

The Senior Informer

MOLALLA ADULT COMMUNITY CENTER

Address: 315 Kennel Ave.

PO Box 797, Molalla, OR 97038

Hours: Monday-Friday: 9am-4pm

September 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

**MAS Members
Reception**

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

Director's Message

Dear Members,

Happy September to you!

We're always eager for fall to arrive, the leaves beginning to change, The idea of pumpkin spice aromas filling the air, all of it. It's a season of change and some we eagerly anticipate and other change we're never quite prepared for like the end of long sun-filled days. We're going to soak in the last days of great Oregon weather with our Annual Walk-A-Thon on September 14th! Please be sure to pick up your sponsor packet so that you can join in on this fun activity and get your FREE shirt! In addition we're holding a craft and decor sale with a delicious lunch spread on Wednesday, September 25th! (Suggested Donation of just \$3). We'll be running the bus this day so call us in the morning if you're needing a ride! Julie's planned some fantastic outings this that we all wish we could tag along for such as our Senior Safari Day at the Oregon Zoo, and a trip to Wilhoit Springs!

See you at the Center,

Cecily,

Center Director



Molalla Area Seniors Meetings

Executive Board Monday
September 16th—9:30am

General Meeting Thursday
September 26th—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.

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

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

Ping Pong—Tuesday, Thursday 2:30-4pm in the dining room. \$2 Suggested Donation.

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!
Join us in making a Halloween surprise!

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: Milk Creek Produce
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

Veteran Services— Clackamas County VSO office phone: 503-650-5631

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 of Clackamas County at 503-655-8208 for enrollment. Once enrolled call the center on Mon., Wed., or Fri., at the center for scheduling. Ask for Julie.


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. **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>Servers: The Girls 3</p> <p>Breaded Chicken patty Vegetable Soup Broc. Caulif/Craisin Salad Whole Wheat Roll Golden Fruit Cup</p>	<p>4</p> <p>Scott's Mills Historical Museum Rollin Sandwices Scott's Mills City Park Wilhoit Springs</p>	<p>Servers: St. James 5</p> <p>Kielbasa Sausage/Sauerkraut Baked Beans Beet & Mandarin Salad Hot Dog Bun Peach Crisp</p>	<p>Servers: Meadowbrook 6</p> <p>Chicken Pastina Green Beans Apple Cranberry Coleslaw Herb Roll Butterscotch pudding</p>
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<p>Servers: The Girls 9</p> <p>Pork Sausage Gravy Biscuit Whole Kernel Corn Carrot raison salad Gelatin Jewels/Topping</p>	<p>Servers: The Girls 10</p> <p>Santa Fe Chicken Mini Salad Spinach Romaine Potato Chowder Whole Wheat Roll Pears</p>	<p>11</p> <p>Willamette Queen Dairy Queen</p>	<p>Servers: Grace Lutheran 12</p> <p>Herbed Chicken Patty Poultry Gravy O'Brian Potatoes Green Peas Whole Wheat Roll</p>	<p>Servers: The Girls 13</p> <p>Beef Patty/Brown Gravy Whipped potatoes Broccoli Herb Roll Seasonal Fresh fruit</p>
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<p>Servers: Marquam Methodst16</p> <p>Chicken Penne Pasta Mixed Vegetables Garden Veg Salad Cornmeal Roll Poke- N- pour Cake</p>	<p>Servers: Nazarene Church 17</p> <p>Egg Salad Sandwich half/ Whole Wheat Bread Shredded Lettuce Lentil Soup Creamy Coleslaw Orange Pineapple Cup</p>	<p>18</p> <p>No Outing</p>	<p>Servers: 7th Day Advent. 19</p> <p>Garden Turkey Mini Salad Spinach Romaine Sausage & Kale Soup Whole Wheat Roll Pineapple Tidbits</p>	<p>Servers: The Girls 20</p> <p>Chicken w/Paprika Cream Sauce Whipped Potatoes Scandinavian Blend Veggies. Ice Cream Cup</p>
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<p>Servers: The Girls 23</p> <p>Spaghetti & Meat Sauce Mixed Vegetables Marinated Zucchini Salad Oat Bran Roll Golden Fruit Cup</p>	<p>Servers: Molalla Christian 24</p> <p>Roasted Turkey Poultry Gravy Whipped Potatoes Country Trio Vegetables Cranberry Crunch Bar</p>	<p>25</p> <p>No Outing</p>	<p>Servers: Men of St James 26</p> <p>Sweet & Sour Chicken Brown Rice Green Peas Marinated Veg Salad Multigrain Roll Seasoned Fresh Fruit</p>	<p>Servers: Foothills Church 27</p> <p>Macaroni & Cheese Italian Blend Veggies Spinach Romaine Salad Spice Cake w/frosting</p>
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Special Outings and Events!

Wednesday, September 4th: Rollin Sandwiches, Scott's Mills City Park and Museum

Bus leaves Center: 10:30am Sign up: Wednesday, August 28th @ 9am Sugg \$5

We will be guided by Lois E. Ray, Vice President of the Scotts Mills Area Historical Society through a tour of the Scott's Mills Museum and learn about its history. There is a display of over 200 photos and thousands of artifacts from the early days of Scott's Mills. Some of the collections include furniture, school yearbooks, clothing, farm and blacksmith tools, school displays, old toys, and other everyday items. Please note there are 2 steps into the museum for those using assistive devices. Admission is \$3. After the tour, we will be going to the Rollin Sandwich shop. When you sign up, please fill out your meal request as there will be multiple orders, so they want to have meals ready for people when they arrive. We will take our meal to go, and eat it at the Scott's Mills City Park. There is covered areas with picnic tables. The park has paved sidewalks and is easily accessible for parking, and assistive device friendly. After lunch we will be stopping at Wilhoit Springs. Please bring a drinking container if you would like to take some of the spring water home with you!



Wednesday, September 11th: Willamette Queen

Bus leaves Center: 10:30am Sign up: Wednesday, August 28th @ 9am Sugg \$6






All aboard the "Willamette Queen" at Salem Riverfront Park in downtown Salem. Enjoy a riverboat experience reminiscent of the days when travel on the Willamette River was only by steam-powered sternwheeler boats. Relive Oregon's historical past while enjoying elegant dining and a relaxing leisurely voyage.

Tuesday, September 17th: Senior Safari at the Portland Zoo

Bus leaves Center: 10:30am Sign up: Thursday, Sept. 12th @ 9am Sugg \$6



Presented by Oregon Eye Specialists and Providence Medicare Advantage, this year's Senior Safari is a special event for visitors 65 and older. Senior citizens will take over the zoo grounds where they can enjoy free train rides and access to all the zoo has to offer. They can check out keeper talks and animal encounters and wave hello to some of the zoo's distinguished elders. Senior Safari is a great opportunity for older folks to get some fresh air and exercise, learn about how the zoo is creating a better future for wildlife, spend quality time with elephants or visit the new sculpture garden. Folks from Oregon Eye Specialists will be at the event educating visitors about eye diseases that may impact seniors as they age. Visit with folks from Providence Medicare Advantage Plans for fun giveaways and helpful information on Medicare coverage.

Mon	Tue	Wed	Thu	Fri
 <p>2</p>	<p>3</p> <p>9am Tai Chi 9:30am Quilting 10:30am Blood Pressure w/Renee 11:30am <i>Fiddlesticks!</i> 12:45pm Bimart 1pm Senior REFIT® 2:30 Ping Pong</p>	<p>4</p> <p>9am Better Bones & Balance 10:30 Rollin Sandwiches Scotts Mills Museum Wilhoit Springs 3pm AA Meeting</p>	<p>5</p> <p>9am Tai Chi 12:45pm Milk Creek Produce 1pm Senior REFIT® 2:30 Ping Pong</p>	<p>6</p> <p>9am Better Bones & Balance 10am Knit & Crochet 12:45 Safeway 1pm Bingo 3pm AA Meeting 5</p>
<p>9</p> <p>9am Better Bones & Balance 11:30am Dennis Stafford 12:45pm Shopping at Safeway 3pm AA Meeting</p>	<p>10</p> <p>9am Tai Chi 9:30am Quilting 9:30am Lawyer by Apt. 12:45pm Bimart 1pm Senior REFIT® 2:30 Ping Pong</p>	<p>11</p> <p>9am Better Bones & Balance 9am Foot Clinic 10:30am Willamette Queen 3pm AA Meeting</p>	<p>12</p> <p>9am Tai Chi 12:45pm Milk Creek Produce 1pm Senior REFIT® 2:30 Ping Pong</p>	<p>13</p> <p>9am Better Bones & Balance 10am Knit & Crochet 12:45 Safeway 1pm Bingo 3pm AA Meeting</p>
<p>16</p> <p>9am Better Bones & Balance 9:30am MAS Executive Mtng 11:30am Dennis Stafford 12:45pm Shopping at Safeway 3pm AA Meeting</p>	<p>17</p> <p>9am Tai Chi 9:30am Quilting 10am Parkinson's Supp Grp 10:30 Portland Zoo-Senior Safari 12:45pm Bimart 1pm Senior REFIT® 2:30 Ping Pong</p>	<p>18</p> <p>9am Better Bones & Balance 3pm AA Meeting</p>	<p>19</p> <p>9am Tai Chi 12:15p MAS General Meeting 12:45 Milk Creek Produce 1pm Senior REFIT® 2:30 Ping Pong</p>	<p>20</p> <p>9am Better Bones & Balance 10am Knit & Crochet 12:45pm Safeway 1p Women's Cancer Spt Grp 1pm Bingo 3pm AA Meeting</p>
<p>23</p> <p>9am Better Bones & Balance 12:45pm Shopping at Safeway 3pm AA meeting</p>	<p>24</p> <p>9am Tai Chi 9:30am Quilting 11am MAS Craft Hour Card decorating and embossing! 12:45pm Bimart 1pm Senior REFIT® 2:30 Ping Pong</p>	<p>25</p> <p>9am Better Bones & Balance 10am Bazaar 3pm AA Meeting</p>	<p>26</p> <p>9am Tai Chi 12:15p MAS General Meeting 12:45 Milk Creek Produce 1pm Senior REFIT® 2:30 Ping Pong</p>	<p>27</p> <p>9am Better Bones & Balance 10am Knit & Crochet 12:45 Safeway 1pm Bingo 3pm AA Meeting</p>
<p>30</p> <p>9am Better Bones & Balance 12:45pm Shopping at Safeway 3pm AA Meeting</p>				

Center Activities

Date of Event	Bus Leaves Center	Restaurant Location	Activity	Sign up AFTER	Suggested Donation	Additional \$\$ Info
WEDNESDAY 9/4	10:30am	Rollin Sandwiches	Scotts Mills Museum	Wed. 8/28 @ 9am	\$5	Museum \$3 admission Meals \$5 - \$10
WEDNESDAY 9/11	10:30am	Dairy Queen	Willamette Queen	Wed. 8/28 @ 9am	\$6	\$30 covers lunch and gratuity
TUESDAY 9/17	10:30am		Portland Zoo	Thur. 9/12 @ 9am	\$6	\$10-\$20 for food, snacks or drinks.
WEDNESDAY 9/25	10:00am	Lunch at the Center	Bazaar at MACC	N/A	Lunch \$3	Bus service this day so please call before 10am

***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! Thank you!**

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



Dawn Morgan	2	Pat Cronin	18	
Aubrey Morrison	4	Glenn Baird	19	
Susan LaFarge	5	Ina Lucht	23	
Tara Martin	6	Joanne Semperger	23	
Ralph Holland	8	Helen Quainstance	29	
Charlene Stutz	10	Judy Price	21	
Louise Ludwig	11	Becky Wolf	29	
Marilyn Harper	12	Leona Jones		
Gary Gish	13	Barb Jones		
Frances Herigstad	13			
Valerie Coy	15			
Dean Woods	15			

*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!

Thank You

In Loving Memory

Honor your loved one with a donation to the Molalla Adult Community Center. When you make a tribute gift, you are honoring your loved one while helping people around the community. Gifts may be designated to the Nutrition Program, or to the Greatest Need.

Thank you for the following donations in the month of July 2019:

\$25 donation in memory of Patty Baber

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!

Fundraiser News



The Molalla Area Seniors Inc. Quilts were raffled off on July 27th during the Christmas in July Sale! Thank you to Everyone who purchased tickets for these gorgeous quilts! Much money was raised for the Center through this generous fundraiser. A special thank you to Linda Sisson for the donation of the Lap Quilt, to Cindy at Cindy's Cafe for allowing us to sell raffle tickets at her restaurant and to all of our Center Quilters who stitch a labor of love into each quilt!



Congratulations to our winners!

Wanda James, Lap Quilt Winner and Gail Lambert, Large Quilt Winner!



Save the Date for October is Mo's Clam Chowder Sales.... More info coming soon!
Orders will be accepted starting 10/1/19!



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!



Molalla Adult Community Center's **WALK-A-THON!**

Open to the community!



**Going the extra mile for our community's seniors
and people with disabilities!**

**Please support our walkers by
making a donation!**

Interested in walking, or have any questions?

Please contact the Center at 503-829-4214



315 Kennel Ave

Saturday, September 14th

Walk Begins 10:30am

\$5 Lunch Served at 12pm

Presentations

Thursdays September 5th– October 10th from 1:00pm-3:30pm

Living Well with Chronic Conditions 6 week course:

Are you or someone you care for living with a chronic condition such as arthritis, heart disease or depression? Managing conditions can be a daily struggle. Come to an informational session to learn about the free six- week Living Well with Chronic Conditions workshop that runs September 5- October 10. We'll introduce the topics covered and answer your questions. We look forward to meeting you!



Living a
Healthy Life
with Chronic
Conditions

Craft & Décor Sale + Lunch at the Center!



Wednesday

Sept 25th

10am to 2pm

**\$3 Lunch served at
12pm**

**Fall Décor and Craft
Supplies for sale!**



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.

Colton Helping Hands Food Bank

Open every Tuesday 12:30pm-3:30pm food box distribution. 11:30am pick up time for disabled and seniors.

Colton Community Center - 30138 S Wall Street

Senior Loneliness Line

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

503-200-1633

1-800-282-7035

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

Computers 101 at the Library!

Dates and Times vary.

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.

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 aid 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!

BLT Pasta Salad

Ingredients:

- | | |
|---|---|
| 12 ounces corkscrew-shaped pasta | 1/2 cup milk |
| 12 ounces lean bacon | 3 medium ripe tomatoes, cut into chunks |
| 1 tablespoon chopped fresh thyme | 1 clove garlic, minced |
| Kosher salt and freshly ground pepper | 1/2 cup mayonnaise |
| 1/4 cup sour cream | 4 tablespoons chopped chives or scallion greens |
| 5 heads Bibb lettuce, quartered, or 5 cups chopped romaine hearts | |



Recipe From: FoodNetwork.com

1. Cook the pasta in a large pot of salted boiling water as the label directs. Drain and toss with the milk in a large bowl; set aside.
2. Meanwhile, cook the bacon in a large skillet over medium-high heat until crisp. Drain on paper towels. Discard all but 3 tablespoons drippings from the pan. Add the tomatoes, thyme and garlic to the pan and toss until warmed through; season with salt and pepper. Crumble the bacon into bite-size pieces; set aside 1/4 cup for garnish. Toss the remaining bacon and the tomato mixture with the pasta.
3. Mix the mayonnaise, sour cream and 3 tablespoons chives with the pasta until evenly combined. Season with salt and pepper. Add the lettuce; toss again to coat. Garnish with the reserved bacon and the remaining 1 tablespoon chives. Serve at room temperature.

NATIONAL TAILGATING DAY

----- SEPTEMBER 1st -----

NAME: _____

T S T U D E N T S G H E M N E A C
 E R H A T S T A D I U M S O H G C
 C U U S P R E F C A H E Z L A Y F
 H N D C F O S O C C E R J M L H O
 F C D E T B E A G Q Z X E N F E O
 B R L T A I L G A T I N G A T F D
 A E E C O F C H S P O R T S I N U
 S H A M B U R G E R S P E N M F S
 K F O C O N T S G A M E S C E O T
 E O T T F G E C G T H U D E R O D
 T O V T D H M A E E D H O Y D T E
 B H N N C O A C H A B A S E Y R I
 A D E G E C G A D M B R E C V A U
 L A J N E A D G S T U D D E V L M
 L M S E I G Q A M A S C O T N L S
 S A C O L L E G E H A N E C G E T

tailgating	basketball
football	soccer
hot dog	team
hamburger	students
fun	college
coach	sports
halftime	food
huddle	games
mascot	
stadium	



Puzzle source: Teacherspayteachers.com

Nutrition Program Update:
July 1st 2019–July 31st 2019 (2019 YTD FY)

Revenue:	
Congregate Dining	\$462.10
Donations	\$625.00
MOW	\$567.00
Government–Clackamas County	\$1,720.21
Government–State	\$3,186.36
Other	\$0
Total YTD:	\$6,560.67
Expenses:	
Direct Nutrition Expenses:	\$5,345.49
In-Direct Expenses:	\$5,435.13
Direct Nutrition 19/20 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 Postage Stamps, Coffee, paper napkins, and copy paper.

Food of the Month Tomato pasta sauce and spaghetti or elbow macaroni noodles.

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
6/30/2019:
\$13,141**

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, September 3rd—Blood Pressure Clinic with Renee 10:30am
- Wednesday, September 4th—Scott's Mills City Park, Museum, Rollin Sandwiches, and Wilhoit Springs
- Thursday, September 5th—Living Well with Chronic Conditions
- Tuesday, September 10th —Lawyer, by appt only 9am-12pm
- Wednesday September 11th—Foot Clinic by appointment starting at 9:30am
- Wednesday September 11th, Willamette Queen cruise 10:30am
- Thursday, September 12th—Living Well with Chronic Conditions
- Monday, September 16th—MAS Board Meeting 9:30am
- Tuesday, September 16th —Parkinson's Support Group 10am
- Tuesday, September 17th— Senior Safari at the Portland Zoo
- Thursday, September 19th—Living Well with Chronic Conditions
- Friday, September 20th Women's Cancer Support Group
- Tuesday, September 24th MAS Craft Hour, join us making a Halloween Surprise!
- Wednesday, September 25th—Craft and Décor Sale
- Thursday, September 26th—MAS General Meeting 12:15pm
- Thursday, September 26th—Living Well with Chronic Conditions
- Friday September 27th—Birthday Celebrations! 12pm.

Have a Birthday AND a Facebook Account?

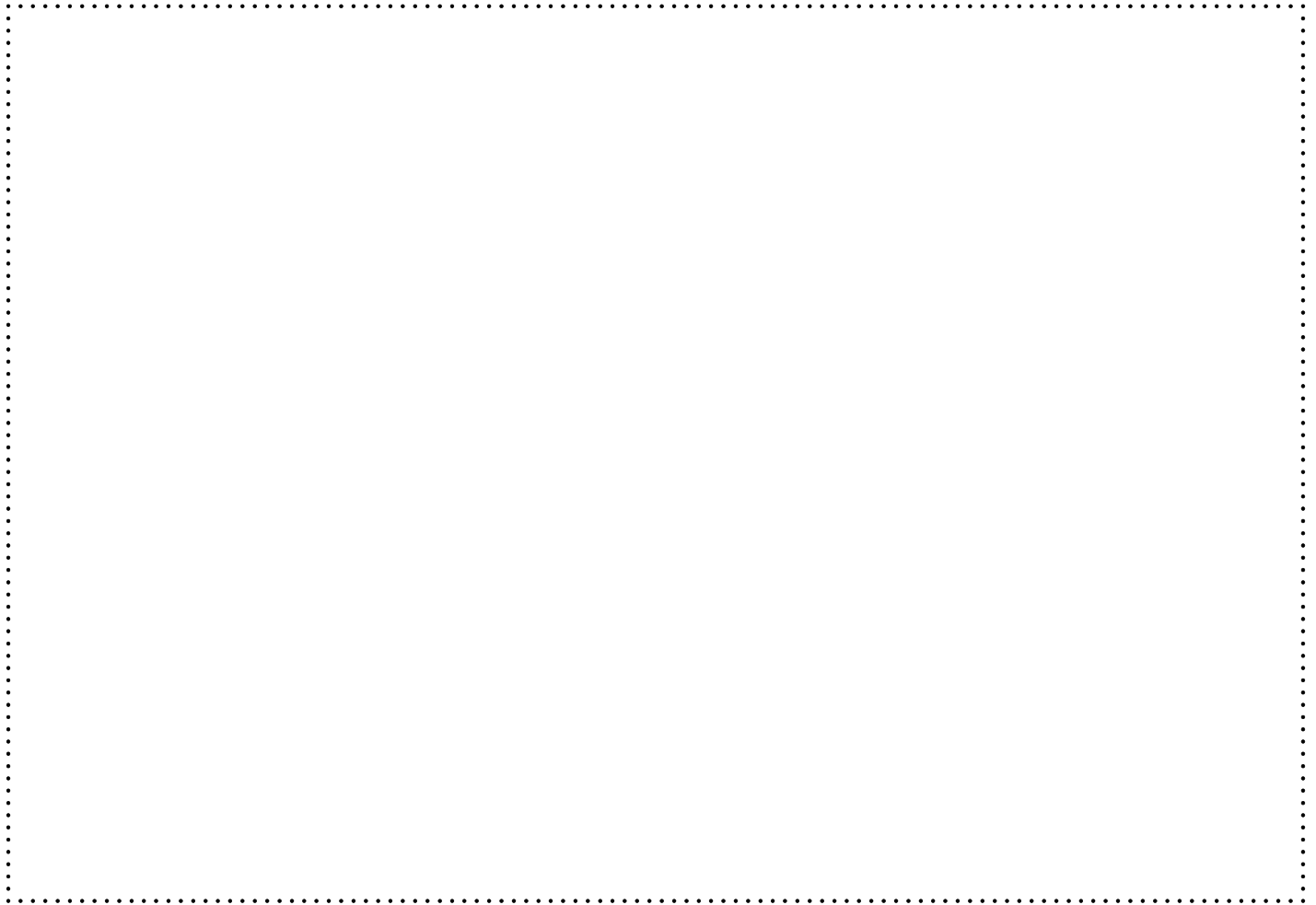


Help MAS reach their fundraising goals! Facebook will notify you that you have a birthday coming up and that you may choose a Charity to support in your name in lieu of Birthday gifts. Please considering donating to Molalla Area Seniors Inc. Simply select this Non Profit from the drop down menu. If you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



MAS Member Highlight:

What

Written for MAS by Carma Puffer