

The Senior Informer

MOLALLA ADULT COMMUNITY CENTER

Address: 315 Kennel Ave.

PO Box 797, Molalla, OR 97038

Hours: Monday-Friday: 9am-4pm



January 2020

Director's Message

Dear Members,

Happy New Year! I love this time of year as it makes me realize just how bright a future the Center has! January is the month that we look forward with joy and anticipation as we dream about what's to come. We're excited about how the year ended with generous donations that launch us into a year where sustainability is hopeful. The donations from Molalla Communications, The National Christian Foundation, and Specialty Polymers allow us to focus on future fundraising efforts, program growth, and services that excel. These are the things that bring a bright 2020 to vision. We have recently applied for very large Community Development Block Grants through Clackamas County. These are for projects we hope to complete over this year and next and include a parking lot rehabilitation and HVAC upgrade at the Center. While there's no guarantee that these projects will be funded through these particular competitive grants, we are hopeful that we can find a way to make them come to fruition. With both of these projects we are raising funds to meet our required match. If you would like to be a part of the solution and make a donation to either of these projects we would forever be grateful. You can make a monetary donation to either designated fund or place "the greatest need" on your donation and they will reach your project of choice. As always, feel free to contact me with any questions. While we're working on our dreams and goals here for the seniors we serve, we hope your new year meets all of your needs as well! Cheers to a fabulous and bright 2020!

Blessings,

Cecily,

Center 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

MAS Members
Reception

Molalla Area Seniors Executive Board

Bob McNeil
President

Gordon Kundert
Vice President

Pat Torsen
Treasurer

Sandy Kundert
Secretary

Lorraine Peters

Jojie Chapman

Claudia Linder

Patricia Blank

Judy McNeil

Don Gulliford

Board Members

Molalla Area Seniors Meetings

Executive Board Monday
January 20th—9:30am

General Meeting Thursday
January 23rd —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 & Fri at 9:30am.
Learn to Quilt or show off your skills!

Knit & Crochet— Every Fri, 10am

MAS Craft Hour— 4th Tues,
10:30am Please join us for an hour of
Crafting activities, socializing and more!

HEALTH AND WELLNESS

Blood Pressure Clinic— 1st Tuesday
10:30am-12:30pm with Renee.

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

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—Wednesday
ONLY—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 Peo-
ple is a program designed to meet
transportation needs for those 60 years
or older, or an individual with a disa-
bility, who have limited practical trans-
portation alternatives. Call TRP of
Clackamas County at 503-655-8208 for
enrollment. Once enrolled call the cen-
ter on Mon., Wed., or Fri., at the cen-
ter 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 volun-
teer 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>Assembly of God Pasta Primavera Spinach Carrot Raisin Salad Oatmeal Roll Applesauce Gingerbread</p>	<p>6 The Girls Corned Beef Stew Mixed Vegetables Tossed Salad Whole Wheat Roll Lemon Pudding</p>	<p>7 The Girls Meatloaf/Brown Gravy Lyonnaise Potatoes Herbed Carrots Rye Bread Pear Cobbler</p>	<p>8 Sweet Tomatoes The Fishwife Seafood</p>	<p>9 Grace Lutheran Turkey Pot Pie Green Beans Spinach Romaine Salad Biscuit Butterscotch bar</p>
<p>10 The Girls Egg Salad Half Sandwich Cream of Broccoli Soup Country Coleslaw Whole Wheat Bread Pineapple Tidbits</p>	<p>11 The Girls Turkey Alfredo bake Green Peas Capri Blend Vegetables Spiced Applesauce</p>	<p>12 The Girls Marquam Methodist Spaghetti/Meat Sauce Carrots Garlic Bread Sliced/diced Peaches</p>	<p>13 The Girls Nazarene Church Shoyu Chicken Brown Rice pilaf Oregon Bean Medley Ice Cream Cups</p>	<p>14 The Girls Molalla Christian Church Sliced Ham/Mustard Sauce Delmonico Potatoes Spinach Romaine Salad Cornmeal Roll Zucchini Brownie</p>
<p>15 The Girls Men of St. James Southwest Chicken Whipped Potatoes Carrots Spinach Romaine Salad Onion Bread Seasonal Fresh fruit</p>	<p>16 7th Day Adventist Baked Beef Rigatoni Green Peas Pickled Beets Whole Wheat Roll Orange Whip</p>	<p>17 The Girls Pork Sausage Gravy Biscuit Broccoli Romaine Iceberg Salad</p>	<p>18 The Girls Foothills Community Church Cheese Omelet Parslied Potatoes Country Trio Vegetables Oatmeal Bread Butterscotch Pudding</p>	<p>19 The Girls Beef Spanish Rice Bake Oregon Bean Medley Creamy Coleslaw Rye Bran Roll Gelatin Jewels/w Whipped Topping</p>
<p>20 The Girls Swedish Meatballs/Sauce Cabbage & Carrots Delmonico Potatoes Whole Wheat Bread Confetti Cake</p>	<p>21 The Girls Meadowbrook Church</p>	<p>22 The Girls St. James Church Chicken Pomodoro Mixed Vegetables Tossed Salad Ice cream Cup</p>	<p>23 The Girls St. James Church Chicken Pomodoro Mixed Vegetables Tossed Salad Ice cream Cup</p>	<p>24 The Girls St. James Church Chicken Pomodoro Mixed Vegetables Tossed Salad Ice cream Cup</p>
<p>25 The Girls Meadowbrook Church</p>	<p>26 The Girls Meadowbrook Church</p>	<p>27 The Girls Meadowbrook Church</p>	<p>28 The Girls Meadowbrook Church</p>	<p>29 The Girls Meadowbrook Church</p>

Special Outings and Events!

Wednesday, January 8th: Sweet Tomatoes and Barnes & Noble

Bus leaves Center: 10:30am Sign up: Friday, Jan. 3rd @ 9am Sugg \$6

Since its beginnings, Souplantation has been a place of creation, from the inception of our restaurant concept down to the very meals our guests are able to make using the farm-fresh menu items of our salad bar and buffet. Join us for all you can eat at Sweet Tomatoes, and then we are off to Barnes & Nobles.



Wednesday January 15th: The Fishwife Seafood & Wells Fargo Museum

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

The Fishwife is proud to offer the freshest seafood available for 28 years and counting. The Fishwife provides unforgettably delicious fresh seafood in a classic, uncomplicated style. Make plans to experience classic, fresh seafood on today's fun adventure with friends! Meals cost about \$15-\$25. Then we are off to the Wells Fargo Museum to experience history up close. Have you ever wondered how money moved to the mint during the gold rush? Or, what invention for long distance communication was adopted for the use of moving money? Our presentation called Innovation: Serving our customers in Oregon, looks at how innovations have led to changes in doing business in our community. You'll discover the role of innovation in moving money, securing money, and borrowing money in the past and present as well as what might come in the future.



Wednesday, January 22nd: The Donald Café & Fir Point Farms

Bus leaves Center: 10:30am Sign up: Friday, Jan. 17th @ 9am Sugg \$6

Whether you are after breakfast or lunch, the Donald Café is famous for having delicious food, and lots of it for the price. Meals are about \$9-\$15. Fir Point Farms is a family owned business. They use only fresh farm ingredients and bake everything fresh daily, making all of their own breads, home made cinnamon rolls, pastries and fresh baked pies. The store is stocked with local fresh produce, fresh assorted breads, fresh pies, jams, honey, gifts and much more.



Wednesday, January 29th: Red Robin & Walmart

Bus leaves Center: 10:30am Sign up: Friday, Jan. 24th @ 9am Sugg \$5

Build your favorite burger, or choose one from their MANY combinations on the menu. Red Robin also has a rewards program, and offers a burger for free in your birthday month. They have bottomless fries, or salad if you are eating on the healthier side. Whether you need groceries, or a few items around the house, after lunch we will be headed to Walmart as they're a great one stop shop for the things you need.



Mon	Tue	Wed	Thu	Fri
			<p>9am Tai Chi 12:45pm Hi School Pharmacy 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>9am Better Bones & Balance 10am Knit & Crochet 12:45 Safeway 1pm Bingo</p>
			<p>9am Tai Chi 12:45pm Hi School Pharmacy 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>9am Better Bones & Balance 10am Knit & Crochet 12:45 Safeway 1pm Bingo</p>
<p>9am Better Bones & Balance 12:45pm Shopping at Safeway</p>	<p>9am Tai Chi 9:30am Quilting 10:30am Blood Pressure w/ Renee 12:45pm Bimart 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>9am Better Bones & Balance 10:30am Sweet Tomatoes and Barnes & Noble 3pm AA Meeting</p>	<p>9am Tai Chi 12:45pm Hi School Pharmacy 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>9am Better Bones & Balance 10am Knit & Crochet 12:45 Safeway 1pm Bingo</p>
<p>9am Better Bones & Balance 12:45pm Shopping at Safeway</p>	<p>9am Tai Chi 9:30am Quilting 9:30am Lawyer by Apt. 12:45pm Bimart 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>9am Better Bones & Balance 9:30am Foot Clinic 10:30am The Fishwife Seafood And Wells Fargo Museum 3pm AA Meeting</p>	<p>9am Tai Chi 12:45pm Hi School Pharmacy 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>9am Better Bones & Balance 10am Knit & Crochet 12:45pm Safeway 1p Women's Cancer Spt Grp 1pm Bingo</p>
<p>9am Better Bones & Balance 9:30am MAS Executive Board Meeting 11:30am Dennis Stafford 12:45pm Shopping at Safeway</p>	<p>9am Tai Chi 9:30am Quilting 10am Parkinson's Supp Grp 11am A New Year, A New You 12:45pm Bimart 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>9am Better Bones & Balance 10:30am The Donald Café & Fir Point Farm 3pm AA Meeting</p>	<p>9am Tai Chi 12:15pm MAS General Meeting 12:45pm Hi School Pharmacy 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>9am Better Bones & Balance 10am Knit & Crochet 12:45 Safeway 1pm Bingo</p>
<p>9am Better Bones & Balance 12:45pm Shopping at Safeway</p>	<p>9am Tai Chi 9:30am Quilting 10:30am MAS Craft Hour 12:45pm Bimart 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>9am Better Bones & Balance 10:30am Red Robin & Walmart 3pm AA Meeting</p>	<p>9am Tai Chi 12:45pm Hi School Pharmacy 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>9am Better Bones & Balance 10am Knit & Crochet 12pm Beating the Winter Blues 12:45 Safeway 1pm Bingo</p>

Center Activities

Date of Event	Bus Leaves Center	Restaurant Location	Activity	Sign up AFTER	Suggested Donation	Additional \$\$ Info
WEDNESDAY 1/8	10:30am	Sweet Tomatoes	Barnes & Noble	1/3 @ 9am	\$6	Buffet \$8
WEDNESDAY 1/15	10:30am	Fishwife Seafood	Wells Fargo Museum	1/10 @ 9am	\$6	Meals \$15-\$25
WEDNESDAY 1/22	10:30am	Donald Café	Fir Point Farm	1/17 @ 9am	\$6	Meals \$10-\$14
WEDNESDAY 1/29	10:30am	Red Robin	Walmart	1/24 @	\$6	Meals \$8-\$14

***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!....



David Schriever	2	Carol Brochart	10	Shirley Wright	26
Robyn Riggs	2	Patricia Konold	14	Don Gulliford	27
Stephanie Dethlefs	3	Christine Anderson	15	Julie Young	31
Jessica Evans	3	Ruth Heinz	15		
Lola Burge	4	Debbie Andrews	17		
Janet Starnes	6	Mary Dowdy	17		
Patricia Dragowsky	7	Vicki Smith	19		
Eric Heublein	7	Howard Miller	20		
Glenn Linder	7	James Komro	21		
Ben Ashbaugh	8	Gene Neils	23		
Linda Sisson	9	Gerald George	23		
Barbara Jones	9	Candace Diehl	24		
Warren Jones	9	Garry Cunningham	25		





*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

Our many thanks to Specialty Polymers, INC for their donation of \$5,000. It is your continued support that sustains our mission and makes all the difference.



SPECIALTY POLYMERS, INC.



National Christian
FOUNDATION®

Thank you to the National Christian Foundation for their generous gift of \$3,500 to the Molalla Adult Center. We are thrilled to have your continued support. You truly make the difference for us, and we are extremely for this blessing!

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 November 2019:

\$100 donation in memory of Jim Jordan

In Loving Memory

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
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
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.
National Christian Foundation
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!

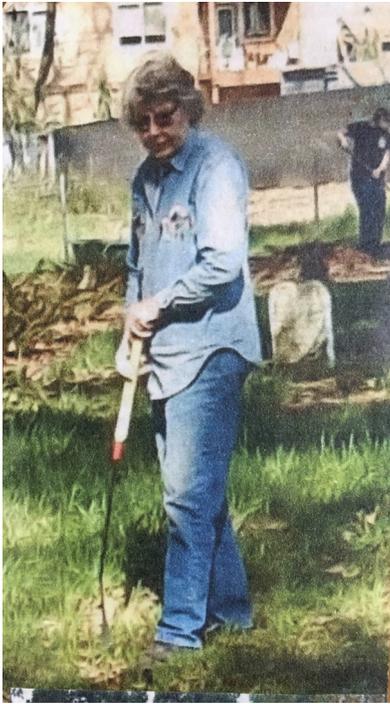
We apologize if we've missed anyone. Please feel free to contact us and let us know if so.

We thank you for your donations. 503-829-4214

MAS Member Highlight: Patricia Niday

Patricia Niday was born November 27, 1944. She was 3rd in a line of 7 children. She grew up in San Diego where the summers were continual fog. When she was a senior in high school, her engineer father decided to move their family, which now consisted of Patricia and her husband Ray. They arrived in Portland 1 day after the Columbus Day storm. Ray had become her “brother” as Marshall High had a rule that no married couples could attend the same school.

Their desire was to buy land in Oregon, and they found 80 acres up Ellis Road for \$6,500. The area was filled with fir trees and scotch broom. The men chopped, and the women burned. They continued to clear the land by hand until the place to build a home emerged. They created a basement with 4 walls and a dirt floor to house 8 people, dividing the rooms with sheets. A pond and natural spring were discovered, they provided water for cooking, washing and bathing. Family members carried water for a 1/2 mile daily. In the meantime, Patricia and Ray drove back and forth to Marshall high to complete their education. The area was rich with timber, and Patricia’s father had a job working weekdays as a logger. Slowly they accumulated tools, a chain saw, and tractor. The vision of a mobile park came to fruition and “Natural Rights” became a reality in 5-8 years.



Over time, the home grew to 9 bedrooms and 3 baths. Patricia had 5 children in 6 years. All 5 grew up in the home, graduating from Molalla High School. The boys got married and moved away, those who remained helped with the mobile park. Along the way, Patricia and Ray divorced. She moved to Canby and was accepted into the “Ceta” program which located jobs. After 4 years with the printing company, she became acquainted with a PSI Company (People Synergistically Involved) who held seminars teaching people how to better the mind, body and spirit. “This changed my whole life!” The program even paid for half of her living expenses, and she worked for them about 2 years.

Patricia began to have serious health issues that left her unable to work. She had no choice but to give her children to their father who had remarried. Her 8 year old cried, and told her he would get a job if he would not have to leave. She became homeless, without employment or a car, and was very sick. She was able to find a job at a shake mill where she would walk a half mile to get there, and often her hands would swell from the work, but she was allowed to live in a cabin, so she made due. When the mill closed, she moved in with her sister, and was able to work as a secretary, she got a home, and her children started moving back home with her as they turned 18. Her son Tony, who was just back from the service moved in with her. He was diagnosed with cancer, and she cared for him until he passed, at age 29.

Patricia was now experiencing unbearable pain, and she was diagnosed by OHSU as having Multiple Sclerosis. She made it through a year, waiting on Social Security Disability payments, and found an apartment in Molalla. Patricia needed purpose in her life, and “Find a Grave” was the answer. She became the care-taker of the Austin, Jackson, Larkin, and Dibble Pioneer Cemeteries. They were taken over with vines, and had broken headstones with pieces everywhere. She worked every day for 9 years clearing the over-brush, learning the art of restoring headstones, and locating graves. Patricia received donations, raised funds, and with the help of her family, built a fence with 2 gates around the perimeter of the headstones. Patricia is a most delightful, dedicated and industrious 75 year old woman who says, “I figure I’ve done everything I can with the mission I was given.”

Written for MAS by Carma Puffer

Presentations

Tuesday January 21st- 11:00am— A New Year, A New You

Roxie Smith, wellness advocate, will be sharing nutrition and the importance of eating fruits and vegetables daily. She will focus on how to have a healthy lifestyle of eating, and get you kick started into a new year!



Friday January 31st- 12:00pm, Surviving the winter blues

Are you looking for ways to keep happy and healthy through the winter? Our social workers will share tips for coping with the long, grey winter, and our physical therapists will give you tips to keep moving. Come join us for lunch, and a chance to win an exciting raffle basket full of goodies!



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

FUNDRAISER NEWS

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.



Our ladies have done it again, and donated a simply gorgeous quilt to be raffled off and raise funds for the Molalla Area Seniors! With all the beautiful colors and handiwork, it is no wonder this quilt raised \$847 ! Thank you to all of the quilters! We are aslo so very thankful to everyone who purchased tickets. Congratulations to Gail Williams who's lucky blue ticket had the winning numbers! We are so happy for you, Gail!



We rolled the dice and took a chance on a new fund raiser over the summer. We had such a great time, and received several inquiries for the next date, that we've added Bunco to our fundraising activities! Thank you to all of our Bunco players! It was a terrific afternoon of gathering, conversation, food and BUNCO's! MACC raised \$438 and we want to thank everyone who came out to support the center and have an outstanding time.

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.

Molalla Service Center

Open Monday and Wednesday 10am-2pm

Location: 415 S. Swiegle

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

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

LoveOne Laundry

Every 4th Wednesday of the month at 6pm

LoveOne not only provides quarters, soaps, softeners, personal care items, and meals but also a sense of community and hardship-relief for those in need.

501 E. 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

Creamy Garlic Chicken Bundles

- 2 cans (8 oz each) Pillsbury™ refrigerated crescent rolls
- 1 1/4 lb boneless skinless chicken, cooked, shredded
- 1 medium red bell pepper, diced
- 1/2 cup chopped baby spinach leaves
- 2 cloves garlic, finely chopped
- 1/2 cup shredded Parmesan cheese
- 1 jar (16 oz) Alfredo sauce



1. Heat oven to 350°F. Line 2 large cookie sheets with foil; spray foil with cooking spray. Recipe from: Pillsbury.com
2. Separate dough from both cans into 8 rectangles; press perforations to seal.
3. In medium bowl, place shredded chicken, bell pepper, spinach, garlic, 1/4 cup of the Parmesan cheese and 1 cup of the Alfredo sauce; stir until combined.
4. Place 1/2 cup chicken mixture onto center of each rectangle. For each bundle, bring up 4 corners of dough and fold over top of filling; gently press dough together to form a ball and hide the filling. Repeat with remaining rectangles and chicken mixture. Place 4 on each cookie sheet.
5. Bake 20 to 25 minutes or until golden brown. Meanwhile, heat remaining Alfredo sauce. Cool bundles 5 minutes before serving.
6. Serve bundles topped with warm sauce and remaining 1/4 cup Parmesan cheese.

TIP: During the last few minutes of cooking, you may want to cover the bundles with foil to prevent them from overbrowning.

January

Compliments of tes.com

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

AQUARIUS
 CAPRICORN
 COLDEST MONTH
 FIRST MONTH
 GREGORIAN
 IANUARIUS
 JANUS
 JUVENALIA
 ROMAN MYTHOLOGY
 THIRTY ONE DAYS
 WINTARMANOTH
 WULF-MONATH

CALENDARS
 CERVULA
 DOOR TO THE YEAR
 GARNET
 IANUA
 JANUARY
 JULIAN
 NEW YEARS DAY
 SNOW
 WARMEST MONTH
 WOLF MONTH



Name: _____

January Word Search

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



JANUARY
 WINTER
 NEW YEAR
 RESOLUTIONS
 MLK DAY

CELEBRATION
 COLD
 GLOVES
 SNOWMAN
 JANUS

GARNET
 NEW START
 JULIAN
 GREGORIAN
 WOLF MONTH



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Nutrition Program Update:

November 1st 2019–November 30th 2019 (2019 YTD)

Revenue:	
Congregate Dining	\$2,755.79
Donations	\$3,068.37
MOW	\$3,422.00
Government–Clackamas County	\$5,585.86
Government–State	\$17,334.18
Other	\$3,383.73
Total YTD:	\$35,549.93
Expenses:	
Direct Nutrition Expenses:	\$29,871.31
In-Direct Expenses:	\$23,648.76
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, black sharpie's, paper napkins, and copy paper.

Food of the Month Low sodium ketchup, brown sugar, croutons, canned mixed vegetables, hot cocoa packets.

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
11/30/2019:
\$14,376**

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: _____

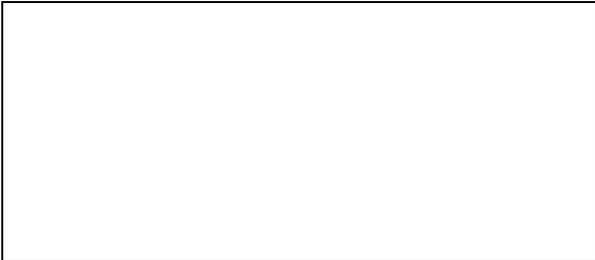
Amount \$ _____ Donation: In Honor of: _____

In Memory of: _____



PO Box 797
Molalla, OR 97038

Nonprofit Organization
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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, January 7th—Blood Pressure Clinic with Renee 10:30am

Wednesday, January 8th—Sweet Tomatoes and Barnes & Noble 10:30am

Tuesday, January 14th —Lawyer, by appt only 9am-12pm

Wednesday, January 15th— The Fishwife Seafood Restaurant & Wells Fargo Museum 10:30am

Friday, January 17th— Women’s Cancer Support Group 1pm

Monday, January 20th—MAS Executive Board Meeting 9am

Tuesday, January 21st— A New Year, A New You,, Presentation 11am

Tuesday, January 21st —Parkinson’s Support Group 10am

Wednesday, January 22nd—The Donald Café & Fir Point Farms 10:30am

Tuesday, January 28th—MAS Craft Hour 10:30am

Wednesday, January 29th— Red Robin & Walmart 10:30am

Thursday, January 30th— MAS General Meeting 12:15pm

Friday January 31st—Birthday Celebrations! 12pm

Friday January 31st—Lunch & Learn Post Holidays Beating the Winter Blues 12pm