

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



August 2017

Center Staff

Cecily Rose,
Director

Brittney Closner,
Client Service Rep.

Jodi Lee-Hill,
Financial Mgr.

Samantha Butler
Nutrition Manager

Kim Brooks
Support Services

Sheri Katin
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,

We hope your summer is treating you splendidly! As you read this, we've just finished celebrating our wonderful volunteers at our Luau, but by the time we printed, we weren't able to share the grand news, so look for the volunteer of the year info in next month's newsletter! This event is so near and dear to our hearts. We couldn't be a thriving Center without the outpouring of time, effort, and love that each of our volunteers provide. We're beyond blessed to have so many wonderful people who serve so generously, and we thank them for allowing us just this great day of celebration to honor them!

We love the month of August, because our State takes advantage of our short summer season and packs it FULL of activities! We're following their lead, we have a great line up of outings this month; you can join us for a great summer day at the Oregon Gardens, celebrate Senior Day at the County Fair, or hit up the Casino with us ALL this month!

While we understand the possible inconvenience, after much thought, we have decided to take two days off for all of the team to attend a leadership conference on August 10th and 11th. The Center will be closed for these two days. Training opportunities don't come around like this very often, and I feel that the best way for us to expand our knowledge and be better at our positions is to commit to constant learning. This team building and team elevating workshop will be something that unites and develops us to provide a better Center for years to come. I thank you for your understanding in this investment of our team that will grow us to do a better job of investing in you!

See you at the Center!

Cecily Rose
Director



Molalla Area Seniors Meetings

Executive Board Monday
August 14th—9:30am

General Meeting Thursday
August 24th—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.

Walk with Ease—Monday, Wednesday and Friday 10am. Suggested donation \$2.00 paid to MACC.

Tai Chi—Tues and Thurs at 9:30!

1st class is free, each class \$5 pd to instructor Virgil.

Senior ReFit—Instructor Tina leads ReFit on Tuesdays at 1pm!
Donations appreciated.



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 Tues, 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!

SHOPPING

Monday: Safeway

Tuesday: Bimart

Thursday: Hi School Pharmacy OR Real Deals Grocery

Friday: Milk Creek Produce

*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.

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.

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

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

Parkinson's Support Group — 3rd Tuesday, 10am-12pm.

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.

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.



August

Mon	Tue	Wed	Thu	Fri
<p><i>Servers: Assembly of God Church</i> 7</p> <p>Ground Beef Stew Whole Kernel Corn Country Coleslaw Choc Frosted Yellow Cake</p>	<p><i>Servers: The Girls</i> 1</p> <p>Chkn in Peanut Sc w/ Pasta Cut Green Beans Tossed Salad w/ Thou Butterscotch Bar</p>	<p>9</p> <p>Pine Garden & Museum of the Oregon Territory Outing</p>	<p><i>Servers: St. James Church</i> 3</p> <p>Beef Patty w/ Gravy Whipped Potatoes Whole Kernel Corn Banana Choc Chip Bar</p>	<p><i>Servers: Meadowbrook Church</i> 4</p> <p>Chicken Alfredo Pasta Cut Green Beans Carrot Pineapple Salad Seasonal Fruit</p>
<p><i>Servers: The Girls</i> 14</p> <p>Tuna Noodle Casserole MOW: Chef Mini Salad on Spinach Romaine, Chunky Tomato Rice Soup, Cracked Wheat Roll & Pineapple</p>	<p><i>Servers: The Nazarene Church</i> 15</p> <p>Mexican Chicken Pasta Green Peas Garden Vegetable Salad Homestyle Choc Pudding</p>	<p>16</p> <p>Clackamas County Fair Outing</p>	<p><i>Servers: Seventh Day Adventist</i> 17</p> <p>Spaghetti w/ Meat Sauce Mixed Vegetables Tossed Salad w/ Thou Dress French Roll Mandarin Pineapple Cup</p>	<p><i>Servers: The Yoder Family</i> 18</p> <p>Pork Choppie w/ Gravy Whipped Sweet Potatoes Scandinavian Blend Vegt Rice Pudding</p>
<p><i>Servers: Marquam Methodist</i> 21</p> <p>BBQ Pork w/ Bun Whole Kernel Corn Creamy Coleslaw Ice Cream Cup</p>	<p><i>Servers: Molalla Christian</i> 22</p> <p>Tuna Salad 1/2 Sandwich w/ Wheat Bread Split Pea Soup Broccoli Raisin Salad Chilled Pears</p>	<p>23</p> <p>Oregon Gardens Outing</p>	<p><i>Servers: Men of St. James</i> 24</p> <p>Sweet & Sour Turkey/Rice Broccoli Cuts Spin Romaine Salad w/ Rch Potato Wheat Roll Spiced Pears</p>	<p><i>Servers: Foothills</i> 25</p> <p>Beef w/ Peppers & Onions Whipped Potatoes Green Peas Cherry Whip</p>
<p><i>Servers: The Girls</i> 28</p> <p>Pork Sausage Gravy Buttermilk Biscuit Normandy Blend Vegt Mandarin Pineapple Cup Apple Streusel Cake</p>	<p><i>Servers: The Girls</i> 29</p> <p>Chicken Pastina Cut Green Beans Spinach Romaine Salad w/ Garlic Parmesan Chocolate Mint Pudding</p>	<p>30</p> <p>Spirit Mountain Casino Outing</p>	<p><i>Servers: The Girls</i> 31</p> <p>West Beef Goulash Mixed Vegetables Spin Rom Salad w/ Thou</p>	<p>*Menu subject to change</p>

Special Outings and Events!

Wednesday, August 9th—Pine Garden Restaurant & Museum of the Oregon Territory

Bus Leaves Center at 10:30am Museum Admission Fee: \$5 Suggested Donation \$5

Try some authentic, exotic tastes from the orient at Pine Garden Restaurant. The Museum of the Oregon Territory will be featuring the Kaegi Pharmacy, circa 1910 collectibles! Find out what kind of ailment you would have used snake oil for?!



Sign up begins Friday, August 4th at 9am.

Wednesday, August 16th —Clackamas County Fair!

Bus Leaves Center at 10:30am County Admission Fee: \$2 Suggested Donation \$5

This is the 111th year for the Clackamas County Fair! Enjoy livestock, 4H Exhibits, a variety of amazing fair food, and of course the famous elephant ear! Yum!



Sign up begins Friday, August 11th at 9am.

Wednesday, August 23rd—Oregon Gardens

Bus Leaves Center at 10:30am Garden Admission Fee: \$10 Suggested Donation \$5

The Oregon Gardens has lush flora, cascading waterfalls, art galleries, shopping, and more! If you do not want to walk the trails, you can enjoy the trolley, getting on and off when you like to walk around. We will eat lunch at the Garden café! Menu posted at sign up.



Sign up begins Friday, August 18th at 9am.

Wednesday, August 30th—Spirit Mountain Casino!

Bus Leaves Center at 8:00am Suggested Donation \$10

Have some fun and great food at the Spirit Mountain Casino! The Casino offers slots, bingo, Keno, and more! Their buffet is one of the BEST in Oregon for just \$10.95! They also have the Legends Restaurant if you're not interested in the buffet! Join us for this very popular, all day outing!









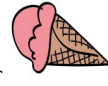



SPIRIT MOUNTAIN
CASINO

Sign up begins Friday, August 25th 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
 9 Better Bones & Balance 10am Walk with Ease 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline 3pm AA Meeting	9:30am Quilting 10am BP Clinic with Renee 11:30am <i>The Fiddlesticks!</i> 12:45pm Bimart *Red Cross Blood Drive 11am-4pm 	9 Better Bones & Balance 10am Walk with Ease 3pm AA Meeting 	12:45-2:45 WISE Class 12:45 Hi School Pharmacy OR Real Deals Grocery 	9 Better Bones & Balance 10am Walk with Ease 10am Knit & Crochet 12:45 Milk Creek Produce 1pm Bingo 3pm AA Meeting
9 Better Bones & Balance 10am Walk with Ease 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline 3pm AA Meeting	9am Lawyer, by appt 9:30am Quilting 9:30am Tai Chi 11am Cultural Presentation 12:45pm Bimart 1pm Senior ReFit	9 Better Bones & Balance 10am Walk with Ease 3pm AA Meeting *Pine Garden & Museum of Oregon Territory	<h1>CLOSED</h1>	
9 Better Bones & Balance 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline 3pm AA Meeting 	9:30am Quilting 9:30am Tai Chi 10-12 Parkinson's Spt Group 11:30 <i>Patricia and Rosie!</i> 12:45pm Bimart 1pm Senior ReFit	9 Community Breakfast 10am Walk with Ease 3pm AA Meeting *Clackamas County Fair Outing	11 BP Clinic w/ Margaret 12pm Lunch and Learn 12:45-2:45 WISE Class 12:45 Hi School Pharmacy OR Real Deals Grocery	9 Better Bones & Balance 10am Walk with Ease 10am Knit & Crochet 12:45 Milk Creek Produce 1 Women's Cancer Spt Grp 1pm Bingo 3pm AA Meeting
9 Better Bones & Balance 10am Solar Eclipse Party! 10am Walk with Ease 10am Painting with Pauline 11:30 <i>Dennis Stafford!</i> 12:45p Shopping at Safeway 1pm Painting with Pauline 3pm AA Meeting	9:30am Quilting 9:30am Tai Chi 11am MAS Craft Hour 12:45pm Bimart 1pm Senior ReFit 	9 Better Bones & Balance 3pm AA Meeting *Oregon Gardens Outing	12:15 MAS General Meeting 12:45-2:45 WISE Class 12:45 Hi School Pharmacy OR Real Deals Grocery 	9am Better Bones & Balance 9am Foot Clinic 10am Walk with Ease 10am Knit & Crochet 12:45 Milk Creek Produce 1pm Bingo 3pm AA Meeting
9 Better Bones & Balance 10am Walk with Ease 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline	9:30am Quilting 9:30am Tai Chi 12:45pm Bimart 1pm Senior ReFit 	9 Better Bones & Balance 10am Walk with Ease 3pm AA Meeting *Spirit Mountain Casino	12:15 Ice Cream Social! 12:45 Hi School Pharmacy OR Real Deals Grocery 	<div style="background-color: #f0e68c; padding: 10px; text-align: center;"> <p>BE A PINEAPPLE: STAND TALL, WEAR A CROWN, AND BE SWEET ON THE INSIDE</p>  </div>

Center Activities

Date of Event	Bus Leaves Center	Restaurant Location	Activity	Sign up AFTER	Suggested Donation	Additional \$\$ Info
WEDNESDAY 8/9	10:30am	Pine Garden Restaurant in Oregon City	Museum of the Oregon Territory	8/4 9am	\$5	Lunch— \$6-\$13 Museum: \$5
WEDNESDAY 8/16	10:30am	Clackamas County Fair	Clackamas County Fair	8/11 9am	\$5	Fair admission: \$2
WEDNESDAY 8/23	10:30am	Oregon Garden Resort	Oregon Garden Tours & Walking	8/18 9am	\$5	Lunch— \$3-\$9
WEDNESDAY 8/30	8:00am	Spirit Mountain Casino	Spirit Mountain Casino Buffet	8/25 9am	\$10	Buffet—\$10.95 Legends: \$5-\$21

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

8/2 *Wilma Coleman*
 8/3 *Jackie Cotton*
 8/4 *Sandee Stevenson*
 8/4 *Teri Stevenson*
 8/13 *Marilyn Bloch*
 8/15 *Donald Walling*
 8/17 *Lowell Brady*
 8/17 *Bill Burge*
 8/18 *Nellie Tapp*
 8/19 *Leslie Hauck*



8/21 *Judy Price*
 8/23 *Bud LeDoux*
 8/24 *Doloris Seely*
 8/28 *Melitta Teague*
 8/29 *Shirley Bicket*
 8/29 *Dyanna Sziavich*
 8/29 *Eunice Yates*
 8/30 *David Cotton*
Also Celebrating in August:
Ray Peterson



*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.



Special Closure. The Center will be closed Thursday, August 10th, and Friday, August 11th. The entire staff has been given an opportunity to attend a local leadership seminar, and we have decided to take full advantage of it! We are so excited as a team to learn and grow together, and become better leaders so that we may be able to do our jobs better! We thank you and appreciate you all for your support while we take two days away to grow in our leadership skills!

Join us for our new fitness class! REFIT is a life-changing group fitness experience that rocks your body, heart, and soul with powerful moves and positive music, to inspire you from the inside out. Powered by human connections, we turn to boring, have-to workouts into a can't-miss community fitness experience! REFIT classes propel students to their best selves through dance, toning, balance, and flexibility. Our easy-to-follow formula is perfect for both beginners and fitness enthusiasts, with workouts designed for everybody and every body—regardless of age, shape, size, or ability! Classes begin Tuesday, August 8th at 1pm, and will last about an hour. There is no charge, however donations are appreciated. Meet instructor Tina, and have a great time!



Tai Chi resumes on Tuesday, August 8th! Join Virgil and the rest of the class at 9:30am. Not sure? Swing by and check it out! Tai chi is an ancient Chinese tradition that has evolved over centuries to become a means of alleviating stress and anxiety, a form of "meditation in motion." Advocates claim that it promotes serenity and inner peace.

Join us on Tuesday, August 8th, for a special cultural demonstration with the Girls Leadership from Todos Juntos! They will be making quesadilla appetizers for us, while showing us how to make tortillas from scratch! This is a treat you definitely do not want to miss out on... your taste buds will thank you!



Todos Juntos



Who doesn't love ice cream?! Join us on Thursday, August 31st at lunchtime for an ice cream social hosted by Jennifer with Home Instead Senior Care! Home Instead offers an individualized approach to keep seniors safe and sound at home, instead of anywhere else! This is a great time to ask Jennifer any questions you might have, or just enjoy the delicious treat! *Sugar free options will be available!

We're having a party! Join us on Monday, August 21st for the Solar Eclipse Party! This will begin around 10am, we will have Eclipse glasses on hand—suggested donation of \$2, refreshments, and fun! We will begin answering phones at 8am so you can get picked up early! We don't know what to expect with the traffic/influx of people coming into our community, so we will do our best to get you here just in time for the action!



Volunteer/Sponsor/Fundraiser News Page

Our next breakfast will be held on Wednesday, August 16th! We are now running the bus! This breakfast is open to the community, bring your friends and neighbors! \$5 suggested donation! Doors open at 9am, and we serve until 10am. See you there!



We would love to highlight our fabulous volunteers that were awarded at our Volunteer Appreciation Luau—but that would spoil our surprise! Printing has been done prior to our event—check out September’s newsletter for the details and photos!

A special thank you to Molalla Area Seniors for their Tupperware Fundraiser Party! Keep your eye out for future fundraisers and different ways you can support the board!



Donations Made in Memory Of:

\$700 in memory of Esther Sheets

\$100 in memory of Walter Evans

\$50 in memory of Ella Mae (Robbins) Wampler

\$25 in memory of Vivian Streat



A special “Thank You” to our 2016/17 sponsors and all our sponsors throughout the years...

Assembly of God
Art Erickson’s Tire & Auto, Inc
Avamere Living at Berry Park
B&B Leasing
Cindy’s Café & Catering
Clackamas County Meals on Wheels
Clarkes Grange
D&M Pump and Heating LLC
Eagle Mountain Construction
El Charrito Mexican Restaurant
Foothills Community Church
Forgiven Fabrication
Headwaters Tai Chi LLC
JW Geothermal, Inc.
MARJAK Enterprises, Inc.
Marson Trucking, Inc.
Meadowbrook Church
Molalla Area Seniors Inc.

Molalla Communications
Molalla Manor
Molalla Kiwanis
Molalla Rotary
Molalla Seventh Day Adventist
Molalla VFW
Molalla Women of the Moose
Mulino Store Enterprises, Inc.
Naylor’s Hardwood Floor Service
New Horizon’s Fellowship
Oregon Plumbing and Pump LLC
RCM Holdings LLC
Sapienza and Sons Builders
Specialty Polymers, Inc
Stow Away Self Storage
The Spot Again, Inc.
St. James Catholic Church
United Methodist Women
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

Presentations



**American
Red Cross**

Together, we can save a life

Blood Drive—Molalla Community
American Red Cross
Tuesday, August 1st—11am to 4pm

Give blood, help save lives! To make an appointment, please visit redcrossblood.org (sponsor code: Molalla) or call 1-800-RED-CROSS (1-800-733-2767). Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment!

What is Guardianship and Conservatorship? Thursday, August 17th—Lunch & Learn

What is Guardianship and Conservatorship, and who needs it? Please join us for this free presentation from Christi Bird from the Senior Citizens Council of Clackamas County on Thursday, August 17th, during our noon meal. Guardianship/Conservatorship is the ultimate in protection for adults vulnerable to abuse, neglect, and/or exploitation, and is often the option of last resort. It is estimated that for every one case of elder abuse, neglect, exploitation or self-neglect reported to authorities, about five more go unreported. Join us to learn how to protect yourself or a loved one.



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
- Have questions about aging or living with a disability?

Access local information and services that can help older adults, veterans, persons with disabilities, caregivers, and family members to:

- Live independently
 - Access benefits
 - Help a loved one
- Get support for memory loss or dementia
 - Look for resources
- Find community information and services

Email: clackamasadrc@clackamas.us or call 503-650-5622. www.ADRCofofOregon.org

Services are available in any language.

From Your MAS Board

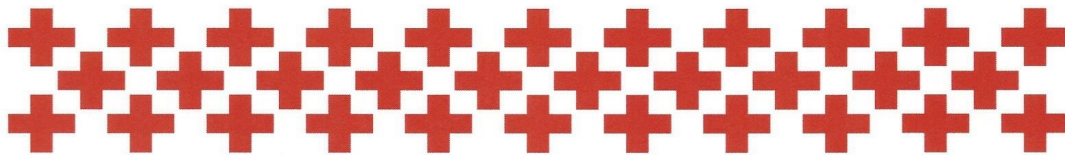
MAS needs your help! MAS is looking for volunteers who are willing to help collect pop cans from the Molalla Chamber of Commerce Solar Eclipse Event August 19-21st. If you are interested in more information or would like to volunteer, please contact Vera Black.



The next "Make and Take" Craft Hour project will be on Tuesday, August 22nd at 11am! We'll be painting rocks, including fun ladybug rocks! And of COURSE, there will be googly eyes!! There is a suggested donation of \$2, you can leave the donation in a box on craft day!

American Red Cross

Give blood. Help save lives.



Blood Drive **Molalla Community**

Molalla Adult Community Center
315 Kennel Avenue

Tuesday, August 1
11:00 AM to 4:00 PM

To make an appointment, please visit redcrossblood.org (sponsor code: Molalla) or call 1-800-RED-CROSS (1-800-733-2767).

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.

Around the Community

Resource Center Foothills Church

Hours of Operation:

Mondays & Wednesdays: 5:30-8pm

Tuesdays & Thursdays: 10am - 2pm

Location: Dock located at the north end of the church building - 122 Grange Avenue

The Foothills Resource Center offers clothing and emergency food for people of all ages in need. The Resource Center is open to those who wish to stop in. Volunteers from Foothills and area schools as well donate their time to operate the Resource Center. Donations of clean, serviceable clothing in good repair are welcome during open hours. Donations of non-perishable food items can be made at the church during office or church service hours, or at the Resource Center during open hours.

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.

Senior Pass Price to Increase

There are 417 national parks in the U.S., spanning across more than 84 million acres. And if you're 62 or older, \$10 will get you into all of them for the rest of your life. It's not just national parks. The National Park Service said the \$10 Senior Pass provides access to more than 2,000 recreation sites managed by five federal agencies, including the Fish and Wildlife Service, USDA Forest Service, the Bureau of Land Management, the Bureau of Reclamation and the U.S. Army Corps of Engineers. But that price is about to go up significantly. According to the AARP, the lifetime pass for senior citizens will go up to \$80 before the end of 2017. Go to www.usgs.gov and click on the "Senior Pass" tab for more information.

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!

Build-Your-Own Microwave Mug Cobbler

Ingredients

- 1/2 cup fruit, chopped
- 2 tbsp sugar
- 1/4 cup Bisquick mix
- 1/8 tsp cinnamon (if desired)
- 1 tsp old-fashioned oats (if desired)
- 1 tbsp milk



Directions

In microwavable mug, mix fruit and 1 tbsp sugar.

In small bowl, mix Bisquick mix, remaining 1 tbsp sugar, and any of the “desired” ingredients. Add milk, and stir until a thick dough forms. Drop dough in clumps over the fruit mix in the mug.

Microwave uncovered on High for 90 seconds to 2 minutes, or until fruit bubbles to the top of the mug. Caution! Cobbler will be very hot! It’s suggested to wait 5 minutes before eating. Top with whipped cream or your favorite ice cream if desired for an extra treat!

*This recipe is designed for a single serving.

<https://www.bettycrocker.com/recipes/build-your-own-microwave-mug-cobbler/8bb858a3-9ed8-4b38-98cd->

Sudoku

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

MediumLevel

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 2016–June 30th 2017 (2017 YTD FY)

Revenue:	
Congregate Dining	\$6,473.95
Donations	\$4,795.00
MOW	\$11,537.00
Government–Clackamas County	\$16,788.84
Government–State	\$28,543.68
Other	\$3,000.00
Total YTD:	\$71,138.47
Expenses:	
(Reflects direct expenses only)	
Food, MOW, Payroll	\$53,839.00
Nutrition 2016/2017 Budget:	\$53,000
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 white copy paper, new scissors).

Food of the Month (We are currently looking for canned spaghetti sauce, canned fruits and vegetables, boxes of granola bars).

Bingo Prizes (Our recipients love our prize giveaways, these items can vary from \$1-\$5 in value.) Need ideas? Small dollar gift cards to Safeway, McDonald's etc are great!

**2017/2018 Annual Appeal as
of 6/30/2017:**

\$14,935

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: _____



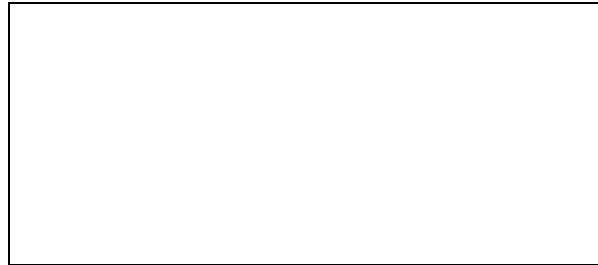
PO Box 797
Molalla, OR 97038

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, August 1st—BP Clinic with Renee 10am.
Tuesday, August 1st—Red Cross Blood Drive 11am-4pm.
Tuesday, August 8th—Lawyer, by appointment only 9am.
Tuesday, August 8th—Tai Chi Resumes! 9:30am.
Tuesday, August 8th—Cultural Presentation with Todos Juntos! 11am.
Tuesday, August 8th—Senior ReFit Begins! 1pm.
Wednesday, August 9th—Pine Garden & Museum of Oregon Territory Outing 10:30am.
Thursday, August 10th—Center Closed for Staff Leadership Training—ALL DAY.
Friday, August 11th—Center Closed for Staff Leadership Training—ALL DAY.
Tuesday, August 15th—Parkinson's Support Group 10am.
Wednesday, August 16th—Community Breakfast 9am.
Wednesday, August 16th—Clackamas County Fair Outing 10:30am.
Thursday, August 17th—BP Clinic with Margaret 11am.
Thursday, August 17th—Guardianship/Conservatorship Lunch and Learn 12pm.
Friday, August 18th—Women's Cancer Support Group Meeting 1pm.
Monday, August 21st—MAS Board Meeting 9:30am.
Monday, August 21st—Solar Eclipse Party 10am.
Tuesday, August 22nd—MAS Craft Hour 11am.
Wednesday, August 23rd—Oregon Gardens Resort Outing 10:30am.
Thursday, August 24th—MAS General Meeting 12:15pm.
Friday, August 25th—Foot Clinic 9am.
Wednesday, August 30th—Spirit Mountain Casino Outing 8am.
Thursday, August 31st—Ice Cream Social with Home Instead Senior Care 12:15pm.