

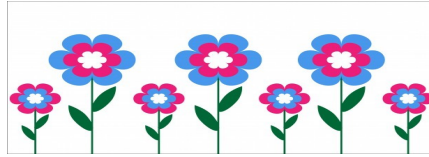
# The Senior Informer

MOLALLA ADULT COMMUNITY CENTER

*Address: 315 Kennel Ave.*

*PO Box 797, Molalla, OR 97038*

*Hours: Monday-Friday: 9am-4pm*



**April 2019**

## *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

## **Director's Message**

Dear Members,

Happy Spring! There's so much to tell you all I can hardly stand it! First things first, we have a long list of thank-yous for a successful Auction that brought in over \$11,000 this year! We're still beaming over the fun the generosity that overflowed at this great event. If you had a role in the auction whether big or small, we want you to know how incredibly grateful we are! Big events like this take so many hands and we're thankful for yours and the part they played! Please note the pages inside the newsletter that highlight donors. Our local businesses truly stepped up and we'd love for you to thank them with us by shopping local and supporting small business.

Our next event at the Center is our Spring Fling Plant Sale and Bazaar! Join us on Saturday, April 27th as we enjoy local vendor creations. The event is from 9am to 3pm and is FREE for shoppers. If you're interested in being a vendor yourself, tables are just \$20 and lunch and snacks will be available from the Center for a small charge.

Happy Anniversary as well! It's been 6 years that I've had the honor of being your Director! What an honor and gift you've given me! Wishing you all a Happy Easter from all of us at the Center!

*Cecily,*

Center Director

## **Molalla Area Seniors Meetings**

Executive Board Monday  
Mon April 15th—9:30am

General Meeting Thursday  
Thurs April 25th—12:15pm



## *Molalla Area Seniors Executive Board*

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

**Lorraine Peters**  
**Jojie Chapman**  
**Claudia Linder**  
**Patricia Blank**  
**Judy McNeil**  
**Bob McNeil**  
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!

**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!

**Board Games!** - Grab a friend and meet for games at the Center!

## 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

**Medical Equipment**—LOVE INC is now loaning equipment for Clack County 503-655-4223

**Presentations**—Scheduled monthly covering varying topics!

## ADDITIONAL SERVICES

**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.

**TRP**—Transportation Reaching People is a program designed to meet transportation needs for those 60 years or older, or an individual with a disability, who have limited practical transportation alternatives. Call TRP at 503-655-8208 for enrollment. Once enrolled call Julie at the center for scheduling. (These calls are taken on Mondays and Wednesdays from 9am to 4pm.) Each rider may schedule personal rides a month in addition to their medical appointments with medical rides taking priority.

**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

## 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><b>Servers: Assembly of God</b>                  1                  Pork Sausage Gravy                  Red diced Potatoes                  Spinach Romaine Salad                  Biscuit                  Yogurt</p>	<p><b>Servers: RPA</b>                  2                  Breaded Fish/tarter sauce                  Tater Tots                  Green Beans                  Coconut Treasure Cake</p>	<p><b>Servers: St. James Church</b>                  3                  Beef Spanish Rice bake                  Green Beans                  Spinach Romaine Salad                  Multi-grain Roll                  Seasonal Fresh Fruit</p>	<p><b>Servers: Meadowbrook Church</b>                  4                  Macaroni &amp; Cheese                  Capri blend Vegetables                  Apple Cranberry Coleslaw                  Whole Wheat Roll                  Lemon bar</p>	<p><b>Servers: LDS Church</b>                  5                  Chicken Chop Suey                  Brown Rice                  Chuck Wagon corn                  Tossed Salad                  Ice cream cup</p>
<p><b>Servers: The Girls</b>                  8                  Asian Chicken mini Salad                  Spinach Romaine                  Corn Chowder                  Whole Wheat Roll                  Peaches</p>	<p><b>Servers: The Girls</b>                  9                  Chicken Pastina                  Mixed Vegetables                  Romaine Iceberg Salad                  Butterscotch bar</p>	<p><b>Servers: Grace Lutheran</b>                  10                  Shaved Turkey half sandwich                  Lettuce                  Six Bean Soup                  Broccoli Raisin Salad                  Whole Wheat Bread                  Pineapple Tidbits</p>	<p><b>Servers: The Girls</b>                  11                  Meatloaf/Brown Gravy                  Whipped Potatoes                  Carrots                  Oatmeal Bread                  Bread Pudding with raisins</p>	<p><b>Servers: The Girls</b>                  12                  Chicken Chop Suey                  Brown Rice                  Chuck Wagon corn                  Tossed Salad                  Ice cream cup</p>
<p><b>Servers: Marquam Methodist</b>                  15                  Beef Sloppy Joe                  Baked Beans                  Creamy Coleslaw                  Bun                  Hermit Bar</p>	<p><b>Servers: Nazarene Church</b>                  16                  Chickpea Salad                  Spinach Romaine                  Popeye Potato Soup                  Rye Bran Roll                  Spiced Peaches</p>	<p><b>Servers: 7th Day</b>                  17                  Chicken Chili Relleno Bake                  California Blend Vegetables                  Garden Vegetable Salad                  Vanilla Pudding</p>	<p><b>Servers: Men of St. James</b>                  18                  Spaghetti With Meat Sauce                  Green Beans                  Spinach Romaine Salad                  Squash Roll                  Peach Crisp</p>	<p><b>Servers: Foothills</b>                  19                  Cheese Omelet with Spanish sauce                  Garden Vegetable Salad                  Biscuit                  Caramel Apple Pudding</p>
<p><b>Servers: The Girls</b>                  22                  Chicken                  Paprika Cream Sauce                  Red Potatoes                  Normandy Island Vegetables                  Chocolate Chip Bar</p>	<p><b>Servers: Molaalla Christian</b>                  23                  Baked Fish                  Tartar Sauce                  Tater Tots                  Green Peas and Onions                  Whole Wheat Hamb Bun                  Poke Cake</p>	<p><b>Servers: Shari's and Wooden Shoe Festival</b>                  24                  Sizzler and Little Cannoli Bakery</p>	<p><b>Servers: Men of St. James</b>                  25                  Spaghetti With Meat Sauce                  Green Beans                  Spinach Romaine Salad                  Squash Roll                  Peach Crisp</p>	<p><b>Servers: Foothills</b>                  26                  Cheese Omelet with Spanish sauce                  Garden Vegetable Salad                  Biscuit                  Caramel Apple Pudding</p>
<p><b>Servers: The Girls</b>                  29                  Beef Stew                  Glazed Carrots                  Romaine Iceberg Salad                  Whole Wheat Roll                  Snickerdoodle Bar</p>	<p><b>Servers: The Girls</b>                  30                  Herbed Chicken Patty                  Poultry Gravy                  Whipped potatoes                  Broccoli                  Zucchini Brownie</p>			

# Special Outings and Events!

## **Wednesday, April 3rd: Filbert's Restaurant and Garden Gallery Iron Works**

Bus leaves Center: 10:30am Sign up: Friday, March 29th @ 9am Sugg \$5

Come with us to experience Aurora's newest restaurant. In 2014 the Bean's decided to grow filberts on their property. Their involvement in the filbert industry as well as several award-winning local northwest restaurants helped spark the idea (and the name) for a farm-to-table restaurant. It is the owner's dream that Filberts creates this sense of community and becomes a place for locals to come together and create memories over great food. Garden Gallery is a privately owned and operated family busi-



## **Wednesday, April 10th: McGrath's Fish House and OMSI**

Bus leaves Center: 10:30am Sign up: Friday, @ April 5th 9am Sugg \$6

For more than 39 years, McGrath's has been able to have fresh seafood delivered daily to all their restaurants. Come to enjoy the seafood people love, and perhaps some of their famous clam chowder. Then we are off to OMSI. The Oregon Museum of Science and Industry is a science and technology museum in Portland. It contains three auditoriums, including a large-screen theatre, planetarium, and exhibition halls with a variety of hands-on permanent exhibits focused on natural sciences, industry, and technology. Admission to OMSI Adult \$14.50 Seniors (63+) \$11.75.



## **Wednesday, April 17th: Sizzler and Little Cannoli Bakery**

Bus leaves Center: 10:30am Sign up: Friday, April 12th @ 9am Sugg \$6

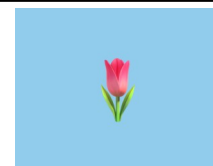
Back by popular demand, and I do mean popular! As many of you have asked to return, today is your day for a meal at Sizzler. They are a longtime casual chain known for its steak, seafood & salad bar featuring a wide variety of options. After lunch, we will be stopping to check out what is known to be the best Italian Bakery with the best macaroons on the planet. This bakery has excellent reviews! One says, "I cannot say enough great things about this shop! It's hard to find any kind of Italian pastry let alone a actual cannoli!! They fill them to order right there and it's the most authentic thing I have tasted since my grandmother passed. The other goodies are



## **Wednesday, April 24th: Shari's and Wooden Shoe Tulip Festival**

Bus leaves Center: 10:30am Sign up: Friday, April 19th @ 9am Sugg. \$5

Shari's is the best part of coming to the Pacific Northwest! Open 24/7, they are always a welcome sight when you are tired and hungry. They feature fresh local/regional vegetables, meat and salmon and their pies are wonderful. Meals range \$8-\$15. A neat twist is their pie milkshake: a slice of their pie in a blender with vanilla ice cream and milk! The tulip farm is a beautiful place to visit. The warm and vibrant colors of the tulips and daffodils stand tall seeking attention from every passerby big and small. Admission to the Tulip Festival is \$5.



Mon	Tue	Wed	Thu	Fri	
<p>1</p> <p>9am Better Bones &amp; Balance 12:45pm Shopping at Safeway 3pm AA Meeting</p>	<p>2</p> <p>9am Tai Chi 9:30am Quilting 11am BP Clinic w/ Renee' 11:30am FiddleStix 12:45pm Bimart 1pm Senior REFIT®</p>	<p>3</p> <p>9am Better Bones &amp; Balance 3pm AA Meeting Filbert's Restaurant and Garden Gallery Iron Works</p>	<p>4</p> <p>9am Tai Chi 12:45pm Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®</p>	<p>5</p> <p>9am Better Bones &amp; Balance 10am Knit &amp; Crochet 12:45pm Safeway 1pm Bingo 3pm AA Meeting</p>	
<p>8</p> <p>9am Better Bones &amp; Balance 12:45pm Shopping at Safeway 3pm AA Meeting</p>	<p>9</p> <p>9am Tai Chi 9:30am Quilting 9:30am Lawyer by Apt. 12:45pm Bimart 1pm Senior REFIT®</p>	<p>10</p> <p>9am Better Bones &amp; Balance 9am Foot Clinic by apt. 3pm AA Meeting McGrath's Fish House and OMSI</p>	<p>11</p> <p>9am Tai Chi 12:45pm Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®</p>	<p>12</p> <p>9am Better Bones &amp; Balance 10am Knit &amp; Crochet 12:45 Safeway 1pm Bingo 3pm AA Meeting</p>	
<p>15</p> <p>9am Better Bones &amp; Balance 9:30am MAS Executive Mtng 11:30am Dennis Stafford Band 12:45pm Shopping at Safeway 3pm AA meeting</p>	<p>16</p> <p>9am Tai Chi 9:30am Quilting 10am Parkinson's Supp Grp 12:30 AARP Smart Driver 12:45pm Bimart 1pm Senior REFIT®</p>	<p>17</p> <p>9am Better Bones &amp; Balance 3pm AA Meeting Sizzler and Little Cannoli Bakery</p>	<p>18</p> <p>9am Tai Chi 10am TRP driver recruitment 11am BP clinic w/ Margaret 12:30 AARP Smart Driver 12:45p Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®</p>	<p>19</p> <p>9am Better Bones &amp; Balance 10am Knit &amp; Crochet 12:45pm Safeway 1p Women's Cancer Spt Grp 1pm Bingo 3pm AA Meeting</p>	
<p>22</p> <p>9am Better Bones &amp; Balance 12:45pm Shopping at Safeway 3pm AA meeting</p>	<p>23</p> <p>9am Tai Chi 9:30am Quilting 11am MAS Craft Hour 12:45pm Bimart 1pm Senior REFIT®</p>	<p>24</p> <p>9am Better Bones &amp; Balance 3pm AA Meeting Shari's and Wooden Shoe Tulip Festival</p>	<p>25</p> <p>9am Tai Chi 12:15p MAS General Meeting 12:45 Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®</p>	<p>26</p> <p>9am Better Bones &amp; Balance 10am Knit &amp; Crochet 12:45pm Safeway 1pm Bingo 3pm AA Meeting</p>	
<p>29</p> <p>9am Better Bones &amp; Balance 12:45pm Shopping at Safeway 3pm AA meeting</p>	<p>30</p> <p>9am Tai Chi 9:30am Quilting 12:45pm Bimart 1pm Senior REFIT®</p>	 <p>April</p>			 

# Center Activities

Date of Event	Bus Leaves Center	Restaurant Location	Activity	Sign up AFTER	Suggested Donation	Additional \$\$ Info
WEDNESDAY 4/3	10:30am	Filbert's Restaurant	Garden Gallery Iron Works	Fri 3/29 @ 9am	\$5	Lunch: \$10-\$16
WEDNESDAY 4/10	10:30am	McGraths Fish House	OMSI	Fri. 5th @ 9am	\$6	Lunch: \$10-\$15 OMSI: See pg. 4
WEDNESDAY 4/17	10:30am	Sizzler	The Little Cannoli Bakery	Fri. 12th @ 9am	\$6	Lunch: \$10-\$19 With reg and sm plate options available
WEDNESDAY 4/24	10:30am	Shari's	Wooden Shoe Tulip Festival	Fri.19th @ 9am	\$5	Lunch: \$7- \$15 Tulip: \$5

**\*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. Thank you. We encourage you to join us on the bus and enjoy the entire and complete Center Outing experience!**



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

<i>Dave Campbell</i>	4/1			<i>Floyd Herigstad</i>	4/29
<i>Grace Ann Lushenko</i>	4/2	<i>Irene DePaepe</i>	4/16	<i>Lacressia St. Clair</i>	4/30
<i>Vera Miller</i>	4/4	<i>George Stottlemeyer</i>	4/18	<i>Sue Woolfolk</i>	4/30
<i>Sandy Kundert</i>	4/5	<i>Monesa Slate</i>	4/19	<i>Russell Andrews</i>	4/30
<i>Lola Marie Nofziger</i>	4/6	<i>Beth Anderson</i>	4/21		
<i>Juliann Williams</i>	4/6	<i>Sandy Ebner</i>	4/21		
<i>Virginia Cumbie</i>	4/7	<i>Hedy Fowlkes-King</i>	4/21		
<i>Patricia Hellman</i>	4/8	<i>Wayne Hay</i>	4/21		
<i>Dallas Peterson</i>	4/12	<i>Don Parker</i>	4/22		
<i>Laura Foust</i>	4/13	<i>Marcel Conley</i>	4/23		
<i>Barbara Schlitt</i>	4/14	<i>Rebecca Smith</i>	4/23		
<i>Jennifer Cox</i>	4/15	<i>Debbie Cooke</i>	4/28		
<i>Gail Lambert</i>	4/15	<i>Carol Clowers</i>	4/29		



*Join us the last Friday of each month at lunch for our Birthday Celebration!*

\*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!

## Have a Birthday AND a Facebook Account?



Help MAS reach their fundraising goals! Facebook will notify you that you have a birthday coming up and that you may choose a Charity to support in your name in lieu of Birthday gifts. Please considering donating to Molalla Area Seniors Inc. Simply select this Non Profit from the drop down menu. If you were to need assistance with this, we're happy to help, just ask!

## Shopping Online?

Use Amazon Smile and donations can come to MAS!

Log into <https://smile.amazon.com/> and make sure that you select the charity Molalla Area Seniors Incorporated for your charitable giving. Every purchase you make supports our mission to serve seniors in the Molalla area.



## Can Recycling Update!



A huge thank you for ALL who bring us your cans for recycling! This on-going fundraiser is a HUGE Financial blessing to the Center.



### UPDATE!

We have recently been notified that many bags have been brought to us with garbage in them and we are being threatened to be kicked out of this program if it continues. We are asking that you please do your best to be sure no trash makes its way into these bags! We thank you for your efforts and understanding!



# Auction Sponsors and Donors



**A Sincere thank you to our Sponsors!**



Adult Center Staff

Adult Center Volunteers

Arrowhead Golf

Autotech NW

Bentley Feed

Big Burger

BiMart

Brighton Hospice

Car Quest of Molalla

Columbia Bank of Molalla

Costco

Cowboy Coffee

Cutting Edge Fitness

Daves Killer Bread

Designs by Sandy

Dragon Fly Soap Studio

El Charito

Erickson Tire

Figaros Pizza

Foothill's Life Groups

Forest Edge Vineyard

Forgiven Fabrication

Fred Meyer

Garage Coffee

Glenda Walch, Artist

Grace Lutheran Church

HiSchool Pharmacy

Hoffman House Antiques

Hot Iron/Charlie's Team Sports

Jane DeFabio

JJ Jump of Clackamas

LBJ Printing

Les Schwab

Markum Inn

Marquam Methodist

MAS Board Members

MAS Members

Milk Creek Produce

Molalla Aquatic Center

Molalla Buckeroo

Molalla Car Wash

Molalla Methodist Church

Molalla Fire Dept.

Molalla Running Club

NW Fitness & Strength

NW Furniture Outlet



**Continued on next page**







## Continued Thanks to our Sponsors



Oaks Park

OC Golf Course

OMSI

O'Reilly's Auto Parts

Papa Murphy's Pizza

Patricia K

Pheasant Point

Pip's Hot Dogs

Pittock Mansion

Price Auto Body

Ranch Hills Golf

Robinson Chiropractic

Rock Bottom Designs

Rock Bottom Ranch

Sandy Branch

Seattle Mariners

Short Cakes

St. Josef's Winery

Stone Creek Golf

Sweet Thangs'

TF Blades

Three (3) Maids & A Mop

TMK Creamery

Tom Wrolstad Aircraft, LLC

Wilco

United Methodist Church

United Methodist Women

Wheel of Fortune

Wildlife Safari

Wild Waves

Willamette Valley Pie Co.

*Thank you to the following sponsors as well for their recent monetary donations: Columbia Bank of Molalla,*

*Molalla Communications, and Specialty Polymers.*





Molalla Adult Community Center

315 Kennel Ave

503-829-4214

# 5th Annual Spring Fling



# Craft Bazaar & Plant Sale

Saturday, April 27th

*Free admission  
for customers*

9am-3pm

*\$20 per table  
for vendors*

- Gifts, Food,**
- Baked Goods**
- Fashion**
- Jewelry**
- Art**

- Crafts**
- Books**
- Beauty**
- Candy**
- & More!**



**Join us for Lunch!**

**Many options  
for Just \$6**

Proceeds benefit  
The Molalla Adult Community Center



# Volunteer/Sponsor/Fundraiser News Page

Thank you to all who supported our 2019 Auction! We were able to raise over \$11,000 to sustain our great programs at the Center!



Please join us for our Annual Spring Fling and Bazaar! Saturday, April 27th from 9am to 4pm at the Center! Come hungry as we will have lunch and snacks for sale as well.

Thank you to Dave's Killer Bread who is donating bread twice a month! We're now receiving regular donations so pop by and get your bread at your convenience.



MAS is currently raffling off two beautiful quilts, while these quilts travel for raffle ticket sales, odds are you can see them at the Center so be sure you buy your tickets before it's too late!

A special "Thank You" to our 2018/2019 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 Running Club

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

Port Blakely

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

## AARP Smart Driver Course

Tues/Thurs April 16th, 18th at 12:30p

Want to remain a safe driver? Want to learn the new laws? What other ways can you get around to do what you want to do? The class is for six hours (three hours each day). Take the AARP SMART DRIVER COURSE in April on the 16<sup>th</sup> and 18<sup>th</sup> from 12:30 to 3:15. Cost is \$20 if you are not an AARP member or \$15 if you are. Sign up by calling 503-829-4214.



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## TRP Driver Recruitment Thursday, April 18th at 10am



Let Transportation Reaching People (TRP) buy you a cup of coffee and maybe even a cookie! The Clackamas County TRP team will be at the Center to share information about their transportation program. This FREE ride service is coordinated by the Molalla Senior Center and delivered by dedicated, local volunteers who receive a mileage reimbursement from Clackamas County. Rides are requested through the Center and are available M-F, between 9am-4pm. Join the TRP team to learn more about this rewarding volunteer experience.

### 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](mailto:clackamasadrc@clackamas.us) or call 503-650-5622. [www.ADRCoforegon.org](http://www.ADRCoforegon.org)

Services are available in any language.

MetroHomeShare:(971)271-5195 [metrohomeshare@emoregon.org](mailto:metrohomeshare@emoregon.org) [metrohomeshare.org](http://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.

## Senior Loneliness Line

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

503-200-1633

1-800-282-7035

## Computers 101 at the Library!

Dates and Times vary

## Grief Share

Two separate grief share classes are being offered

Mondays, 6:30pm-8:30pm At the Center

Contact Foothills to sign up

503-829-5101

## South Clackamas Transportation

The SCTD City Bus is free for all trips in Molalla, and has many stops. For more information, pick up a schedule at the Center or call SCTD at 503.829.7000

## 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.

## Laundry Love

Most Tuesdays 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

## 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](http://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!

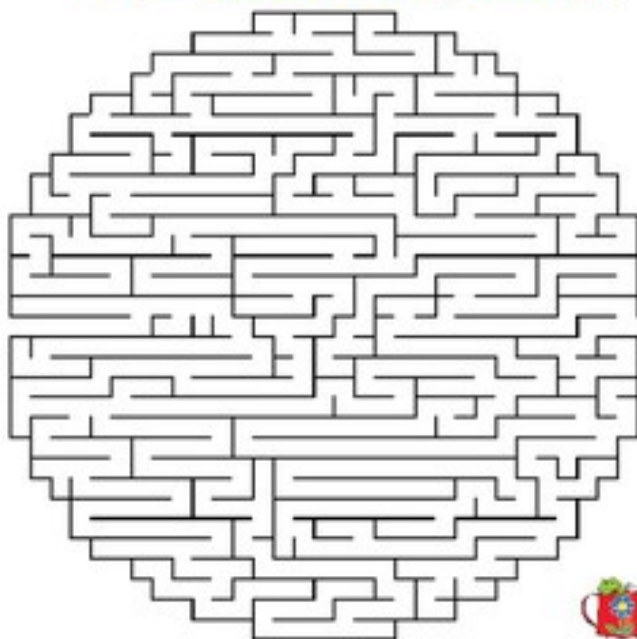
# Betty Crocker Cream Cheese Stuffed Everything Bagel Seasoned Chicken

## Ingredients

- 2 tablespoons butter
- 1 cup Progresso™ plain panko crispy bread crumbs
- 3 tablespoons everything bagel seasoning
- 1 egg
- 1/2 cup chive & onion cream cheese spread (from 7.5-oz container)
- 1/4 cup chopped fresh chives
- 4 boneless skinless chicken breasts (7 to 8 oz each)



1. Heat oven to 400°F. Line 15x10x1-inch pan with cooking parchment paper.
2. In 10-inch nonstick skillet, melt butter over medium heat; stir in bread crumbs. Cook and stir 3 to 5 minutes or until golden brown. Remove from heat; transfer to pie plate or shallow dish. Stir in seasoning; set aside. In small bowl, beat egg; set aside.
3. In another small bowl, mix cream cheese and 3 tablespoons of the chives, mixing well.
4. Cut pocket in each chicken breast by making a horizontal slit along thin long edge, being careful to not cut through to opposite side. Stuff each pocket with about 2 tablespoons of the cream cheese filling. Press edges of chicken together to seal, and secure with toothpick.
5. Dip chicken into egg to coat both sides, then dip into bread crumb mixture, pressing to coat chicken completely. Transfer to pan. Bake 30 to 35 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165°F). Let stand 5 minutes. Garnish with remaining 1 tablespoon chopped chives before serving.



B	O	E	A	S	T	E	R	T
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F	G	R	O	W	I	N	G	H
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Find these words.

- Spring
- March
- April
- May
- butterfly
- growing
- Easter
- flower
- bees
- bird
- rain
- tree



## Nutrition Program Update:

July 1st 2018–February 28th 2019 (2018/19 YTD FY)

<b>Revenue:</b>	
Congregate Dining	\$4,094.33
Donations	\$5,824.71
MOW	\$6,071.00
Government–Clackamas County	\$14,383.60
Government–State	\$23,490.58
Other	\$0
Total YTD:	\$53,864.22
<b>Expenses:</b>	
Direct Nutrition Expenses:	\$44,242.97
In-Direct Expenses:	\$34,067.49
<b>Direct Nutrition 18/19 Budget:</b>	\$66,000
<b>Thank You!</b>	



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

**Food of the Month** Spaghetti Noodles, Red Pasta Sauce.

**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  
2/28/2019:  
\$15,275**

**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: \_\_\_\_\_

In Memory of: \_\_\_\_\_



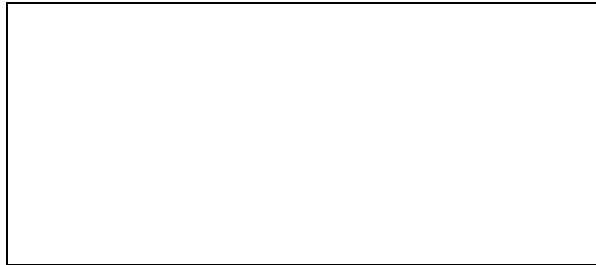
PO Box 797  
Molalla, OR 97038

**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, April 2nd —Blood Pressure Clinic with Renee 10:30am  
Wednesday, April 3rd —Filbert's Restaurant & Garden Gallery Iron Works 10:30am  
Tuesday, April 9th —Lawyer, by appt only 9am-12pm  
Wednesday, April 10th —Foot Clinic, by appointment \*now only once a month  
Wednesday, April 10th-McGraths Fish House and OMSI 10:30a  
Monday, April 15th—MAS Board Meeting 9:30am  
Tuesday, April 16th —Parkinson's Support Group 10am  
Tuesday April 16th-AARP Smart Driver Course 12:30pm  
Wed., April 17th-Sizzler and The Little Cannoli Bakery 10:30am  
Thursday April 18th-TRP Driver Recruitment 10:00am  
Thursday, April 18th—Blood Pressure Clinic with Margaret 11:00am  
Thursday April 18th-AARP Smart Driver Course 12:30pm  
Tuesday April 23rd—MAS Craft Hour  
Friday, April 19th Women's Cancer Support Group  
Friday, April 19th Center Easter Egg Hunt  
Wednesday, April 24th—Shari's and Wooden Shoe Tulip Festival 10:30am  
Thursday, April 25th—MAS General Meeting 12:15pm

**Happy Easter!**

