

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



July 2017

Center Staff

Cecily Rose,
Director

Brittney Closner,
Client Service Rep.

Jodi Lee-Hill,
Financial Mgr.

Samantha Butler
Nutrition Manager

Carol Walker
Nutrition Assistant

Kim Brooks
Support Services

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,

This is such a fun time of year for us in Molalla and across our Nation! We'll be in this year's 4th of July Street Parade and enjoying all of the amazing events our community is buzzing with over this holiday! As we step into the month of July, we're rejoicing over the completion of our bathroom remodel project; these projects are always rewarding, but they do take patience and understanding from our members and patrons, and we want to thank you for being so gracious and flexible with us as we endured this season of construction. You'll now find accessible, safe, and beautiful restrooms for all, and we are grateful for the Ford Family Foundation and the generous grant we were awarded that brought this project to fruition. On the topic of grants, we've been blown away by recent success of additional grant awards we're excited to tell you about! Meals on Wheels America has granted us \$1,500 towards our pet assistance project. These funds will aid us in covering the mileage reimbursement to volunteer drivers when they are delivering pet food to our recipients for their service and companion animals. Thank you, Meals on Wheels America! In addition, we received a grant award from the Oregon Food Bank in the amount of \$1,800 to purchase refrigeration for our fresh produce donations! What perfect timing for this grant as Oregon's gardens begin to flourish! Thank you Oregon Food Bank! These awards help us to grow programs and services that are vital to our most vulnerable populations, and they aid the sustainability of a Center that serves over 2,000 people yearly! What a blessing these are to the Center!

As always, a new month brings excitement! There's a program launching in July called WISE (Wellness Initiative for Senior Education) and we were honored to be chosen to receive training for this prestigious evidence based class brand new to Oregon! We will be the first in the county to provide this great course and program! Check out the details inside, and we hope you join us! We will also be hosting a long overdue AARP safe driving course! See you at the Center!

Cecily Rose
Director

Molalla Area Seniors Meetings

Executive Board Monday
July 17th—9:30am

General Meeting Thursday
July 27th—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. On hold for July.

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!

Pinochle!— On hold until further notice.

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.

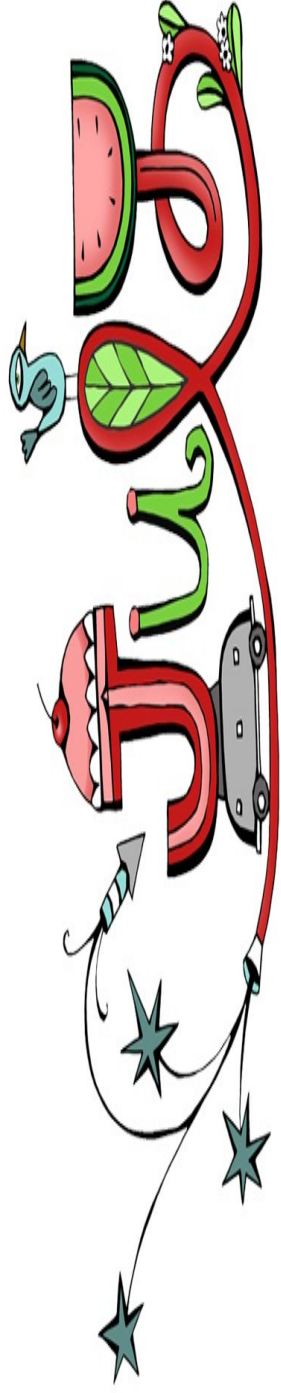
TRP—Transportation Reaching People, designed to assist people with rides to medical appointments. At this time, we do not have Wednesday appointments available. We apologize for any inconvenience. Call Brittney at the Center.




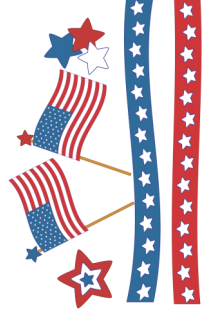

Lunch!—Mon, Tues, Thurs and Fri at 12pm. Suggested donation of \$3.00 for those over 60, \$5.00 for those under 60. We also deliver Meals on Wheels for homebound clients.

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.



Mon	Tue	Wed	Thu	Fri
<p><i>Servers: Assembly of God Church</i> 3</p> <p>Kielbasa on a Bun Green Peas Garden Vegetable Salad Chocolate Almond Pudding</p>	<p>4</p>  <p><i>Servers: The Girls</i> 11</p> <p>Meatloaf w/ Gravy Delmonico Potatoes Green Peas Wheat Bread Homestyle Choc Pudding</p>	<p>5</p> <p>Cracker Barrel & Walmart Outing!</p> <p>12</p> <p>Cracker Barrel & Walmart Outing!</p>	<p><i>Servers: St. James Church</i> 6</p> <p>BBQ Chicken on a Bun Lyonnaise Potatoes Spin Rom Salad w/ Ranch Confetti Cake</p> <p><i>Servers: Grace Lutheran</i> 13</p> <p>Roast Turkey Whipped Sweet Potatoes Mixed Vegetables Ice Cream Cup</p>	<p><i>Servers: Meadowbrook Church</i> 7</p> <p>Mac & Cheese Cut Green Beans Romaine Iceberg Salad/Fr Gelatin Jewels w/ Topping</p> <p><i>Servers: LDS Church</i> 14</p> <p>Beef Mushroom Patty Garlic Whip Potatoes Steamed Spinach Sunflower Seed Bread Melon Cup</p>
<p><i>Servers: Marquam Methodist</i> 17</p> <p>Breaded Chicken Patty Whipped Potatoes w/ Gravy Capri Blend Vegetables Chocolate Chip Bar</p>	<p><i>Servers: The Nazarene Church</i> 18</p> <p>Cong: Spaghetti w / Meat Sauce, Vegt & Pudding MOW: Chicken Salad 1/2 Sand, Vegt Soup, Coleslaw and Chilled Peaches</p>	<p>19</p> <p>Community Breakfast! Ivor Davies Trail Walking Group Outing</p>	<p><i>Servers: Seventh Day Adventist</i> 20</p> <p>Roast Pork w/ Orange Glze Colcannon Potatoes Lima Beans Hermit Bar</p>	<p><i>Servers: The Yoder Family</i> 21</p> <p>Smokehouse Chop Sr Cream & Chive Potato Rom Iceberg Salad/Thou Multigrain Roll Orange Whip</p>
<p><i>Servers: The Girls</i> 24</p> <p>Oven Baked Chicken Whipped Potatoes w/ Gravy Green Peas Wheat Bread Summer Mixed Fruit Cup</p>	<p><i>Servers: Molalla Christian</i> 25</p> <p>Sloppy Joe on a Bun Baked Beans Mandarin Pineapple Salad Frosted Marble Cake</p>	<p>26</p> <p>Volunteer Appreciation Luau!</p>	<p><i>Servers: Men of St. James</i> 27</p> <p>Chicken Marsala Bake Herbed Carrots Spin Romaine Salad Oat Bran Roll Mandarin Oranges</p>	<p><i>Servers: Foothills</i> 28</p> <p>Lasagna Rollup Broccoli Cuke/Tom/Onion Salad Peanut Butter Bar</p>
<p><i>Servers: The Girls</i> 31</p> <p>Cowboy Campfire Stew Chuckwagon Corn Creamy Coleslaw S'more Pudding</p>		 <p><small>shutterstock - 136152794</small></p>		

Special Outings and Events!

Wednesday, July 12th——**Cracker Barrel Restaurant & Shopping at Walmart**

Bus Leaves Center at 10:30am

Suggested Donation \$6

A Southern treat brought to the Pacific Northwest—join us for our lunch outing to the new Cracker Barrel Restaurant in Tualatin, where we can have their famous home style cooking, and browse the country store — followed by shopping at Walmart in Sherwood.

Sign up begins Friday, July 7th at 9am.



Wednesday, July 19th ——**The Bus is Now Running for Breakfast and/or Walking!**

Suggested Donation: \$.75/one way.

Call us morning of the breakfast and we will bring you to a free-will donation breakfast at the Center! In July, a walking group will be dropped off at the Ivor Davies trail—see the newsletter for more information! You do not have to come in for both, you can choose one or the other, but both is great, too!

Wednesday, July 19th——**Hales Restaurant Evening Outing**

Bus Leaves Center at 4:00pm

Suggested Donation \$6



If you are a breakfast for dinner fan, this might just be the outing for you! Even if you're not, and you need some seafood or grill options, Hales will not disappoint! Join us for our fun evening outing!

Sign up begins Friday, July 14th at 9am.

Friday, July 21st——**Salem Art Fair & Festival and EZ Orchards Fruit Stand**

Bus Leaves Center at 10:30am

Suggested Donation \$6

Admission fee: \$5

This is the 68th Annual Salem Art Fair & Festival and it's sure to be a great time! There are over 20 food vendors, multiple art related activities, plant sale, shopping opportunities and more! Admission price raises funds for the Salem Art Association. After a fun day here, we will go to EZ Orchards fruit stand!

Sign up begins Friday, July 14th at 9am.



Wednesday, July 26th ——**Volunteer Appreciation Luau!**

Call us in the morning for a ride in! Suggested Donation: \$.75/one way.














Our annual Volunteer Appreciation Luau is here and we are ready to celebrate YOU! We will have a delicious Hawaiian themed menu and we encourage you to wear your favorite Hawaiian attire!

This event will be from 11am-1pm. Come hungry and ready for fun!



***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>3</p> <p>9 Better Bones & Balance 10am Walk with Ease 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline 3pm AA Meeting</p>	<p>4</p> <p>Happy July 4th</p>	<p>5</p> <p>9 Better Bones & Balance 10am Walk with Ease 3pm AA Meeting</p> 	<p>6</p> <p>12:45 Hi School Pharmacy OR Real Deals Grocery</p> 	<p>7</p> <p>9 Better Bones & Balance 10am Walk with Ease 10am Knit & Crochet 12:45 Milk Creek Produce 1pm Bingo 3pm AA Meeting</p> 	
<p>9 Better Bones & Balance 10am Walk with Ease 10am Painting with Pauline 12pm Don't Wait—Hydrate! 12:45p Shopping at Safeway 1pm Painting with Pauline 3pm AA Meeting</p>	<p>11</p> <p>9am Lawyer, by appt 9:30am Quilting 12:45pm Bimart</p> 	<p>12</p> <p>9 Better Bones & Balance 10am Walk with Ease 3pm AA Meeting</p> <p>*Cracker Barrel and Walmart Outing</p>	<p>13</p> <p>11 BP Clinic w/ Margaret 12pm Trivia! 12:45-2:45 WISE Class 12:45 Hi School Pharmacy OR Real Deals Grocery</p>	<p>14</p> <p>9 Better Bones & Balance 10am Walk with Ease 10am Knit & Crochet 12:45 Milk Creek Produce 1pm Bingo 3pm AA Meeting</p>	
<p>17</p> <p>9 Better Bones & 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>18</p> <p>9:30am Quilting 10-12 Parkinson's Spt Group 11:30 <i>Patricia and Rosie!</i> 12:45pm Bimart</p> 	<p>19</p> <p>9 Community Breakfast 9:30-4 AARP Driver Class 10am Walk with Ease— Ivor Davies Trail! 3pm AA Meeting</p> <p>*Hales Restaurant</p>	<p>20</p> <p>10:45 Oral Health Wrkshop 12:45-2:45 WISE Class 12:45 Hi School Pharmacy OR Real Deals Grocery</p> 	<p>21</p> <p>9 Better Bones & Bal 10am Walk with Ease 10am Knit & Crochet 12:45 Milk Creek Produce 1 Women's Cancer Spt Grp 1pm Bingo 3pm AA Meeting</p> <p>*Salem Art Fair Outing</p>	
<p>24</p> <p>9 Better Bones & Balance 10am Walk with Ease 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline 3pm AA Meeting</p> 	<p>25</p> <p>9:30am Quilting 11am MAS Craft Hour 12:45pm Bimart</p> 	<p>26</p> <p>9 Better Bones & Balance 10am Walk with Ease 11a-1pm Volunteer Luau 3pm AA Meeting</p> 	<p>27</p> <p>12:15 MAS General Meeting 12:45-2:45 WISE Class 12:45 Hi School Pharmacy OR Real Deals Grocery</p> 	<p>28</p> <p>9 Better Bones & Bal 9am Foot Clinic 10am Walk with Ease 10am Knit & Crochet 12:45 Milk Creek Produce 1pm Bingo 3pm AA Meeting</p> 	
<p>9 Better Bones & Balance 10am Walk with Ease 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline 3pm AA Meeting</p>	<p>31</p> <p>9 Better Bones & Balance 10am Walk with Ease 10am Painting with Pauline 12:45p Shopping at Safeway 1pm Painting with Pauline 3pm AA Meeting</p>				

Center Activities



Date of Event	Bus Leaves Center	Restaurant Location	Activity	Sign up AFTER	Suggested Donation	Additional \$\$ Info
WEDNESDAY 7/12	10:30am	Cracker Barrel Restaurant	Shopping at Walmart	7/7 9am	\$6	Lunch— \$7-\$15
WEDNESDAY 7/19	Morning Route	MACC - Community Breakfast	Walking Group—Ivor Davies Trail	Sign Up Open—Call morning of	\$.75/ea way	Breakfast— Suggested donation \$5
WEDNESDAY 7/19	4pm	Hales Restaurant	N/A	7/14 9am	\$6	Dinner— \$7-\$20
FRIDAY 7/21	10:30am	Salem Art Fair Food Vendors	Salem Art Fair Festival & EZ Orchards	7/14 9am	\$6	Fair Admission: \$5
WEDNESDAY 7/26	Morning Route	MACC - Luau Theme!	Volunteer Appreciation Luau	Call morning of for bus pick up	\$.75/ea way	Wear Your Hawaiian Attire!

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

7/1 Marilyn Love
 7/5 David Semperger
 7/5 Gil Thumberg
 7/9 Douglas Haines
 7/11 Jeff Fawcett
 7/14 Ruth Emanuel
 7/15 Steve Beaver
 7/15 Carolyn Blair



7/16 Marlene Brady
 7/16 Lillian White
 7/20 Linda Westacott
 7/22 Vera Black
 7/24 Howard Heinz
 7/25 Leon Webber
 7/29 Marge Bernard
 7/31 Joyce Curran



*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 are CLOSED Tuesday, July 4th, for Independence Day! We wish you all a happy and beautiful holiday. Watch for the Center bus in the Main Street Parade!



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There will be NO Tai Chi for the month of July as our instructor, Virgil, is off for the month. We will resume back in August!

NEW CLASS! WISE—Wellness Initiative for Senior Education. Are you 60 or older and looking for an opportunity to learn how to stay health and meet new people? The Center is offering a once-a-week class that covers a wide range of topics about the aging process, how to make healthy lifestyle choices, celebrate this stage of life, and discuss risk factors and behavior which affect seniors differently. Come learn simple tools to help you feel more empowered about your health and the healthcare you receive! Classes begin Thursday, July 13th, 12:45–2:45pm, and will run for 6 weeks. Please register by calling the Center at 503–829–4214 as space is limited! There is a suggested donation of \$2/class or \$10 for all 6 weeks (this helps cover the cost of materials).



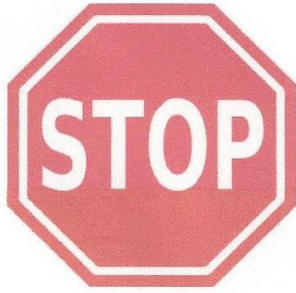
AARP Smart Driver course is coming back to the Center on July 19th! Be sure to check the flyer for all the details, including how you can register. This is a great course that is beneficial to help assist us with safe driving tips, and you may be able to get a discount on your auto insurance!

From the Director's Desk:

We're Adopting!

As some of you have already heard, My Husband Jeff and I are adopting a 10 year old girl by the name of Nina! Our love story with this sweet child has been amazing and beautiful and we're so excited to be chosen and trusted with such a precious girl. I'm telling you this as I believe in full transparency. I want you to know what this means for me as the Director. Most importantly, I have no intention of leaving or stepping away from the Center, you guys are stuck with me, if you'll have me! While I'll most likely be taking some time away this summer I'll still be available by phone, email and will be at the Center as much as possible. We live less than a mile from the Center so I can be here in a matter of minutes if needed. It is so important, just like with infancy, that we take this time to bond as a family. What I love most, is that I have such great peace about taking this time away because of the support and encouragement that we have received! The love that has poured out from the Foothills team, the MAS board and the Center team has been absolutely amazing! I thank you for your prayers as we continue down this path. We are praying that this adoption come to full fruition and that Nina's transition goes as smoothly as possible, that she loves our community and feels a sense of peace and home when she arrives. We pray for acceptance of her in every aspect of our lives. And lastly we pray that she grows to love this Center as much as I do. Who knows, maybe we have a future Director on our hands?

Thank you for your support and love as we journey down this path we're called to,
Cecily & Jeff Rose



**Refresh your driving skills with the
AARP SMART DRIVER COURSE!**

You will learn:

- Defensive driving techniques
- Proven safety strategies
- New traffic laws and rules of the road

Plus, there are no tests to pass. You simply sign up and learn. Upon completion you could receive a multi-year discount on your car

Date(s) & Time(s) >>> Wednesday, July 19, 2017

9:30am –4:00pm w/ a 1/2 hour lunch break*

Location >>> Molalla Adult Community Center

315 Kennel Avenue

Molalla, OR 97038

To Register >>> Call Instructor Connie Morrill

Ph: 503-913-2671

*please bring a sack lunch & your AARP member number

Classroom Course: \$15 for AARP members, \$20 for non-members

For more information visit www.aarp.org/driver





Do you volunteer at the
Molalla Adult Community Center?



We'd like to invite you to our Annual

Volunteer Appreciation Event!

Wednesday, July 26thth 11am-1pm

Luau Luncheon At the Center.

This year's theme: Hawaiian Hula. Come join us in your
best hawaiian attire as we celebrate YOU!



Volunteer/Sponsor/Fundraiser News Page



Our next breakfast will be held on Wednesday, July 19th! 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!

Volunteers! We want to celebrate you! Wednesday, July 26th from 11am-1pm we are holding our annual Hawaiian themed Volunteer Appreciation event! Wear your favorite Hawaiian attire and enjoy our Luau!



We are so excited to announce the success we have had receiving grants in the last month! A special thank you to the Oregon Food Bank for awarding us with \$1,800 to purchase refrigeration for our fresh produce donations! Another shout out to Meals on Wheels America, as they have awarded us \$1,500 toward our pet assistance program. This will allow us to continue reimbursing volunteer drivers when they are delivering pet food to our recipients for their service and companion animals. Each grant is a team effort by your staff, and we do our best to find grants that will help us grow our programs and services!

We have added additional businesses to the list down below, be sure to check it out! New businesses added this month are marked in bold!



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



Don't Wait...HYDRATE!

Krysti Slonaker, Certified Nutritional Therapy Practitioner
Corrective Exercise and Senior Fitness Specialist
Monday, July 10th—during lunch!

What do we look like as water? Did you know you lose water by simply breathing? Do you know that fatigue and arthritis can be symptoms of dehydration? Did you know dehydration affects your balance? Come learn about how we lose water and how much you should actually be drinking, especially during these warm months! Come be a part of Krysti's interactive presentation and learn how you can "*Be safe, Hydrate!*"

Because We Love to See You Smile!
FUN Oral Health Workshop!
Thursday, July 20th at 10:45am



Please join us for an entertaining and fun workshop that centers on connecting oral health with total health and well-being. You'll learn interesting and little known facts about our health in general and ways to reduce and prevent disease, as well as information regarding low-cost dental options for seniors! There will be FREE goodie bags for all participants! Our presenter, Lori Killen Aus has a mobile dental hygiene practice, Oral Health for Life, LLC. Come meet her and have a great time!

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.ADRCoforegon.org

Services are available in any language.

From Your MAS Board

The next "Make and Take" Craft Hour project will be on Tuesday, July 25th at 11am! We are doing a FUN Flamingo planter décor project, one you won't want to miss! They are so cute! There is a suggested donation of \$2, you can leave the donation in a box on craft day!



This beautiful Quilt, size 7' x 8', from our Molalla Quilters will be raffled off at the Volunteer Appreciation Event! Wednesday, July 26th 11am-1pm. You do not need to be present to win. Haven't purchased your raffle tickets? Buy them at the Center. They're \$1/ea of 6 for \$5!



July 13th, 11am-1pm, we will be having a Tupperware Demonstration at the Molalla Adult Community Center. This will be a fundraiser for our Molalla Area Seniors' Board which in turn is for our Molalla Adult Community Center!! Watch for more info on Molalla Adult Community Center Facebook page & for Events on Facebook!!



Celebrating healthy aging and educating older adults

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?

Join us, and bring a friend!

The educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

Where: Molalla Adult Community Center
315 Kennel Ave
Molalla, OR 97038

When: This six week class will be on *Thursdays* beginning *July, 13th*
12:45-2:45

How: Please register by calling the Center at: 503-829-4214, space is limited.
Suggested donation of \$2/ea class or \$10 for all 6 weeks

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!

Lemony Bean Duo

Ingredients

½ c. packed fresh mint leaves

1½ lb. green beans

1½ lb. wax beans

Salt

Pepper

2 tbsp. extra-virgin olive oil

1 lemon



Directions

Heat 7- to 8-quart covered saucepot of water to boiling on high. Meanwhile, finely chop half of mint.

To saucepot, add beans and 1/2 teaspoon salt. Cook 7 to 8 minutes or until just crisp-tender, stirring occasionally. Drain well.

While beans are still warm, in large bowl, toss with oil, chopped mint, 1/2 teaspoon salt, and 1/4 teaspoon freshly ground black pepper. Transfer to large shallow serving bowl. Grate lemon peel directly over beans, then tear remaining mint leaves and scatter over beans.

<http://www.goodhousekeeping.com/food-recipes/a10103/lemony-bean-duo-recipe-ghk0710/>

Sudoku

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

Hard Level

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–May 31st 2017 (2017 YTD FY)

Revenue:	
Congregate Dining	\$5,976.20
Donations	\$4,245.00
MOW	\$10,422.00
Government–Clackamas County	\$15,684.65
Government–State	\$22,581.18
Other	\$3,000.00
Total YTD:	\$61,909.03
Expenses:	
(Reflects direct expenses only)	
Food, MOW, Payroll	\$49,286.33
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 2 inch 3-ring binders, preferably white).

Food of the Month (We are currently looking for canned pineapple, canned pineapple juice, and canned mandarin oranges).

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 5/31/2017:**

\$13,780

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: _____



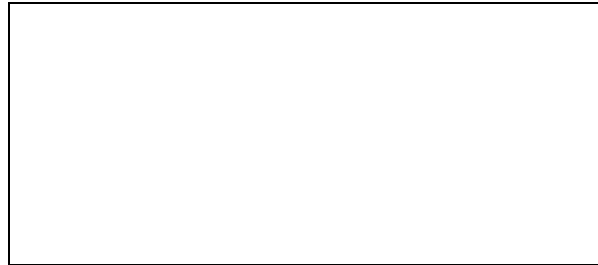
PO Box 797
Molalla, OR 97038

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, July 4th—CLOSED For Independence Day
Monday, July 10th—Don't Wait, Hydrate! Presentation 12pm.
Tuesday, July 11th—Lawyer by appointment 9am.
Wednesday, July 12th—Cracker Barrel & Walmart Outing 10:30am.
Thursday, July 13th—Blood Pressure Clinic with Margaret 11am.
Thursday, July 13th—Trivia with HomeInstead 12pm.
Thursday, July 13th—WISE Class Begins 12:45pm.
Monday, July 17th—MAS Board Meeting 9:30am.
Monday, July 17th—Dennis Stafford! 11:30am.
Tuesday, July 18th—Parkinson's Support Group 10am.
Tuesday, July 18th—Patricia and Rosie! 11:30am.
Wednesday, July 19th—Community Breakfast 9am.
Wednesday, July 19th—AARP Driver Safety Class 9:30am-4pm.
Wednesday, July 19th—Walk With Ease (Ivor Davies Trail) 10am.
Wednesday, July 19th—Hales Restaurant Evening Outing 4pm.
Thursday, July 20th—Oral Health Workshop 10:45am.
Friday, July 21st—Women's Cancer Support Group 1pm.
Friday, July 21st—Salem Art Fair and Festival Outing 10:30am.
Tuesday, July 25th—MAS Craft Hour 11am.
Wednesday, July 26th—Volunteer Appreciation Luau 11am.
Thursday, July 27th—MAS General Meeting 12:15pm.
Friday, July 28th—Foot Clinic 9am.
Friday, July 28th—Birthday Celebration! 12pm.