

The Senior Informer

MOLALLA ADULT COMMUNITY CENTER

Address: 315 Kennel Ave.

PO Box 797, Molalla, OR 97038

Hours: Monday-Friday: 9am-4pm

October 2018

Director's Message



Dear Members!

Happy October to you. For the Center this means it's the month of Mo's Clam Chowder Sales! We love how wonderful Mo's is to work with and we adore that this tradition is such a hit in our community! Please reach out to a staff member if you're looking to purchase yours! We end sales on Tuesday the 16th and the chowder will be yours to pick up by Thursday the 25th!

Join us for our annual Halloween Harvest Party on Tuesday, October 30th. We will have prizes for best costume, we'll host our annual Cake Walk and we'll have a "spook"tacular good time!

See you at the Center!

Cecily,

Director



Now Selling Chowder!

Molalla Area Seniors Meetings

Executive Board Monday
October 15th—9:30am

General Meeting Thursday
October 25th—12:15pm

Center Staff

Cecily Rose,
Director
Shirley Wood,
Nutrition Manager
Julie Effinger,
Client Service
**Amanda St. Clair-
Estrada,**
Financial Manager
Dan Taylor,
Transportation Manager
Duane D., & Bob C.
Drivers

Volunteers
Reception

Molalla Area Seniors Executive Board

Wanda James
President
Gordon Kundert
Vice President
Pat Torsen
Treasurer
Sandy Kundert
Secretary

Lorraine Peters
Teri Stevenson
Glenn Linder
Claudia Linder
Vera Black
Jojie Chapman
Board Members

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 paid to
MACC.

Tai Chi—Tues and Thurs at 9:00! \$2
suggested donation paid to MACC.

Senior REFIT®—Instructor Tina
leads REFIT® on Tues & Thurs 1pm!
Donations paid to instructor.

Walk with Ease—Please stand by, the
next series is TBD.

CRAFTS/ART

Quilting— Every Tues at 9am.
Learn to Quilt or show off your skills!

Painting with Pauline—Resumes in
Fall dates still TBD.

Knit & Crochet— Every Fri, 10am.

MAS Craft Hour— 4th Tues, 11am,
different craft each month! Donations
appreciated.

HEALTH AND WELLNESS

Blood Pressure Clinic— 1st Tuesday
10:30am-12:30pm with Renee. OR
11am -1pm with Margaret (Check the
calendar for the date)

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

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

Birthday Celebration—The last
Friday of every month! Join us for
lunch and special treats.

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

**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

Presentations—Scheduled
monthly covering a varying topics!
See details inside the newsletter.

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. Call Julie at the
Center to register or schedule your ride.

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 have many volunteer needs
and options! Stop by the Center and speak with
Cecily or an available team member. Or call
503-829-4214.



Mon	Tue	Wed	Thu	Fri
<p><i>Servers: Assembly of God</i> Macaroni & Cheese Zucchini w/ Red Peppers Spinach Romaine Salad Potato Wheat Roll Cherry Whip</p>	<p><i>Servers: The Girls</i> BBQ Chicken Garlic Whipped Potatoes Red Cabbage & Apples Rye Bread German Choc. Cake</p>	<p>Kentucky Fried Chicken & Walmart in Woodburn outing</p>	<p><i>Servers: St. James Church</i> Western Goulash Lima Beans Garden Vegetable Salad Onion Roll Chocolate Chip Bar</p>	<p><i>Servers: Meadowbrook Church</i> 5 White Bean Chili w/ Chk Broccoli Romaine Salad French Roll Lime Gelatin/Whipped Topping</p>
<p><i>Servers: The Girls</i> 8 Swedish Meatballs Garlic Mashed Potatoes Cabbage & Carrots Hermit Bar</p>	<p><i>Servers: The Girls</i> 9 Kielbasa Sausage Sauerkraut Bun Baked Beans Mixed Vegetables Applesauce</p>	<p>Hometown Buffet & St. Vincent de Paul in Salem outing</p>	<p><i>Servers: The Girls</i> 11 Roast Pork Pork Gravy Whipped Potatoes Oregon Bean Medley Multigrain Roll</p>	<p><i>Servers: The LDS Church</i> 12 Lemon Herb Chicken Lyonnaise Potatoes Broccoli Oat Bran bread Peanut Butter Bar</p>
<p><i>Servers: Marquam Methodist</i> 15 Pork Sausage Gravy Mixed Vegetables Romaine Iceberg Salad Biscuit Golden Fruit Cup</p>	<p><i>Servers: The Nazarene Church</i> 16 MOW: Spin/Rom Salad Split Pea Soup Congregate: Tuna Noodle Cass.</p>	<p>Burger Hut and Quilt Show outing</p>	<p><i>Servers: Seventh Day Adventist</i> 18 Ground Beef and Pasta Herbed Carrots Spinach Romaine Salad Garlic Roll Vanilla Pudding</p>	<p><i>Servers: RPA</i> 19 Swiss Style Patty Delmonico Potatoes Green Beans Herb Roll Strawberry Ice Cream Cup</p>
<p><i>Servers: The Girls</i> 22 Chicken Chop Suey Brown Rice Green Peas Spinach Romaine Salad Seven Grain Roll Fresh Orange</p>	<p><i>Servers: Malalla Christian</i> 23 Braised Beef Tips Whipped Potatoes Country Trio Vegetables Sunflower Seed Roll Applesauce Gingerbread</p>	<p>Shari's, Bauman's Farm & Dollar General outing</p>	<p><i>Servers: Men of St. James</i> 25 DC Pork & Penne Pasta Country Trio Vegetables Spinach Romaine Salad Butterscotch Bar</p>	<p><i>Servers: Foothills</i> 26 Chicken Pomodoro Capri Blend Vegetables Tossed Salad Rye Bread Seasonal Fresh Fruit</p>
<p><i>Servers: The Girls</i> 29 Stuppy Joe on Bun Green Beans Zucchini w/ Peppers Bread Pudding w/ Raisins</p>	<p><i>Servers: The Girls</i> 30 Lima Beans & Ham Herbed Carrots Broccoli Cornmeal Roll Cherry Whip</p>	<p>31 </p>	<p>*Menu subject to change</p>	<p></p>

Special Outings and Events!

Wed, October 3rd– Kentucky Fried Chicken & Woodburn Walmart

Bus leaves Center: 10:30am

Join us for a trip into Woodburn where you can browse the aisles of Walmart and find treasures at reasonable prices. We will have lunch at Kentucky Fried Chicken, home of the Original Recipe!



Wednesday, October 10th- Hometown Buffet & St. Vincent de Paul Thrift Store

Bus leaves Center: 10:30am

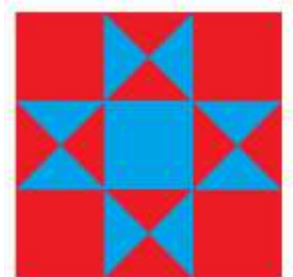
We've been getting loads of requests for this adventure! Join us for an all you can eat Buffett at Hometown. We will also be visiting St Vincent de Paul Thrift Store, a crowd favorite because of their variety and great prices.



Wednesday, October 17th– Burger Hut and Quilt Show– Seeing Stars

Bus leaves Center: 10:30am

The Annual Aurora Colony Quilt Show is ready for us! Join us as we peruse the buildings filled with beautiful quilts at the **Old Aurora Colony**. The theme is "Seeing Stars." We will be stopping for lunch at the Burger Hut in Hubbard, a famous burger joint known for their great reviews!



Wednesday, October 24th– **Shari's, Bauman's Farm & Dollar General**

Bus leaves Center: 10:30am

Whether you love breakfast, lunch or dinner foods, Shari's has something for you on their menu. We will dine in Woodburn before heading to Bauman's Farm for a harvest celebration, and then stop at the Dollar General in Gervais for a quick and inexpensive shopping spree.




shop-



*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>1 9 Better Bones & Balance 12:45p Shopping at Safeway 3pm AA Meeting</p>	<p>2 9am Tai Chi 9:30am Quilting 10am BP clinic w/ Renee 11:30 Fiddlesticks! 12:45pm Bimart 1pm Senior REFIT®</p>	<p>3 9am Better Bones & Balance 3pm AA meeting Kentucky Fried Chicken & Walmart in Woodburn</p>	<p>4 9am Tai Chi 12:45 Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®</p>	<p>5 9 Better Bones & Balance 10am Knit & Crochet 12:45 Milk Creek Produce 1pm Bingo 3pm AA Meeting</p>
<p>8 9 Better Bones & Balance 12:45p Shopping at Safeway 3pm AA Meeting</p>	<p>9 9am Lawyer by apt. 9am Tai Chi 9:30am Quilting 12:45pm Bimart 1pm Senior REFIT®</p>	<p>10 9 Better Bones & Balance 9am Foot Clinic, by appt 3pm AA Meeting Hometown Buffet & St. Vincent de Paul thrift store</p>	<p>11 9am Tai Chi 12:45 Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®</p>	<p>12 9 Better Bones & Balance 10am Knit & Crochet 12:45 Milk Creek Produce 1pm Bingo 3pm AA Meeting</p>
<p>15 9 Better Bones & Balance 9:30 MAS Board Meeting 11am Music—Dennis Stafford 12:45p Shopping at Safeway 3pm AA Meeting</p>	<p>16 9:am Tai Chi 9:30am Quilting 12:45pm Bimart 1pm Senior REFIT®</p>	<p>17 9am Better Bones & Balance 3pm AA Meeting Burger Hut & Quilt Show</p>	<p>18 9am Tai Chi 11 BP Clinic w/ Margaret 11am SHIBA Presentation 12:45 Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®</p>	<p>19 9 Better Bones & Balance 10am Knit & Crochet 12:45 Milk Creek Produce 1 Women's Cancer Spt Grp 1pm Bingo 3pm AA Meeting</p>
<p>22 9 Better Bones & Balance 12:45p Shopping at Safeway 3pm AA Meeting</p>	<p>23 9am Tai Chi 9:30am Quilting 10-12 Parkinson's Spt Group 11am MAS Craft Hour 12:45pm Bimart 1pm Senior REFIT®</p>	<p>24 9 Better Bones & Balance 9am Foot Clinic, by appt. 3pm AA Meeting Shari's, Bauman's Farm & Dollar General</p>	<p>25 9am Tai Chi 10am Care Oregon Pres. 12:15 MAS Gen. Meeting 12:45 Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®</p>	<p>26 9 Better Bones & Balance 10am Knit & Crochet 12:45 Milk Creek Produce 1pm Bingo 3pm AA Meeting</p>
<p>29 9 Better Bones & Balance 12:45p Shopping at Safeway 3pm AA Meeting</p>	<p>30 9am Tai Chi 9:30am Quilting 12:00pm Halloween Party! 12:45pm Bimart 1pm Senior REFIT®</p>	<p>31 9am Better Bones & Balance 3pm AA Meeting </p>		

Center Activities

Date of Event	Bus Leaves Center	Restaurant Location	Activity	Sign up AFTER	Suggested Donation	Additional \$\$ Info
WEDNESDAY 10/3	10:30am	Kentucky Fried Chicken	Walmart in Woodburn	9/28 9am	\$6	Lunch \$ Varies
WEDNESDAY 10/10	10:30am	Hometown Buffet- Salem	St. Vincent de Paul Thrift Store	10/5 9am	\$6	Senior Buffet \$8.99
WEDNESDAY 10/17	10:30	Burger Hut in Hubbard	Quilt Show- Seeing Stars	10/12 9am	\$6	\$5 entrance to the quilt show Lunch \$ Varies
WEDNESDAY 10/24	10:30am	Shari's in Woodburn	Bauman's Farm & Dollar General	10/19 9am	\$6	Lunch \$ Varies
TUESDAY 10/30	12:00pm	Halloween Party!	MACC	No sign up needed	Standard Sugg. Donation	Standard Sugg. Donation



BIRTHDAYS THIS MONTH

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

Betty Swartout 10/1

Verna Robinson 10/11

Carole Black 10/22

Esther Brady 10/4

Patricia Hines 10/13

Valerie Neet 10/25

Jimielee Smith 10/5

Joan Bring 10/14

Mary Ann Smart 10/28

Margaret Penner 10/8

Sandy Metheany 10/14

Lorraine Peters 10/9

Claudia Linder 10/20

Bonnie George 10/10

Rick Prather 10/21

Alice Murrell 10/11

Carma Puffer 10/21



*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!

MAS Member Highlight

Patricia (Patty) Corona was born in 1945, the 4th of five children, whose father was an engineer teaching in the college of Agriculture in Mexico City; their mother from a long-line of dentists. Education was very important for all of the children as well as opportunities to engage in the arts; piano lessons, ballet, and other cultural events. All of her siblings graduated from college becoming architects, teachers and a book-keeper. Patty's dream was to become a kindergarten teacher.

It just so happened that upon school completion, Patty's private institution opened their classrooms to children who could not afford schooling..... Learning catechism. Patty was selected to be their instructor and she was barely out of grammar school. Her appreciation for people of all walks of life fueled her ability to teach old and young with an Irish Nun over-seeing them. "They were all so respectful and eager to learn catechism for their first communion, day after day, it was a delightful experience for me," stated Patty.

After celebrating her Quinceanera in the lovely, traditional fashion, Patty was sent to California for the Summer. There she would live in homes teaching catechism to children of all ages. She continued growing and appreciating people on this basis for the next three years.

Immediately upon graduations from high school, she was enrolled in college in Switzerland. There she first learned the history, then visited the country she had studied preciously. England, France, Holland, Spain, Germany, and Italy were the countries with which she became acquainted getting a little of the culture, language, and cuisine.

After graduating from college, Patty had the good fortune of the 1968 Olympics occurring in Mexico City. She was in the right place at the right time to receive one year of nightly training to become an Olympic Guide. It was here she met her future husband who was finishing his studies to become an attorney. After the Olympics culminated, they began to date: He living in the Southern part of Mexico City and she in the North. Two years later, they were married then blessed with a son and daughter.

As time went by, they became involved with Jensen Electronics, a company where diamond and sapphire needles enhanced the sound quality playing the old black phonograph records. Here, again, Patty's past training and life experiences were tremendously helpful as their company sent them around the world doing demonstrations and shown in countries where Patty had formerly traveled.

While their son remained in Mexico City, their daughter came to Portland, Oregon in 1999. Patty would travel back and forth 3-4 times a year until in 2014 when her husband suddenly died from a heart attack. "Since then, I have come near death five times. Serious hepatitis, auto accidents, growths in her abdominals, and a bacterial growth in her neck. Each prognosis gave me little chance of survival but God is looking after me!" quotes Patty in her gracious, and positively contagious manner.

As fate would have it Patty started attending the Molalla Adult Community Center as a participant in activities and recreational outings. Shortly after becoming a member of the Center, she met Gene who would then become her husband. The two can be seen frequently at the Center or coming too and from holding hands and looking very much in love.

- C. Puffer



**MOLALLA ADULT
COMMUNITY CENTER
315 KENNEL AVE.
MOLALLA
503-829-4214**

Holiday Bazaar!

Free Admission for
customers

**Saturday
November 10th 2018
9am to 3pm**

\$20 per Table
For Vendors

**Gifts
Baked Goods
Crafts
Jewelry
Trinkets**



**Food
Fashion
Art
Décor
Unique items**

**Come for Lunch!
Options galore for JUST \$6**

Proceeds benefit
The Molalla Adult Center

Volunteer/Sponsor/Fundraiser News Page

A GIANT thank you to our Center quilters who continue to provide great funding for MAS and the Center through their donations that come as a result of their efforts. The gorgeous quilt they've recently completed will be raffled off at the Holiday Bazaar.



We completed our walk-a-Thon and our **RESULTS WEREN'T TALLIED IN TIME FOR PRINTING, BUT YOU'LL SEE** them next month! Thank you to All who participated!

We're selling Mo's Clam Chowder! Now through Tuesday, Oct 16th you can order with your Center Staff and it will be delivered to the Center on Wednesday, October 24th.



Save the date! We're hosting our annual holiday bazaar on Saturday, November 10th and we want you here! Vendor tables are open and they're selling fast! Come by the Center now if you're wanting a table to sell your items.

A special "Thank You" to our 2017/18 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
Clarks Grange
D&M Pump and Heating LLC
Dentist Off Main
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
NW Fitness & Strength
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
VFW Auxiliary
Vital Services, LLC
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

SHIBA Medicare OEP/101 Thursday, Oct. 18th



Join us Thursday, October 18th from 11am to 12pm for a SHIBA presentation. Trained SHIBA volunteer counselors help older adults and persons with disabilities understand their health insurance benefits. Volunteers provide unbiased support by phone, in person, online and through a variety of public events, presentations and application clinics. These sessions provide individuals with increased knowledge of benefit options, billing issues, and appeals.

SHIBA helps: Residents over the age of 65 and people with disabilities (ages of 18-64) understand their health insurance benefits and options

Individual Counseling enrollment appointments can be made by calling 503-655-829 and will be available by appointment following the presen-

Care Oregon Presentation Thursday, Oct. 25th 10am

Do you have Medicare and Medicaid? Do you have a current plan that works for you and covers your doctor, hospital and Rx needs? Have you heard about Care Oregon Coverage and how their coverage could affect you? Steve Richards will be here on Thursday, October 25th from 10am until Noon to share the upcoming Care Oregon benefits and coverage. He will meet you individually to see if Care Oregon is for you. Please Call Julie if you need more information prior to this presentation. 503-829-4214



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.

MetroHomeShare:(971)271-5195 metrohomeshare@emoregon.org metrohomeshare.org

Around the Community

Resource Center at Foothills

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.

SOUP KITCHEN

111 Mathias Rd (at the Y)

Facebook: Molalla United Methodist Church

Hours of operation: Every Tuesday from 4-6pm

The Soup Kitchen is a Bowl of Love established for the purpose of providing a nutritious meal at no charge to those who desire or need. cook, serve, wash dishes, and clean tables.



Senior Loneliness Line

Supporting seniors in our community who are feeling lonely and having difficulty connecting

503-200-1633

1-800-282-7035



Laundry Love

Most Tuesday's 5:30-7:30pm

Where Laundry can be done for no cost to you.

Humdrum Laundry 1515 W Main St. Molalla

Grief Support Group

GriefShare is a weekly support group offering help and encouragement after the death of a spouse, child, family member or friend. Each week there is a DVD covering a topic of grief, followed by discussion and support. Each week is self contained, so anyone can join in at any time.

Mondays, 6:30pm-8:30pm

Molalla Adult Community Center (315 Kennel Ave)

Contact Karin Watts

503-866-6573

karinsw@colton.com

Cost is \$20 for materials

Tri-met passes available at Molalla Christian Church

If you need Tri-met passes, 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



Molalla HOMESAFE Program

A program to aide the Safety of those living in Molalla with memory loss. Contact the Center for more details or to complete enrollment.

503-829-4214

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 Shop on Amazon?

Help support Molalla Area Seniors, Inc. A percentage of each purchase can go to MAS!

Go to:

www.amazonsmile.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!

Cracker Barrel-Inspired Broccoli Cheddar Chicken

Ingredients

- 4 Boneless skinless chicken breasts
- Kosher salt
- Freshly ground black pepper
- 1 c. whole milk
- 1 can cheddar cheese soup
- 1/2 tsp. paprika
- 1 c. shredded sharp cheddar
- 1 bag broccoli florets (10oz)
- 1 c. RITZ crackers, crushed and divided

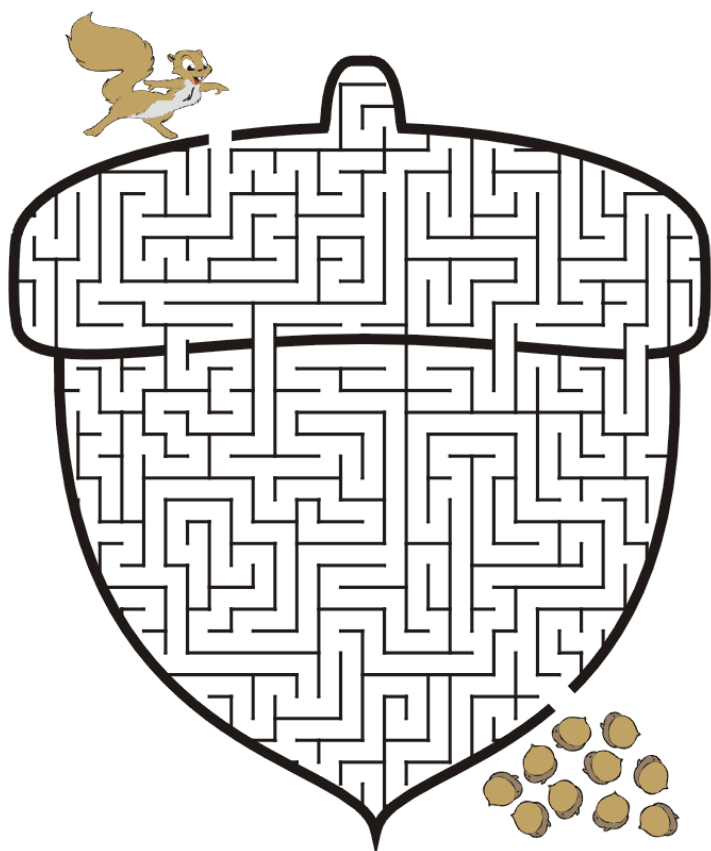


Directions

Preheat oven to 350 degrees. Pat each chicken breast dry using paper towels. Lightly season both sides of the chicken with salt and pepper, and place in an oven –safe casserole dish. In a large mixing bowl, combine milk, soup, paprika, and cheese, then fold in broccoli and 1/2 cup of crackers. Pour over chicken, covering entirely. Top with remaining crackers and bake for 45-47 minutes, or until chicken is fully cooked and no longer pink in the center. Serve Hot.

[Recipe from delish.com](http://delish.com)

Help the squirrel through the maze to find its acorns



Maintain Your Brain: Other Simple Strategies

Don't be isolated. Get involved in groups or social organizations.

Participate in regular physical activities. Walk, ride a bicycle, dance, do aerobic exercises.

Learn something new. Take a class in something that interests you, read and write every day, learn a second language, learn sign language.

Play brain games! Play board games, crossword puzzles or challenging word and number games.

Stimulate the senses: travel, learn to relax with music, meditate, do yoga or tai chi, etc.

Feed the brain wisely. Eat healthy foods like salmon, walnuts, fruits and veggies. Decrease your intake of processed food and fast foods.

Get enough sleep. A well-rested brain is a healthy brain.

This info brought to you by: www.toyourhealth.com

Nutrition Program Update:
July 1st 2018–August 31st 2018 (2018 YTD FY)

Revenue:	
Congregate Dining	\$938.69
Donations	\$1253.63
MOW	\$1459.00
Government–Clackamas County	\$1946.10
Government–State	\$7126.38
Other	\$0
Total YTD:	\$12,723.80
Expenses:	
Direct Nutrition Expenses:	\$11,152.15
In-Direct Expenses:	\$7844.73
Direct Nutrition 17/18 Budget:	\$66,000
Thank You!	

wish list

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 postage stamps, copy paper, gallon zip lock bags.

Food of the Month Canned Vegetables, canned fruit, elbow macaroni pasta.

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



2018/2019 Annual Appeal as of
8/31/2018:
\$12,450

Direct Expenses: Food/Supplies, MOW, and Payroll.

In-Direct Expenses: Utilities, Transportation, Administrative Costs.

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: _____

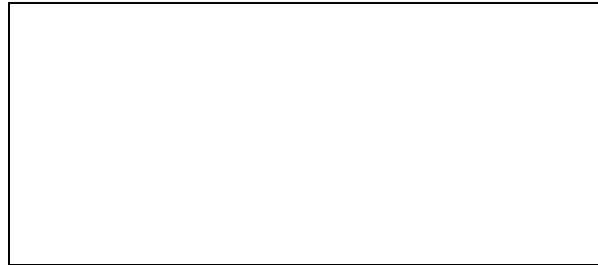
Amount \$ _____ Donation: In Honor of: _____

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DUES ARE OWED ON THE DATE LISTED ABOVE. PLEASE MAKE OUT ALL CHECKS for dues TO **MOLALLA AREA SENIORS**.

Upcoming Events ~

Tuesday, Oct 2nd—Blood Pressure Clinic with Renee 10:30am
Tuesday, Oct 2nd—Music by the Fiddlesticks! 11am
Wednesday, Oct 3rd—Kentucky Fried Chicken & Walmart Outing 10:30am
Tuesday, Oct 9th—Lawyer, by appt only 9am-12pm
Wednesday, Oct 10th—Foot Clinic, by appointment
Wednesday, Oct 10th—Hometown Buffet & St Vincent Thrift Store Outing 10:30
Monday, Oct 15th MAS Board Meeting 9:30am
Monday, Oct 15th Music by Dennis Stafford! 11am
Wednesday, Oct 17th—Burger Hut & Quilt Outing 10:30am
Thursday, Oct 18th—Blood Pressure Clinic with Margaret 11am
Thursday, Oct 18th—SHIBA Presentation 11am (individual apts to follow)
Tuesday, Oct 23rd—**Parkinson's Support Group 10am**
Tuesday, Oct 23rd—MAS Craft Hour 11am
Wednesday, Oct 24th—Foot Clinic by appointment
Wednesday, Oct 24th—**Shari's, Bauman's Farm, & \$ General Outing 10:30am**
Thursday, Oct 25th—Care Oregon Presentation 10am
Thursday, Oct 25th—MAS General Meeting 12:15pm
Tuesday, Oct 30th—Halloween Cake Walk & Costume Party! 12pm