The Senior Informer

MOLALLA ADULT COMMUNITY CENTER

Address: 122 Grange Ave.
PO Box 1165, Molalla, OR 97038
Hours: Monday-Friday: 9a-2:30p

May 2022

Director's Message

Dear Members,

We're in full celebration mode each time we bring back a program or activity. May we never lose the zeal we feel with the reopening of our Center and its programs that matter significantly to those we serve and to our team of staff and volunteers. This month that excitement comes with a returning fundraiser we love, the Kentucky Derby themed Bunco Party, and a brand new program of genealogy for beginners. Both of these activities, while wildly different, show a wonderful example of how the Center is indeed a place for everyone! Whether you are looking to enjoy a meal, make new friends, fight boredom, get in better physical shape, or create something wonderful, we have an activity for you. We hope you come and join us this month for something memory making and wonderful. There is a temporary change in service hours for the month of May only. I want to first say that the MAS board and I have discussed that this was simply a last resort and we're sorry to be making this temporary decision. The hiring process has added layers since our move to the Foothills Campus and has resulted in an incredible delay in the hiring process. We will be open from 9am to 2:30pm effective May 1st through May 31st. No current programs and services will be effected by this change. The purpose of this temporary change has to do with our staffing changes and training solely. It is our goal to provide the best service we possibly can, and in order to do so, proper training of new staff is a must. While I don't yet have news to share about the new hires we are excited with the number of candidates interested in the position. I am excited to meet them, and I'm sure you are as well!

We hope that your May is full of goodness and beauty! For each and every Mother this reaches may you have a Happy Mother's Day!

Blessings,

Cecily Rose

Center Director

Molalla Area Seniors Meetings

Executive Board Meeting – 2nd Wednesday
May 11th at 3pm *

General Meeting - 4th Friday
May 27th 12:15pm

Center Staff

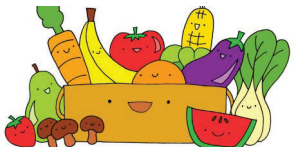
Cecily Rose,
Director
Julie Effinger,
Client Service
Mindi Shelton,
Nutrition Manager
Amanda St. Clair-Estrada,
Financial Manager
Dan Taylor,
Transportation Manager
Robert Comartos
Driver

MAS Members
Reception

Molalla Area Seniors Executive Board

Bob McNeil
President
Vera Black
Vice President
Pat Torsen
Treasurer
Sandy Kundert
Secretary

Judy McNeil
Jojie Chapman
Claudia Linder
Glenn Linder
Don Gulliford
Tara Martin
Board Members

Mon	Tue	Wed	Thu	Fri
2 *Servers: Georgia & Friends* Santa Fe Chicken Salad Veg Mix for SF Salad/ Ranch Dressing Tossed Salad Potato Onion Soup White Dinner Roll	3 *Servers: Don & The Girls* Shoyu Chicken w/Brown Rice Marinated Zucchini Salad Glazed Carrots French Bread Caramel Apple Pudding	4	5 MEALS ON WHEELS	6 *Servers: Marquam Methodist* Lasagna Cheese Roll-up in Marinara Sauce Mixed Vegetables Creamy Cucumber Salad Purchased Wheat Bread Cinnamon Choc Pudding
9 *Servers: Meadowbrook Church* Mexican Pasta Bake Corn O'Brien Tossed Salad w/Ranch Purchased Wheat Bread Chocolate Oatmeal Bar	10 *Servers: The Girls* Sliced Ham w/Raisin Sauce Whipped Sweet Potatoes Green Peas w/Onion Wheat Bread Cherry Crisp	11	12 Outing to Spirit Mt. Casino	13 *Servers: Marquam Methodist* Chicken A La King Whipped Potatoes California Mixed Vegetables Whole Wheat Bread Key Lime Bar
16 *Servers: Country Christian* Garden Chicken Mini Salad Parmesan w/Caesar Tossed Salad Cream of Cauliflower Soup Wheat Roll Mandarin Oranges	17 *Servers: Nazarene Church* Shoyu Chicken Rice Pilaf Spinach Green Peas & Carrots Peach Cobbler	18 	19	20 *Servers: Marquam Methodist* Meatloaf w/Brown Gravy Delmonico Potatoes Winter Blend Vegetables Oat Bran Wheat Roll Lemon Blondie
23 *Servers: Joan and Nancy* Meatballs w/Teriyaki Sauce Steamed Brown Rice Mixed Vegetables Marinated Broccoli Salad Seasonal Fresh Fruit	24 Servers: St. James Alter Society Chicken Salad Half Sandwich Green Split Pea Soup Confetti Coleslaw Whole Wheat Bread Spiced Apples	25 Outing to IHOP & Hobby Lobby	26 	27 *Servers: Knights of Columbus* Beef Stew Whole Kernel Corn Marinated Zucchini Salad Seven Grain Roll Ice Cream
30 CLOSED FOR MEMORIAL DAY 	31 *Servers: Don & The Girls* Santa Fe Chicken & Lentils Green Beans w/Red Pep- pers Coleslaw Purchased Wheat Bread Spiced Peaches			

Kentucky Derby Themed Bunco Fundraiser!

Molalla Adult Community Center
SERVING OUR SENIORS SINCE 1981

Wednesday, May 4th

1:00pm first round starts!

Doors open at 12pm for snacks and social

122 Grange Ave

Molalla, OR 97038

PLEASE RSVP to 503-829-4214 or email cecily@foothillsonline.com

$5 per round, we will play 3-5 rounds. Prizes for every round!

Also featuring additional games and raffles !

MACC is having another FUN-draiser and you are invited! We are having a Kentucky Derby themed Bunco night! Bunco is best with your friends, so please invite them! Refreshments will be included.

KENTUCKY DERBY™

Mon	Tue	Wed	Thu	Fri
2 9am Better Bones & Bal. 10am Safeway 12pm Lunch at the Center	3 10am BiMart 10am Quilt Group 10am Walk with Ease 12pm Lunch at the Center 12:45 Pinochle & Games 2:30pm Ping Pong	4 9am Better Bones & Bal. 10am Genealogy 101 10am Cascade Center 10am Walk with Ease 1pm BUNCO	5 10am Walk with Ease	6 9am Better Bones & Balance 10am Quilt Group 12:00pm Lunch @ The Center 1:00pm BINGO
9 9am Better Bones & Bal. 10am Safeway 12pm Lunch at the Center 	9:30am Lawyer by appt. 10 10am BiMart 10am Walk with Ease 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games 2:30pm Ping Pong	11 9am Better Bones & Bal. 9:30 Foot Clinic by appt. 10am Walk with Ease 10am Cascade Center 3:00 MAS Board Mtg.	12 10am Walk with Ease 10:30am Lunch at SPIRIT MOUNTAIN CASINO	13 9am Better Bones & Balance 10am Quilt Group 12:00pm Lunch @ The Center ***Don Mitchell Music*** 1:00 BINGO
16 9am Better Bones & Bal. 10am Safeway 12pm Lunch at the Center	17 10am BiMart 10am Walk with Ease 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games 2:30pm Ping Pong	18 9am Better Bones & Bal. 9:30 Foot Clinic by appt.* 10am Walk with Ease 10am Cascade Center	19 10am Walk with Ease	20 9am Better Bones & Balance 10am Quilt Group 12:00pm Lunch @ The Center ***Dennis Stafford Music*** 1:00 BINGO
23 9am Better Bones & Bal. 10am Safeway 12pm Lunch at the Center	24 10am BiMart 10am Walk with Ease 10am Quilt Group 10:30 MAS Craft Hour 12pm Lunch at the Center 12:45 Pinochle & Games 2:30pm Ping Pong	25 9am Better Bones & Bal. 10am Cascade Center 10am Walk with Ease 10:30am IHOP and HOBBY LOBBY	26 10am Walk with Ease	27 9am Better Bones & Balance 10am Quilt Group 12:00pm Lunch @ The Center and Birthday Celebration 12:30 MAS General Meeting 1:00 BINGO
30 **CLOSED FOR** **MEMORIAL DAY** 	10am BiMart 31 10am Walk with Ease 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games 2:30pm Ping Pong 			

Activities, Information and Celebrations

TRANSPORTATION

The MACC bus schedule for rides in our service area:

Monday: **Safeway**

Tuesday: **BiMart/Craft Hour**

Wednesday: **Grocery Outlet**

Friday: **Lunch at the Center/Bingo.**

If you need a ride to the scheduled places **or other locations**, please call 503-829-4214 and

schedule your ride between 9-9:30am the day you would like a ride.

May 30th — Memorial day

Although the center is closed in observance, may we take time to honor and remember those who died in active military duty service to the United States of America.

May 8th — To all our Mothers!

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

Wilma Coleman	2	Carroll Helm	18
Patricia Neils	2	Howard Bicket	21
Liz Peterson	3	Velma Brunt	22
Marcia Garcia	6	Patrick Conley	23
Elverna Parkins	6	Margaret Willoughby	24
Judy Coleman	6	Ron Lindland	25
Michelle Haag	13	Rose Archer	30
Joyce Olsen	14	Carroll Haines	30
John Garry	15	Everett Helm	30
Ed Penner	16	Nash Carter	

*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!

Special Events and Outings

Lunchtime Music Entertainment

On the **2nd Friday** of the month, please join us for lunch and enjoy music from Don Mitchell. His repertoire is large and diverse, including Classic Rock, blues, Country, pop, the standards of the great American songbook, jazz, Brazilian bossa novas, movie and TV themes, Christmas carols and popular songs, and hymns that he arranged with modern harmony for solo guitar and vocals.

On the **3rd Friday** of the month, please join us for musical entertainment from Dennis Stafford, The Singing Cowboy. He sings what he calls Cowboy and Classic Country Music. He is a well known legend here at the center for his musical talents. Welcome back, Dennis!

Wednesday, May 4th: Bunco Fundraiser at the Center! Doors open at 12pm, Bunco begins at 1pm. It's Kentucky Derby Themed.

Friday, May 6th: Celebrate Mother's Day with us at the Center. We will enjoy celebrating all of the Moms on this Friday before Mother's Day.

Thursday, May 12th: Lunch at Spirit Mountain Casino

Bus leaves Center:10:30am **Sign up**: Call 503-829-4214 **Sugg. Donation** $7

Please join us for a trip to SPIRIT MOUNTAIN CASINO. We will arrive in time for lunch whether you want to eat at Mt View Sports bar featuring burgers, buffalo wings, and nachos, or you prefer Rock Creek Court Deli where you can treat yourself to a tasty dessert on the go with cream pies, muffins, cookies, and fresh cinnamon rolls!

SPIRIT MOUNTAIN CASINO

Wednesday, May 25th: IHOP & HOBBY LOBBY

Bus leaves Center:10:30am **Sign up**: Call 503-829-4214 **Sugg. Donation** $5

This is one of the Center favorites! Join us for another great trip to Oregon City where we will dine at IHOP and shop at the Hobby Lobby. If there are any other shops in Hilltop Oregon City, we will be happy to stop and shop!

IHOP RESTAURANT

HOBBY LOBBY

Featured Program of the Month— MAS Craft Hour

Friends & Craft

On the 4th Tuesday of the month, MAS Volunteer, Crystal Penner invites you to come and join the group for an hour of fun, friendship, and crafting. Bring a friend, neighbor, or family member!

"We have SO much fun!"
Carroll

"I like doing crafts!"
Tara

Future crafts:

* String Art
* Painting Rocks

- Yarn Birds
* 4th of July Tie Dye

* Decorating Donuts

Meet Crystal Penner

Crystal was born in 1968 and was born to a family with 4 children, where they were raised in Oregon City. Crystal has worked in full time Girls' Ministries 4.5yrs in Oregon, Washington, and Idaho.

Crystal worked as an optician for over 25 years.

Crystal has always enjoyed art and even started collecting rubber stamps at 16 years old. She has overseen crafts at MACC, the Canby Center, church, and retreats.

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! You can call **503-829-4214 M-F 9a-4p**.

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 normalSearch Molalla Area Seniors when prompted for your charity of choice. Make purchases like normal. Easy as that! Thank you for supporting Molalla Area Seniors!

A special "Thank You" to our 2021/2022 sponsors and <u>all</u> our sponsors throughout the years...

Assembly of God
Cascade Sleep Supply, LLC
Cindy's Café & Catering
Clackamas County Meals on Wheels
Clarkes Grange
Clarkes United Methodist Church
Cowboy Coffee
Dr. Olesya Salathe, DMD, Dentist Off Main
Foothills Community Church
MARJAK Enterprises, Inc.
Marquam Methodist Women
Molalla Area Chamber of Commerce
Molalla Area Seniors Inc.
Molalla Communications
Molalla Grange
Molalla Seventh Day Adventist
Molalla United Methodist Women
Mountain View Business Service
National Christian Foundation
New Horizon's Fellowship
NW Fitness & Strength
Port Blakely
Specialty Polymers, Inc
Stoller Farms
St. James Catholic Church

Troy's Diesel Repair
VFW Auxiliary
And to everyone in the local community who have privately donated to keep this Center open and running for our members.

Honor your loved one(s) 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.

In Loving Memory

$500 donation in memory of Fred Montgomery

Molalla Area Seniors Board—General Meeting Minutes and Information

M.A.S General Meeting
March 25, 2022

The meeting was called to order at 12:15 p.m. by President Bob McNeil.
The minutes of the last general meeting on February 25, 2022 were read by Secretary Sandy Kundert. A motion was made by Wilma Coleman, seconded by Stanley Weaver, and approved by all to accept the minutes.

Treasurer's Report: was presented by Pat Torsen, who reported a beginning checking account balance of $2,661.71, with net income of $764.00, all of which was deposited to the money market account; and disbursements of $431.12. The new checking account balance was $2,230.59. The money market account balance was $37,281.69. The Allete Fund balance was reported as $42,785.48, up from $40,224.06. Shares are now valued at $61.92. A motion was made by Gloria Wood, seconded by Tara Martin, and approved by all to accept the report.

Center Report: Director Cecily Rose reported a negative net income of $24,695.18, most of which reflects the purchase of the remainder of equipment needed to finish licensing requirements for the kitchen at the Foothills Campus. MOW and congregant dining are now being prepared at the Foothills Campus. Cecily reported that a plaque for community service was presented to the St. James Catholic Church for the many months of use of their kitchen to cover the gap between moving the adult center to the Foothills Campus and getting the Foothills kitchen fully licensed in line with MOW requirements. Their contribution to our seniors was above and beyond anything expected in the preparation of over 11,000 meals during the seven months of transition. She recognized the unique and beautiful collaboration that existed between center staff and St. James staff and volunteers, as well as the special arrangements with local restaurants who made congregant dining possible during the transition. Cecily informed us that the adult center had received a pet care grant which can be used to assist in providing grooming and pet care for our seniors' pets. Cecily also announced the resignation of Julie Effinger, Client Services Specialist. Julie was recognized at the center on her last day and her position will be posted so applicants can be reviewed and/or interviewed as soon as possible. Also resigning is Nutrition Manager Mindy Shelton, who will be leaving by the end of April, due to moving to central Oregon to open a restaurant. Her position will also be posted right away. In the meantime, existing staff will fill in as much as possible. Cecily also reported on March for Meals activities which had brought in over $3,726 to date. The community breakfast was smaller in attendance than usual but brought in $785 and all food costs were donated. The NW Fitness workout and "Sheldonoke" Contributed not only to the fundraising but to the fun as well.

In Old Business, it was reported that the New Center Task Force is continuing to work with Center Director Cecily toward acquiring land and planning for a new center. They are looking at possible fundraising activities and possible means of commemoration for contributors.

New Business: The next General Meeting was reported as scheduled for April 22, 2022 at 12:15 p.m. The March Board meeting was moved up one week to March 6, 2022, due to scheduling conflicts for some Board members.

The drawing for the $5.00 door prize was won by Joanne Semperger and the Willamette Valley pie was won by Wilma Coleman.

A motion was made by Tara Martin, seconded by Wilma Coleman, and approved to adjourn the meeting at 12:45 p.m. Diners and MAS board members then gathered for a group photo to be included in the "thank you" card being sent to the area restaurants who provided special meals for congregant dining.

Respectfully submitted,

Sandy Kundert, Secretary

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.

Walk with Ease– 10am Tues, Wed, and Thurs at the adult center. Suggested Donation $2

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

CRAFTS/ART

Quilting— Every Tues & Fri at 10:00am.
Learn to Quilt or show off your skills!

Knit & Crochet— Fridays 10am

MAS Craft Hour— 4th Tues. at 10:30am. Please join us for an hour of making fun projects!

Friends & Craft

GAMES

Bingo!— Every Friday at 1pm! $2 Suggested Donation to cover prizes!

Board Games! Pinochle! - Tuesday's after lunch, starting at 12:45pm please join us for pinochle as well as other card and board games.

Grab a friend and meet for games at the Center!

SHOPPING

Monday: Safeway
Tuesday: BiMart
Wednesday: Cascade Center
Friday: Safeway
*Please call morning of by 9:30am to get on bus list. Check outing page for specific outings!

SPECIAL INTERESTS

Legal Services—Andrew Kauffman, 2nd Tues of the month 9-11am by appointment only. 503-829-4214

Medical Equipment—LOVE INC is now loaning equipment for Clack County 503-650-0153

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

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.

ADDITIONAL SERVICES

Foot Clinic– Every 2nd and 3rd Wednesday of the month is foot clinic with RN's Patty Calcagno and/or Jenelle Ediger. The service is by appointment only, and the cost is $35, cash or check. Call 503-829-4214

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 for scheduling. Ask for Julie.

Lunch!—Mon, Tues, and Fri at 12pm. Suggested donation of $3.00 for those over 60, and for those under 60, there is a $5.00 charge. 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.

Around the Community

Resource Center at Foothills

Hours of Operation:
Tuesdays & Thursdays: 9am–3pm
Wednesdays: 6pm–8:30pm

Location: Dock located at the north end of the church building – **122 Grange Avenue**

The Foothills Resource Center offers 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 Monday 9:00am-12:00pm food box distribution.

Colton Community Center – **30138 S Wall Street**

Molalla Christian Church

Third Thursday of the month.

Call 971-563-9673 for more information.

Molalla Adult Center Transportation Services

Our bus is running on Mon. Tues. Wed. and Fri. for rides to stores, medical, and personal rides. Space is limited and by appointment only.

Hours of operation is generally 10a-2pm.

Face coverings/masks are required per COVID 19 regulations.

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.

Colton Community Clothes Closet

9am to 1pm Mondays
Monday Evenings from 4-6pm
Located at Colton Lutheran Church in the Parish Hall Corner Hwy 211 & Wall St Colton, OR 97017

Warming and Cooling Center

The Molalla Adult Community Center operates as a warming and cooling center when extreme weather conditions arise. Come to the Center during our hours of operation to cool down, warm up, or get water or food.

The Molalla Warming Center is open during extreme cold overnight. They are located on Kennel Ave.

Laundry Love

Second Monday of the month 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

Senior Loneliness Line

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

503-200-1633
1-800-282-7035

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

Crispy Roasted Chickpeas— getpocket.com

Those cans of chickpeas sitting in your cupboard have been hiding an amazing secret. Roasted in the oven, chickpeas transform into a crispy, salty, savory snack. So tiny. So easy to eat by the handful. So irresistible.

Ingredients:

- 2 (15-ounce) cans chickpeas
- 2 tablespoons olive oil
- 1 to 1 1/2 teaspoons kosher salt
- 2 to 4 teaspoons spices or finely chopped fresh herbs, such as chili powder, curry powder, garam masala, cumin, smoked paprika, rosemary, thyme, or other favorite spices and herbs

Instructions:

- **Heat the oven to 400°F.** Arrange a rack in the middle of the oven and heat to 400°F.
- **Rinse and drain the chickpeas.** Open the cans of chickpeas and pour the chickpeas into a strainer in the sink. Rinse thoroughly under running water.
- **Dry the chickpeas.** Pat the chickpeas very dry with a clean dishtowel or paper towels. They should look matte and feel dry to the touch; if you have time, leave them to air-dry for a few minutes. Remove any chickpea skins that come off while drying, but otherwise don't worry about them.
- **Toss the chickpeas with olive oil and salt.** Spread the chickpeas out in an even layer on a rimmed baking sheet. Drizzle with the oil and sprinkle with the salt. Stir with your hands or a spatula to make sure the chickpeas are evenly coated.
- **Roast the chickpeas for 20 to 30 minutes.** Roast, stirring the chickpeas or shaking the pan every 10 minutes. A few chickpeas may pop – that's normal. The chickpeas are done when golden and slightly darkened, dry and crispy on the outside, and soft in the middle, 20 to 30 minutes total.
- **Toss the chickpeas with the spices.** Sprinkle the spices if using over the chickpeas and stir to coat evenly. Serve while the chickpeas are still warm and crispy. They will gradually lose their crispiness as they cool, becoming addictively chewy.

Spring Word Search

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

SPRING
MAY
GREEN
WARM
UMBRELLA

MARCH
FLOWERS
GRASS
SHOWERS
EASTER

APRIL
BASEBALL
SUNSHINE
RAIN
BIRDS

www.thriftymommastips.com

We would LOVE to publish your favorite recipes!

You can drop them off at the Center or submit them via email to Cecily@foothillsonline.com

Walk with Ease

Start date: April 19, 2022

When: Tuesdays Wednesdays and Thursdays

NEW

Time: 10am

Where: MACC Foothills Campus 122 Grange Ave.

*Transportation to the campus is available upon request.

Walk with Ease Program Goals

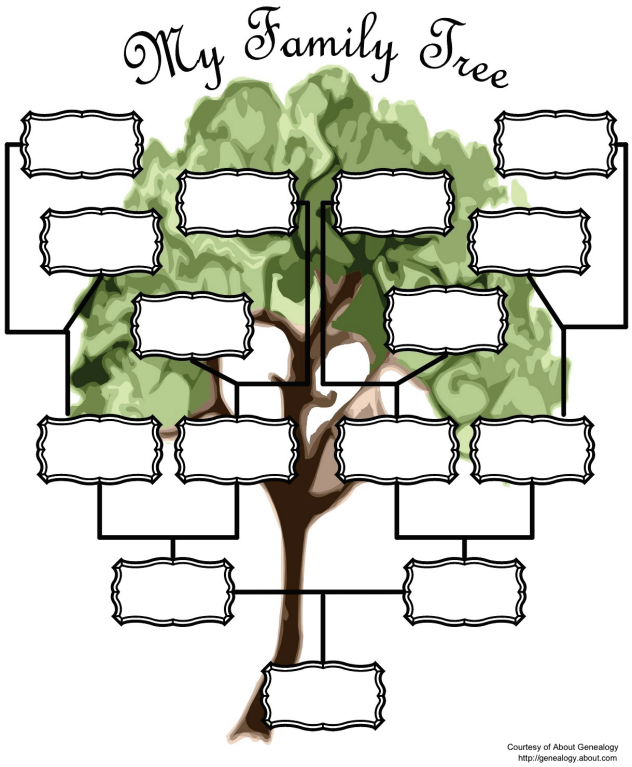
- Understand the basics about arthritis and the relationship between arthritis, exercise and pain.
- Learn how to exercise safely and comfortably.
- Use methods to make walking fun.
- Make a doable personal walking plan with realistic goals for improved fitness.
- Gather tips, strategies and resources that help you to “stick with it” even when you don’t feel like it or things get in your way.
- Learn about other programs and resources that can help you keep up your walking and even branch out to other programs that other people with arthritis enjoy.

What's New at the Center?

Join our own, MAS Treasurer, Pat Torsen, as she kicks off a brand new program at the Center. Pat is a local genealogy counselor and thrives on helping individuals dive into the rich history of their past.

Beginning Genealogy Class
The First Wednesday of each month from 10am to 11am.

Join us May 4th this month to start exploring your family roots.



A temporary change in hours for the month of May

We don't love being in this place, but due to a lack of staff replacements, we're changing our hours for the month of May (only) so that we can hire, train, and onboard new team members. We thank your for your understanding.

Center hours for the Month of May:

9am –2:30pm

There will be NO changes to already scheduled services and programs.

Nutrition Program Update:

July 1st 2021–June 30th 2022 (2022 YTD)

Revenue:	
Congregate Dining	$3,069.42
Donations	$21,219
MOW	$10,101
Government–Clackamas County	$24,682.34
Government–State	$10,371.08
Other	$13,000
Total YTD:	$80,355.03
Expenses:	
Direct Nutrition Expenses:	$33,268.49
In-Direct Expenses:	$53,132.34
Direct Nutrition 21/22 Budget:	$66,000
Thank You!	

wish list

We're dreaming of these items.... Can you help? Call the Center if you have questions.

Office/Kitchen Supplies Plasticware, Paper Plates, Reg and Decaf Coffee, 16oz cups

Food of the Month:

Bingo Prizes Our recipients love Dollar Tree and Grocery Outlet gift cards, these items can vary from $1-$5 in value. We need MENS items!

Molalla Area Seniors is wishing for Stamps & Copy Paper

Direct Expenses: Food/Supplies, MOW, and Payroll.
In-Direct Expenses: Utilities, Transportation, Administrative Costs.

Molalla Area Seniors Membership Application

*Make membership checks payable to: **MOLALLA AREA SENIORS/MAS**

& Mail to **PO Box 1165 Molalla, 97038**

New Member_____ Renewal_____ Single Membership $15/Year Couple: $25/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 Molalla Area Seniors is easy!

*Make donation checks payable to: **MAS & Mail to PO Box 1165 Molalla, 97038**

Donation Enclosed:

Amount $_____

Donor Name:_____

Address:_____

In Honor of:_____

In Memory of:_____

In Celebration of (Birthday):_____

Molalla Area Seniors
PO Box 1165
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.

Center Activities

Wednesday May 4th—Geneaology 101 10am
Wednesday May 4th– BUNCO—1pm-4pm
Tuesday May 10th—Lawyer by appointment– 9:30am
Wednesday May 11th MAS Executive Board Meeting—3:00pm
Wednesday May 11th Foot Clinic with Patty and Jenelle—9:30am-2:00pm
Thursday May 12th– 10:30am Spirit Mountain Casino
Friday, May 13th—Don Mitchell Music 11:30-1pm
Wednesday May 18th Foot Clinic with Jenelle—9:30am-2:00pm
Friday, May 20th—Dennis Stafford Music 11:30-12:30pm
Tuesday May 24th MAS Craft Hour with Crystal—10:30am
Wednesday May 25th: IHOP & Hobby Lobby (Shopping OC Hilltop) —10:30am
Friday May 27th MAS General Meeting —12:15pm
Monday May 30th — CLOSED in observance of Memorial Day

Happy Mother's Day to all of the Mother's this Newsletter reaches!

The Center is now open at Foothills Campus.