

# The Senior Informer

MOLALLA ADULT COMMUNITY CENTER

**Address: 315 Kennel Ave.**

**PO Box 797, Molalla, OR 97038**

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



**February 2020**

## Director's Message

Dear Members,

It's a leap year and we hope that this month finds you leaping for joy! February means Spring is right around the corner and while we don't want to rush through this month, we do understand that for many we're ready for longer days to begin and for the sun to be a more familiar face than it has been recently. January found us receiving amazing donations from businesses and individuals continuing the celebrations from the end of the year. Once again we're so grateful for the generosity that sustains the growing demands of the Center's programs and services. We were able to order and install our new steam tray in the kitchen in January and are still forging forward on the other needed items.

We have another Bunco planned for this month, so join us on February 12th for a Valentine's themed Bunco. Wear your red, pink, white and purple and you'll fit right in. The health presentations for February are sure to be a hit so mark your calendars as we have local experts sharing great wisdom with us.

See you at the center,

*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  
February 10th—9:30am

General Meeting Thursday  
February 27th —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

2/20/20 Lunch and Learn presentation  
on POLST and Advanced Directives.

2/28/20 Lunch and Learn presentation  
on Health and Wellness.

## 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.

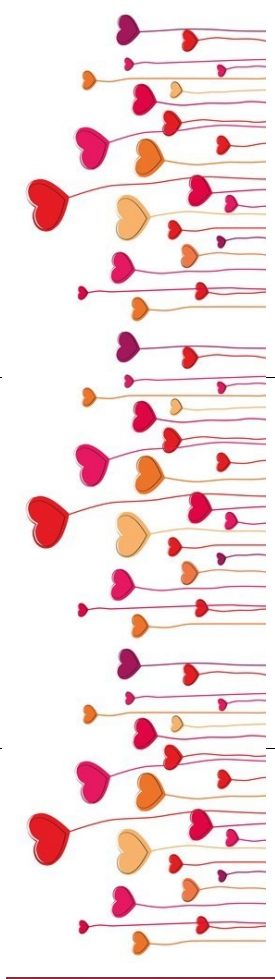
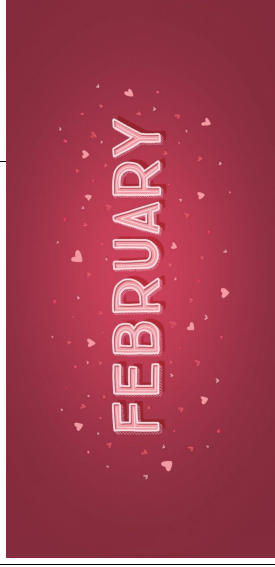
Mon

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Thu

Fri



<p>Assembly of God Sweet &amp; Sour Pork Brown Rice Oriental Blend California Blend Vegetables Hermit Bar</p>	<p>3 The Girls Beef Stew Brussel Sprouts Broccoli/Cauli Craisin Salad Squash Roll Chocolate Cake</p>	<p>4 Fazzoli's Outing</p>	<p>5 St. James Church Spaghetti &amp; Meat Sauce Green Beans Garden Vegetable Salad White dinner Roll Seasonal Fresh fruit</p>	<p>6 Meadowbrook Church Macaroni &amp; Cheese Capri Blend Vegetables Apple Cranberry Coleslaw Banana Chocolate chip bar</p>
<p>The Girls Beef Mushroom Patty Garlic whipped Potatoes Scandinavian Blend Veggies Whole wheat Bread Lime Whip</p>	<p>10 The Girls Chef Mimi salad 1000 island dressing Spinach Romaine Corn Chowder Spiced Peaches</p>	<p>11 BUNCO At MACC</p>	<p>12 Grace Lutheran Beef &amp; Black Bean Chili Broccoli Spinach Romaine Salad Cornmeal Roll Vanilla Pudding</p>	<p>13 The Girls Chicken Breast Supreme Whipped Potatoes Succotash Tossed Salad Valentine Cookie</p>
<p><b>CLOSED FOR PRESIDENT'S DAY</b></p>	<p>18 Nazarene Church Chicken Patty Lettuce &amp; Mayo Minestrone soup Carrot Salad Hamburger Bun Pineapple Tidbits</p>	<p>19 Cleary's Restaurant Outing</p>	<p>20 7th Day Adventist Meatloaf /Brown Gravy Sour cream &amp; chive potatoes Country Trio Vegetables Squash bread Chocolate Cake</p>	<p>21 The Girls Creamed Chicken &amp; Vegetables Whipped Potatoes Green Peas Ice Cream Cup</p>
<p>The Girls Beef Sloppy Joe Winter Blend Vegetables Potato Salad Hamburger Bun Cherry Poke-n-Pour Cake</p>	<p>24 Molalla Christian Church White Bean Chicken Chili Tossed Salad Herbed Carrots Seven Grain Roll Snickerdoodle Bar</p>	<p>26 Red Robin Outing</p>	<p>27 Men of St. James Breaded Baked Fish Tartar Sauce Tater Tots Broccoli Whole Wheat Roll</p>	<p>28 Foothills Community Church Chicken &amp; Sausage Jambalya Succotash Marinated Zucchini Salad Bread Pudding w/raisins</p>

# Special Outings and Events!

## **Wednesday, February 5th: Fazoli's & TJ Maxx**

**Bus leaves Center: 10:30am Sign up: Friday, Jan. 31st @ 9am Sugg \$5**

Fazoli's fast, fresh, Italian restaurant in Woodburn is our hot spot for lunch today! Their Pasta and Sauces, Breadsticks and Salads are FRESHLY prepared throughout the day. Oven-Baked Dishes and Primo Submarinos® are never baked 'til you order them! Made with 100% Real Mozzarella and Provolone, vine-ripened Tomatoes in their Authentic Marinara Sauce, plus Garden Vegetables, their food isn't "fast food." It's fast, fresh, Italian! Senior special on this day is a half order of any pasta and salad for \$5!! Then we can walk the carbs off at TJ Maxx. This store is loaded with name brand, nice things at discount prices.



## **Wednesday, February 19th: Cleary's Restaurant & Portland Adventist Community Svcs.**

**Bus leaves Center: 10:30am Sign up: Friday, Feb. 14th @ 9am Sugg \$6**

Please join us to try a new restaurant where the food is rated to be very good with very reasonable prices, not to mention the fast service. There are many meal options. There is a daily special which is often a burger and fries for \$7. They have a "lighter side" menu for seniors for \$8.95 that includes sandwiches, pork chops, chicken strips and more. Then we are off to Portland Adventist Community Services (PACS) store for some browsing/shopping. The PACS Thrift Stores sell clothing, furniture, and household items to help families make their money go further. Our commitment to you is that we sell quality items, at low cost, provide an organized shopping experience, and provide high-quality customer service. In our clothing thrift store, we offer a range of sizes and styles for men, women, and children along with accessories like luggage, handbags, and jewelry. You will find fabric, sewing patterns, a section of home medical equipment, and a small used bookstore with sheet music. In our household store, you will find a wide range of cooking items, dishes, silverware and household and office accessories like lamps, office supplies, and decorator items.




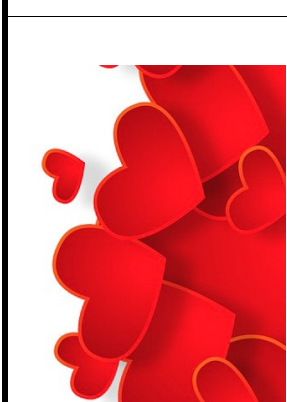
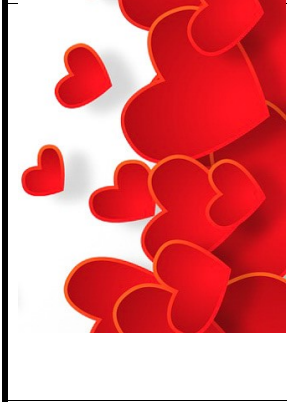

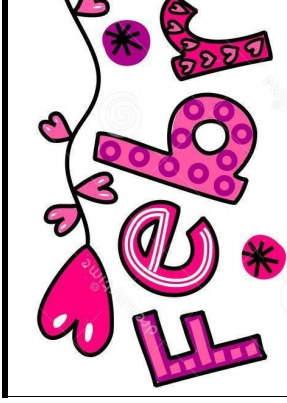


## **Wednesday, February 26th: Red Robin and Fred Meyer**

**Bus leaves Center: 10:30am Sign up: Friday, Feb. 21st @ 9am Sugg \$6**

Join us for lunch at one of our famous, favorite lunch spots, Red Robin. Then we are off for famous Fred Meyer where you can do your one stop shopping.



What's on your list today?®

Mon	Tue	Wed	Thu	Fri
				
<p>3 9am Better Bones &amp; Balance 12:45pm Shopping at Safeway</p>	<p>4 9am Tai Chi 9:30am Quilting 10:30am Bood Pressure w/ Renee 12:45pm Bimart 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>5 9am Better Bones &amp; Balance 10:30am Fazzoli's &amp; TJ Maxx 3pm AA Meeting</p>	<p>6 9am Tai Chi 12:45pm Hi School Pharmacy 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>7 9am Better Bones &amp; Balance 10am Knit &amp; Crochet 12:45Safeway 1pm Bingo</p>
<p>10 9am Better Bones &amp; Balance 9:30am MAS Executive Board Meeting 12:45pm Shopping at Safeway</p>	<p>11 9am Tai Chi 9:30am Quilting 9:30am Lawyer by Apt. 12:45pm Bimart 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>12 9am Better Bones &amp; Balance 9:30am Foot Clinic 11:30am Valentine Bunco 3pm AA Meeting</p> 	<p>13 9am Tai Chi 12:45pm Hi School Pharmacy 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>14 9am Better Bones &amp; Balance 10am Knit &amp; Crochet 12:45Safeway 1pm Bingo</p>
<p>17 </p>	<p>18 9am Tai Chi 9:30am Quilting 10am Parkinson's Supp Grp 12:45pm Bimart 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>19 9am Better Bones &amp; Balance 10:30am Cleary's Restaurant &amp; Portland Adventist Community Services 3pm AA Meeting</p>	<p>20 9am Tai Chi 12pm Health &amp; Wellness presentation by Dave Calhoun 12:45pm Hi School Pharmacy 1pm Senior REFIT® 2:30 Ping Pong</p>	<p>21 9am Better Bones &amp; Balance 10am Knit &amp; Crochet 12:45pm Safeway 1p Women's Cancer Spt Grp 1pm Bingo</p>
<p>24 9am Better Bones &amp; Balance 12:45pm Shopping at Safeway</p>	<p>25 9am Tai Chi 9:30am Quilting 10:30am MAS Craft Hour 12:45pm Bimart 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>26 9am Better Bones &amp; Balance 10:30am Red Robin &amp; Fred Meyer 3pm AA Meeting</p>	<p>27 9am Tai Chi 12:15pm MAS General Meeting 12:45pm Hi School Pharmacy 1pm Senior REFIT® 2:30pm Ping Pong</p>	<p>28 9am Better Bones &amp; Balance 10am Knit &amp; Crochet 12:00pm Advanced Directives &amp; POLST presentation 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 2/5	10:30am	Fazoli's	TJ Maxx	1/31 @ 9am	\$5	Senior Special \$5
WEDNESDAY 2/12	11:30am	MACC	BUNCO @ MACC	RSVP to MACC	\$.75 Each way	\$5 for lunch \$5 per round
WEDNESDAY 2/19	10:30am	Cleary's Restaurant	PtlnD Adventist Comm Svcs	2/14 @ 9am	\$6	Senior Special \$8.95
WEDNESDAY 2/26	10:30am	Red Robin	Fred Meyer	2/21 @	\$6	Lunches are around \$8-\$15

**\*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!....



Connie Miller	4	Mary Gilson	21	
Pat Rice	7	Pat Wiltgen	25	
Judy Weeks	8	Rosemary Kraxberger	25	
Kae Wise	9	Judy Ann Edlund	25	
Dean Sandgren	11	Dennis Ray	26	
Jim Evers	11	Sue Gasper	28	
Judy Yoder	12			
Virgil Foster	14			
Penny Mackinnon	15			
Mary Lou Adams	18			
Nada Storey	18			
Jack Gardner	19			
Gordon Kundert	20			

\*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!



# *Valentine's Theme Bunco*

*Wednesday, February 12th*

*11:30am*

*Molalla Adult Community Center*



*Lunch will be available*



*RSVP is appreciated 503-829-4214*



Help and encouragement after the death of a spouse, child, family member or friend. GriefShare is a special weekly seminar and support group designed to help you rebuild your life after losing a loved one. The group is led by caring people who have experienced grief and want to help you through the difficult days ahead. Each week has a DVD covering a specific topic of grief as well as a workbook and most importantly support group discussions.

We will be starting a new session on Monday February 3rd, 2020 and run through May 11, 2020. We meet on every Monday from 6:30pm to 8:30pm at the Molalla Adult Community Center. For more information please contact Karin Watts at 503-866-6573 or [karinsw@colton.com](mailto:karinsw@colton.com)



**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.**

# THANKYOU!

A special "Thank You" to our 2019/2020 sponsors and **all** our sponsors throughout the years...

Assembly of God  
 Art Erickson's Tire & Auto, Inc  
 B&B Leasing  
 Cascade Sleep Study  
 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!*



# 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.



## Save the dates for the following March for Meals Fundraisers

- ★ March 7th REFIT<sup>®</sup> at NW Fitness & Strength 
- ★ March 21st Sheldon-Oke and 50th Birthday Party at San Blas 
- ★ March 25th St. Patrick's Day BUNCO at Molalla Adult Center 
- ★ March 28th Ping Pong Tournament at Molalla Adult Center 
- ★ April 1st Anniversary Breakfast at Molalla Adult Center 
- ★ April 18th Spring Bazaar at Molalla Adult Center 

# 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

# Strawberry Pretzel Desert

- 2 cups crushed pretzels
- 3/4 cup butter, melted
- 3 tablespoons sugar
- Filling:
- 2 cups whipped topping
- 1 package (8 ounces) cream cheese, softened
- 1 cup sugar
- Topping:
- 1 packages (3 ounces each) strawberry gelatin
- 2 cups boiling water
- 1 packages (16 ounces each) frozen sweetened sliced strawberries, thawed
- Optional: Additional whipped topping and pretzels.



1. In a bowl, combine the pretzels, butter and sugar. Press into an ungreased 13x9-in. baking dish. Bake at 350° for 10 minutes. Cool on a wire rack. Separate dough from both cans into 8 rectangles; press perforations to seal.
2. For filling, in a small bowl, beat whipped topping, cream cheese and sugar until smooth. Spread over pretzel crust. Refrigerate until chilled.
3. For topping, dissolve gelatin in boiling water in a large bowl. Stir in sweetened strawberries; chill until partially set. Carefully spoon over filling. Chill until firm, 4-6 hours. Cut into squares; serve with additional whipped topping and pretzels if desired.

**Test Kitchen tips:** Punch up the flavor by adding chopped toasted nuts to the crust. Want a crisp crust and fluffy filling? Cool baked crust completely. Nobody likes gelatin that wanders. Using an offset spatula or the back of a spoon, spread cream cheese all the way to the crust's edges so the gelatin stays put. Instead of whipped topping, try fresh whipped cream. Courtesy of [www.tasteofhome.com](http://www.tasteofhome.com)



## Valentine's Day

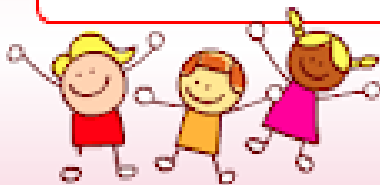
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## Word List

ROSES  
 BOYFRIEND  
 LOVE  
 HEART  
 WINTER  
 RED  
 FLOWERS  
 CUPID  
 PROPOSE  
 FEBRUARY  
 VALENTINE  
 HALLMARK  
 ROMANCE  
 VALENTINESDAY  
 GIRLFRIEND



Reset



## Nutrition Program Update:

December 1st 2019–December 31st 2019 (2019 YTD)

<b>Revenue:</b>	
Congregate Dining	\$3,269.50
Donations	\$7,368.37
MOW	\$4,220.00
Government–Clackamas County	\$7,071.56
Government–State	\$19,900.44
Other	\$3,383.73.
Total YTD:	\$45,213.60
<b>Expenses:</b>	
Direct Nutrition Expenses:	\$34,369.44
In-Direct Expenses:	\$27,875.14
<b>Direct Nutrition 19/20 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, black sharpie's, paper napkins, sandwich size baggies 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  
12/31/2019:  
\$14,601**

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

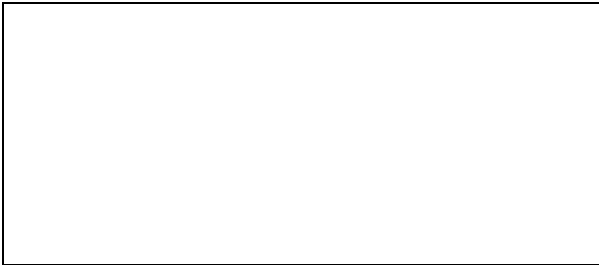
Amount \$ \_\_\_\_\_ Donation: In Honor of: \_\_\_\_\_

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, February 4th—Blood Pressure Clinic with Renee 10:30am

Wednesday, February 5th—Fazoli's and TJ Maxx 10:30am

Monday, February 10th—MAS Executive Board Meeting 9am

Tuesday, February 11th —Lawyer, by appt only 9am-12pm

Wednesday, February 12th— Valentine's Bunco 11:30am

Monday, February 17th—President's Day, Center is CLOSED

Tuesday, February 18th —Parkinson's Support Group 10am

Wednesday, February 19th—Cleary's Restaurant and Portland Adventist Community Svcs 10:30am

Thursday, February 20th— Health & Wellness Lunch n Learn presentation by David Calhoun

Friday, February 21st— Women's Cancer Support Group 1pm

Tuesday, February 25th—MAS Craft Hour 10:30am

Wednesday, February 26th— Red Robin and Fred Meyer 10:30am

Thursday, February 27th— MAS General Meeting 12:15pm

Friday, February 28th—Birthday Celebrations! 12pm

Friday, February 28th— Advanced Directives and POLST Lunch n Learn presentation by Julie Castro

# MAS Member Highlight:

Written for MAS by Carma Puffer