The Senior Informer

MOLALLA ADULT COMMUNITY CENTER

Address: 315 Kennel Ave.
PO Box 797, Molalla, OR 97038
Hours: Monday-Friday: 9am-4pm

November 2018

Director's Message

Dear Members,

Happy Thanksgiving! I always look forward to this Director's note most! We are thankful to be a part of this amazing thing called the Center, and we are so thankful for you! We help an average of 1,500 recipients each year and all of them are so very important to us. The numerous stories of love, grace, compassion, and beauty that I get to witness each day at the Center blesses me beyond measure. I adore that this Center continues to be a place where people feel at home. Where they feel safe and warm and welcome. A place where you can hear music, laughter, and all things of joy. As we've settled into Fall and prepare for Winter, we are noticing higher traffic at the Center and we encourage it! We'll be sure to always have the coffee brewing and snacks galore! We're still in the midst of a busy fundraising season. We transition our sales from Chowder to Willamette Valley Pie Company Pies! Join us for our Holiday Bazaar on Saturday, November 10th. It is one of our most attended events and it's a community-wide favorite! Wishing you a beautiful Thanksgiving! May you know just how thankful we are for you!

Cecily,
Director

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

Molalla Area Seniors Meetings

Executive Board Monday
November 19th—9:30am

General Meeting Thursday
November 29th—12:15pm

Center Activities

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: Safeway

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

SPECIAL INTERESTS

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
			Servers: St. James Church ***1*** Beef Patty Onion & Pepper Gravy Whipped Potatoes Green Peas Red Devil Beet cake	***Servers: Meadowbrook Church*** ***2*** Orange Glazed Chicken Brown Rice Broccoli Tossed salad Baked Pumpkin custard
Servers: Assembly of God ***5*** **MOW:** Santa Fe Chicken Salad Spinach Romaine Salad Lentil Soup Potato Wheat Roll Golden Fruit Cup **Congregate: Tuna Noodle Cass**	***Servers: The Girls*** ***6*** Braised Beef Tips Whipped Potatoes Mixed Vegetables Seven Grain Rolls Chocolate Ice Cream Cup	***7*** **Denny's Restaurant** **Country Christmas Bazaar**	***Servers: Grace Lutheran*** ***8*** Meatloaf Sandwich 1/2 Whole Wheat Bread Corn Chowder Pickled Beets Mandarin Oranges	***Servers: The LDS Church*** ***9*** Breaded Baked fish Lyonnaise Potatoes Broccoli Tossed Salad Apple Rhubarb crisp
Servers: The Girls ***12*** Grilled Cheese Sandwiches Tomato Soup Tossed Green Salad Cake	***Servers: The Girls*** ***13*** Garlic Chicken Colcannon Potatoes Glazed Carrots Tossed salad Peanut ButterBar	***14*** **Six Corner's Café** **T'was the Daze Before Christmas** **At The Northwest Senior Theater**	***Servers: Seventh Day Adventist*** ***15*** Spaghetti with Meat Sauce Green Beans Marinated Broccoli Salad Spiced Applesauce Garlic Roll	***Servers: RPA*** ***16*** Shoyu Chicken Garden Veget Rice Broccoli Romaine Iceberg Salad Fresh Orange
Servers: Marquam Methodist ***19*** Macaroni & Cheese Herbed Carrots Tossed Salad Lime Whip	***Servers: Nazarene Church*** ***20*** Chicken & Penne Pasta Spinach Romaine Salad Whole Wheat Roll Lemon Blondie	***Servers: Men of St James*** ***21*** Roast Turkey Potatoes & Poultry Gravy Mixed Vegetables Bread Dressing & Gravy Cranberry Sauce Baked Pumpkin Custard **Olive Garden/Bridgeport Village**	***22*** 	***23***
Servers: The Girls ***26*** Turkey Apple Meatballs w/ Apple Berry Sauce Delmonico Potatoes Green Beans Oatmeal Bread Pineapple Tidbits	***Servers: Molalla Christian*** ***27*** Baked ham Orange Glaze Whipped Sweeet Potatoes Green Peas & Onions Whole Wheat Rolls Pumpkin Bar	***28*** **Albertina's Place & Shop And Winco O.C.**	***Servers: The Girls*** ***29*** Chicken Tetrazzini Green Peas Spinach Romaine Salad Spiced Peaches *Menu subject to change	***Servers: The Girls*** ***30*** Baked beef Rigatoni Country Trio Vegetables Broccoli Raisin Salad Herb Roll Banana Pudding

Special Outings and Events!

Wed, November 7th– Denny's & Country Christmas Bazaar

Bus leaves Center: 10:30am Sign up: Friday, 11/2

Join us for a meal at Denny's in Canby. Whether you want hot cocoa and some breakfast or a warm lunch, Denny's has something on their menu for everyone. Then we are off to experience the warmth and charm of the Country Christmas Bazaar at the Clackamas County Fairgrounds.

Wednesday, November 14th– Six Corner's Café & The Northwest Senior Theater, T'was the Daze Before Christmas

Bus leaves Center: 11:00am Sign up: Friday, 11/9

The Northwest Senior Theater is a group of talented performers who sing, dance, act, and perform music and enjoy entertaining their audiences.

Wednesday, November 21st– Olive Garden & Bridgeport Village Shopping

Bus leaves Center: 10:30am Sign up: Friday, 11/16

Please join us on a hunt for cold weather comfort foods at the Olive Garden in Lake Oswego. After lunch we will be shopping at Bridgeport Village where you can find the Container Store, Whole Foods, The Apple Store, Bed, Bath, and Beyond, and many more stores.

Wednesday, November 28th– Albertina's Place & Winco in Oregon City

Bus leaves Center: 10:30am Sign up: Tuesday, 11/20

Whether you want a 3 course meal, or to buy an entrée, Albertina's Place has a great menu the includes gluten free and vegetarian options. Most meals are $11-$14 and drinks are $3. Alberta's Place is the place to look for both vintage and fine jewelry, designer handbags, scarves, greeting cards, furniture, and home décor. We will finish up with a stop at Winco in Oregon City for anything you may want.

***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**

Mon	Tue	Wed	Thu	Fri
			1 9am Tai Chi 12:45 Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®	2 9 Better Bones & Balance 10am Knit & Crochet 12:45 Safeway 1pm Bingo 3pm AA Meeting
5 9 Better Bones & Balance 12:45p Shopping at Safeway 3pm AA Meeting	6 9am Tai Chi 9:30am Quilting 12:45pm Bimart 1pm Senior REFIT®	7 9 Better Bones & Balance 3pm AA Meeting Denny's & Country Christmas Bazaar	8 9am Tai Chi 12:45 Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®	9 9 Better Bones & Balance 10am Knit & Crochet 12:45 Safeway 1pm Bingo 3pm AA Meeting
12 9 Better Bones & Balance 9:30 MAS Board Meeting 12:45p Shopping at Safeway 3pm AA Meeting	13 9:am Tai Chi 9am Lawyer by apt. 9:30am Quilting 12:45pm Bimart 1pm Senior REFIT®	14 9am Better Bones & Balance 9am Foot Clinic by apt. 3pm AA Meeting Six Corner's Café & Northwest Senior Theater	15 9am Tai Chi 11am Author presentation 11 BP Clinic w/ Margaret 12:45 Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®	9 Better Bones & Balance 16 10am Knit & Crochet 12 lunch and learn blood sug. 12:45 Safeway 1 Women's Cancer Spt Grp 1pm Bingo 3pm AA Meeting
19 9 Better Bones & Balance 11am Music– Dennis Stafford 12:45p Shopping at Safeway 3pm AA Meeting	20 9am Tai Chi 9:30am Quilting 10-12 Parkinson's Spt Group 12:45pm Bimart 1pm Senior REFIT®	21 9 Better Bones & Balance 12pm Thanksgiving Meal 3pm AA Meeting Olive Garden & Bridgeport Village Outing	22 	23
26 9 Better Bones & Balance 12:45p Shopping at Safeway 3pm AA Meeting	27 9am Tai Chi 9:30am Quilting 12:00pm Halloween Party! 11am MAS Craft Hour 12:45pm Bimart 1pm Senior REFIT®	28 9am Better Bones & Balance 3pm AA Meeting Albertina's Place & Winco	29 9am Tai Chi 12:45 Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®	30 9 Better Bones & Balance 10am Knit & Crochet 12:45 Safeway 1pm Bingo 3pm AA Meeting

Date of Event	Bus Leaves Center	Restaurant Location	Activity	Sign up AFTER	Suggested Donation	Additional $$ Info
WEDNESDAY 11/7	10:30am	Denny's in Canby	Country Christmas Bazaar	11/2 @ 9am	$6	Lunch $ Varies
WEDNESDAY 11/14	11:00am	Six Corner's Café	The Northwest Senior Theater	11/9 @ 9am	$6	$5 per person at the door for theatre
WEDNESDAY 11/21	10:30am	Olive Garden	Bridgeport Village	11/16 @ 9am	$6	Lunch $ Varies
WEDNESDAY 11/28	10:30am	Albertina's Place	Winco in OC	11/20 @9am	$6	Lunch $ Varies
WEDNESDAY 11/21	12:00pm	@ the Center	Thanksgiving Meal	No sign up needed!	$3/$5 donation	Call for bus rides as usual

BIRTHDAYS THIS MONTH

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

Vicki Appleman	*11/1*	*Betty Young*	*11/11*	*Cora Bennett*	*11/22*
Linda Burke	*11/1*	*Patricia Torsen*	*11/12*	*Larry Wrolstad*	*11/25*
James Hutton	*11/1*	*Joyce Koffler*	*11/13*	*Barbara Dumler*	*11/30*
Lynn Large	*11/6*	*Sylvia Slead*	*11/13*		
W. Cumbie	*11/7*	*Norma VanVorst*	*11/14*		
Helen Teague	*11/10*	*Mary Jo Mackie*	*11/15*		
Judy Reinolds	*11/11*	*Jane DeFabio*			

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	Food
Baked Goods	Fashion
Crafts	Art
Jewelry	Décor
Trinkets	Unique items

Come for Lunch!
Options galore for JUST $6

Proceeds benefit
The Molalla Adult Center

Volunteer/Sponsor/Fundraiser News Page

Together we sold a total of 110 quarts of Mo's Clam Chowder! That's $550 raised for the Center! Thanks to all who purchased and sold Chowder, our results come from great unity and we thank you!

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.

Our Walk-a-thon totals are in and our walkers raised $2,256.57! What a feat you accomplished with your feet! Remaining tee-shirts are available for $6 each. Please ask about sizes if you're wanting one!

The Center is selling Willamette Valley Pie Company Pies! Sales will take place November 1st—19th and will be delivered the first week of December! These pies are delicious and will cover ALL of your Christmas Needs!

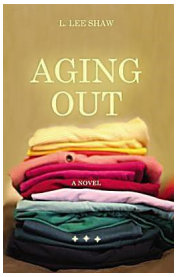
A special "Thank You" to our 2017/18 sponsors and **all** our sponsors throughout the years...

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
Clarkes 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.

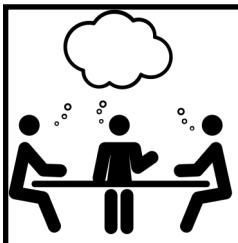
Thank You!

Presentations/Classes

Join us Thursday, November 15th at 11am for a great book showing and presentation from local author, Lee Shaw.



A troubled trio, each seventeen years old, is assigned to work at a geriatric care center. There they meet another group teetering on an uncertain future. Can young and old reach across the generational gap to pull each other to safety?



Managing Your Diabetes Thursdays, November 1st and 8th. 1-2pm.

A Conversation Map education session is designed to help you discover what you want and need to know about managing your diabetes or that of a loved one. Join our conversation!

Navigating the Holidays with your blood sugar. Lunch and learn with Krysti Slonaker Friday, 11/16/18 12pm

Join us for a great lunch and learn to help you tackle the holidays in confidence! Navigating the Holidays with your blood sugar will be a great presentation for those that are diabetic, pre-diabetic, or simply wanting to make healthy choices. Krysti Slonaker will be here **Friday, November 16th 2018 at 12 pm** to share her wealth of knowledge. No need for an RSVP, just show up hungry!

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.

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

Now Selling Pies and Cobblers!

Speak with a staff member between now and the 19th to place your order!

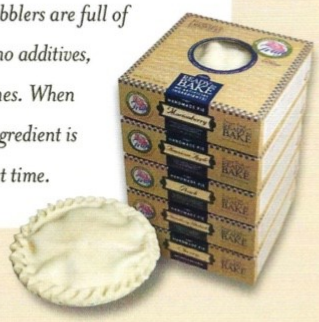
READY to BAKE
pies and cobblers

WE DON'T MAKE JUST ANY PIE OR COBBLER—we assemble each treat by hand using only the best ingredients to be found, including berries grown right here in the Willamette Valley. Plus, you'll find they're super easy to prepare—just bake, cool and enjoy.

LARGE PIES *unbaked*

Our pie-making fiends don't believe in fillers or ingredients you can't pronounce—just real dough, real fruit, real sugar...the best all-natural ingredients from top to bottom. Our pie crusts are made from scratch, filled with fresh fruit, hand-shaped and sealed to perfection. Placed directly in the freezer upon completion, these pies are as good as they get.

All of our pies and cobblers are full of all-natural fruit with no additives, preservatives or starches. When you bake one, every ingredient is cooked for the first time.



COBBLERS *unbaked*

Our cobbler recipe combines our freshly frozen fruits with a layer of traditional cake batter. The batter is generously spread over the bottom of the pan, then covered with our flavorful fruit and topped with a layer of delicious crumbles. This treat is available in both large and small sizes. Fresh out of the oven, these cobblers are the best you'll find!

Because every bite of pie and cobbler is packed with fruit, you'll enjoy bursts of flavor—and some health benefits too! In fact, Oregon Marionberries top the antioxidant charts, helping fight cancer, heart disease and circulatory diseases.

WILLAMETTE VALLEY Pie Co

1651 Eska Way
Silverton, OR 97381

503.873.PIES
info@wvpie.com
www.wvpie.com

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.

Senior Loneliness Line

Supporting seniors in our community who are feeling lonely and having difficulty connecting
503-200-1633

1-800-282-7035

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

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.

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.

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

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

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!

Pumpkin & Carrot Soup

Ingredients

Pumpkin, Peeled and seeded
Coriander seeds
Ground cinnamon
Dried red chillies
Olive Oil
Salt & Pepper
Dried Sage leaves
Onion, peeled and finely chopped

Happy Thanksgiving

Directions

Preheat oven to 400 degrees. Cut pumpkin into even-sized chunks and transfer to roasting tray. Chop and mix the coriander seeds, cinnamon, and dried chilies until nice and fine, then sprinkle over the pumpkin. Drizzle with a little olive oil, season with salt and pepper, then roast in the preheated oven for about 40 minutes until nice and soft. Before the pumpkin is ready, gently cook the onions, carrots and celery with a little olive oil in a large pan for 10 to 15 minutes. Add the roasted pumpkin to the pan and pour in the vegetable stock. Bring everything to a boil then turn off heat. Puree the soup using a blender. Serve soup with a swirl of sour cream and a sprinkling of sage leaves.

Recipe from: seniorchef.co.nz/recipes

Happy Thanksgiving from the team at the Center!

Join us for our
Thanksgiving Celebration!
Wednesday
November 21st
11:30am

Nutrition Program Update:

July 1st 2018–Sept 30th 2018 (2018 YTD FY)

Revenue:	
Congregate Dining	$1,436.99
Donations	$1,941.71
MOW	$1994.00
Government–Clackamas County	$4,050.49
Government–State	$10,312.74
Other	$0
Total YTD:	$19,735.93
Expenses:	
Direct Nutrition Expenses:	$17,265.05
In-Direct Expenses:	$12,035.17
Direct Nutrition 17/18 Budget:	$66,000
Thank You!	

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 Copy paper, postage stamps, pasta sauce, canned corn.

Food of the Month Coffee! You love it, you drink it, we're running low!

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 9/30/2018:

$13,650

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:

Amount $_____

Donor Name:_____

Address:_____

Donation: In Honor of:_____

In Memory of:_____

MOLALLA ADULT COMMUNITY CENTER
SERVING OUR SENIORS SINCE 1981
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, Nov 6th—Blood Pressure Clinic with Renee 10:30am
Tuesday, Nov 6th—Music by the Fiddlesticks! 11am
Wednesday, Nov 7th—Denny's & Country Christmas Bazaar Outing10:30am
Tuesday, Nov 13th—Lawyer, by appt only 9am-12pm
Wednesday, Nov 14th—Foot Clinic, by appointment *now only once a month
Wednesday, Nov 14th—Six Corner's Café & NW Theatre Outing 11:00am
Thursday, Nov 15th—Lee Shaw, Author Presentation 11am
Thursday, Nov 15th—Blood Pressure Clinic with Margaret 11am
Friday, Nov 16th—Lunch & Learn, Blood Sugar and the Holidays 12pm
Monday, Nov 19th MAS Board Meeting 9:30am
Monday, Nov 19th Music by Dennis Stafford! 11am
Wednesday, Nov 21st—Olive Garden & Bridgeport Village Outing10:30am
Wednesday, Nov 21st—Thanksgiving Luncheon at the Center 11:30am
Tuesday, Nov 20th—Parkinson's Support Group 10am
Tuesday, Nov 27th—MAS Craft Hour 11am
Wednesday, Nov 28th—Albertina's Place & Winco Outing 10:30am
Thursday, Nov 29th—MAS General Meeting 12:15pm