \$10,000 was awarded in the full amount to go toward our bathroom remodel project!*

**Auction tickets are flying fast! At time of printing we have sold just over half! Be sure to come in and get your tickets so you don't miss out, we would hate to have to turn you away! We're still receiving auction items, and would love to hear your ideas!**



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

Clear Captions Presentation

Friday, February 17th

10:30-11:30am



Join us for an informational presentation about the Ensemble caption telephone! This telephone helps those with hearing loss to continue to use the telephone to keep in touch with their loved ones. Text/captions will appear on the middle of the screen so the user can keep up with the conversation. This program is 100% federally funded through the universal service fee on everyone's phone bill. **There is ZERO cost!**



Gordon, who will be presenting this phone to us has the phones and come to your home, install the phone, and show you how to use it! Join us, meet Gordon, and learn how you can get this free phone set up!

## 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

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

Want to be a Senior Companion? Contact Cari at: 503-655-8875



# Molalla Adult Community Center Community Breakfast

Featuring a new menu each month!

- ◆ Breakfast Casserole
- ◆ English Muffin
- ◆ Fruit
- ◆ Orange Juice
- ◆ Coffee



- ◆ All Community Members are welcome to join us!
- ◆ \$5 suggested donation
- ◆ A fun and social event
- ◆ All ages welcome

Wednesday, February 15th

9am—10:30am

\$5 suggested donation

Located at MACC—315 Kennel St

**Open to the community, the Molalla Adult Community Center will be hosting a Community breakfast on the 3rd Wednesday of every month. Proceeds will be designated for our general fund.**

**Please RSVP any large groups of 5 or more by calling the Center at 503-829-4214**





Join us for our annual  
Spaghetti Dinner  
&  
Auction

with a magic show featuring the Magic of Craig Martin!  
**It's a Sweetheart's Celebration!**



Saturday February 11th, 2017  
Valentine's Weekend  
4:30-8:30pm  
Molalla Adult Community Center  
315 Kennel Ave. Molalla, OR  
503-829-4214

*\$12 per ticket\**

*\*\$1 service fee for debit/credit card transactions*

*Tickets go on sale 1/10/17, to purchase stop by the Center M-F  
from 9am to 4pm*

*Cash, Check or Debit /Credit Cards may be used at the Auction*



Proceeds benefit the Molalla Adult Community Center  
and its programs for Seniors and those with disabilities



# Around the Community

## ***Molalla Warming Center***

**Molalla Warming Center is located at 209 Kennel Ave, and is open when temperatures are forecasted at freezing or below. The hours are 6pm-8am. Please pass the word around to friends and neighbors, so that anyone in need may be able to benefit!**

## **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!

**Grief Share**  
February 1st—May 3rd  
6:30pm-8:30pm  
Foothills' Main Street Space



Everyone experiences loss in their lifetime, and you don't have to go through the grieving process alone. Grief Share is a wonderful group of people getting together to support one another through grief and a difficult time in their life. Questions? Call Karin Watts: 503-866-6573.

## **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!

## Paula's Taco Soup

### Ingredients

2 pounds ground beef  
2 cups diced onions  
2 (15 1/2-ounce) cans pinto beans  
1 (15 1/2-ounce) can pink kidney beans  
1 (15 1/4-ounce) can whole kernel corn, drained  
1 (14 1/2-ounce) can Mexican-style stewed tomatoes  
1 (14 1/2-ounce) can diced tomatoes  
1 (14 1/2-ounce) can tomatoes with chiles  
2 (4 1/2-ounce) cans diced green chiles  
1 (4.6-ounce) can black olives, drained and sliced, optional  
1/2 cup green olives, sliced, optional  
1 (1 1/4-ounce) package taco seasoning mix  
1 (1-ounce) package ranch salad dressing mix  
Corn chips, for serving  
Sour cream, for garnish  
Grated cheese, for garnish



### Directions

Brown the ground beef and onions in a large skillet; drain the excess fat, then transfer the browned beef and onions to a large slow cooker or a stockpot. Add the beans, corn, tomatoes, green chiles, black olives, green olives, taco seasoning, and ranch dressing mix, and cook in a slow cooker on low for 6 to 8 hours or simmer over low heat for about 1 hour in a pot on the stove. To serve, place a few corn chips in each bowl and ladle soup over them. Top with sour cream, cheese.

<http://www.foodnetwork.com/recipes/paula-deen/taco-soup-recipe.html>

## Sudoku

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

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–December 31st 2016 (2017 YTD FY)

<b>Revenue:</b>	
Congregate Dining	\$3,348.90
Donations	\$2,145.00
MOW	\$5,066.00
Government–Clackamas County	\$9,890.42
Government–State	\$13,546.80
Total YTD:	\$33,997.12
<b>Expenses:</b>	
(Reflects direct expenses only)	
Food, MOW, Payroll	\$27,910.74
<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 spaghetti sauce, canned green beans, salad dressings.)

**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 12/31/16  
**\$19,585.00**

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



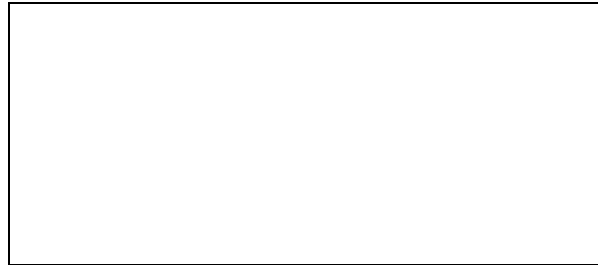
PO Box 797  
Molalla, OR 97038

**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 ~

Wednesday, February 1st—Famous Dave's Barbecue & Cabela's Outing 10:30am.  
Tuesday, February 7th—Blood Pressure Clinic w/ Renee 10am.  
Wednesday, February 8th—Tammy D's and Milk Creek Produce Outing 10:30am.  
Tuesday, February 14th—Lawyer, by appointment 9am.  
Wednesday, February 15th—Breakfast! 9am.  
Wednesday, February 15th—Tad's Chicken 'N Dumplings Evening Outing 4pm.  
Thursday, February 16th—Blood Pressure Clinic w/ Margaret 11am.  
Friday, February 17th—Clear Captions Presentation 10:30am.  
Friday, February 17th—Women's Cancer Support Group 1pm.  
Monday, February 20th—MAS Board Meeting 9:30am.  
Tuesday, February 21st—Parkinson's Support Group 10am.  
Wednesday, February 22nd—Kwan's Chinese and Grocery Outlet Outing 10:30am.  
Thursday, February 23rd—MAS General Meeting 12:15pm.  
Friday, February 24th—Foot Clinic 9am.  
Friday, February 24th—Dennis' Retirement Party! 11:45am  
Friday, February 24th—Birthday Celebrations 12pm  
Tuesday, February 28th—MAS Craft Hour 11am.  
WEDNESDAYS: Tax Aide with the AARP Foundation by appointment, 10am-2pm.  
THURSDAYS: Preventing Diabetes Class—12:45pm.