

The Senior Informer

MOLALLA ADULT COMMUNITY CENTER

Physical Address: 122 Grange Ave.

Mailing Address: PO Box 1165, Molalla, OR 97038

Phone: 503-829-4214

Hours: Monday - Friday: 9am - 3:00pm

October 2025

Center Staff

Amanda St. Clair-Estrada,
Director

Denise Ribbeck
Financial Manager

Toni Newberry,
Client Services Representative

Jeannie Haak,
Nutrition Manager

Dan Taylor,
Transportation Manager

Robert Comartos,
Driver

Gary Strean,
Driver

Receptionist,
MAS Members

Happy October Members,

As we continue to enjoy the beauty of the Fall Season, I'm reminded of a quote from Anne of Green Gables "I'm so glad that I live in a world where there are Octobers." This month brings on all of the Fall traditions that we adore here at the Center. This includes our monthly Soup and Salad Bar Fund-raiser, a trip to the Pumpkin Patch and our annual Halloween Costume Party and Cake walk.

As always we have fun outings planned for you. On October 8th we are going to the The Pumpkin Patch on Sauvie Island. The 15th join us as we enjoy breakfast and bowling in Silverton. On October 22nd we are going to head to Salem for an evening of Bingo. And we'll finish off the month with a Thrift shopping day on the 29th.

October is the beginning of Medicare open enrollment. We are happy to have SHIBA Clackamas County back for a presentation and one on one appointments to help you navigate the Medicare process. SHIBA will be at the Center on October 21st.

This newsletter is in memory of Lorraine Peters. Lorraine was a MAS Board Member and a supporter of our Center for many years. Lorraine loved our Center and supported it in any way she could. She is going to be greatly missed.

Celebration of Life— Molalla Nazarene Church

October 5th at 2pm

Amanda Estrada

Center Director



Molalla Area Seniors Executive Board

Bob McNeil,
President

Howard Miller,
Vice President

Judy McNeil,
Treasurer

Lacressia St Clair,
Secretary

Pat Torsen
Jojie Chapman
Lois Middleton
Glenn Linder
Mark Gebler
Lenore Hayton
Board Members

Molalla Area Seniors UPCOMING Meetings

Executive Board Meeting (2nd Wednesday) **October 8th at 3:00pm**

General Meeting (4th Friday) **October 24th at 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.

EXERCISE

Tai-Chi

Monday & Friday's
9:15am - 10:00am

Ping Pong

Tuesday's 2:30pm - 4:00pm

Walk with Ease

Monday
10:00am-10:30am



GeriFit

Thursday
9:30-10:15am

SHOPPING

Monday: Safeway

Tuesday: Bi-Mart

Thursday: Cascade Center and Goodwill

Friday: Safeway



***Please call 503-829-4214 morning of by 9:30am to get on bus list.**

See outing page for more outing options!

ADDITIONAL SERVICES

Foot Clinic

2nd AND 3rd Wednesday of the month is foot clinic with a Registered Nurse (RN). The service is by appointment only, and the cost is **\$50**, cash or check paid directly to the nurse.

Call 503-829-4214 to schedule

Lunch! - Monday, Tuesday, Thursday and Friday's 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.

****Volunteers are appreciated!****

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 and leave a message for scheduling a ride. ****Rides are not guaranteed, as they are volunteer dependent.**

ART & CRAFTS

Quilting - Every Tuesday at 10:00am and Wednesday's at 10:15am. Come to learn how to quilt, show your skills or just to visit.

Painting - **NEW DAY** Tuesday 1pm
Sign up at the front desk. *NEW Project starting on October 7th
Proceeds go to the MAS building fund.

Craft Corner - 12:45pm
2nd Wednesday

MAS Craft Hour - 10:30am
4th Thursday **NEW DAY**

SPECIAL INTERESTS

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

Lunchtime MUSIC 🎵
3rd Friday of each month at the Center.

Medical Equipment - LOVE INC is now loaning equipment for Clackamas County. Call The Center at 503-829-4214 for more information.

Vet to Vet Café 1st Tuesday of the Month at 11am
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.

GAMES at the CENTER

Bunco - Every Monday after lunch!

Mexican Train Thursday's after lunch, starting at 12:45pm

Bingo! - Every Friday at 1:00pm



\$2 Suggested donation to cover prizes!



For any questions or to schedule an appointment, call the Center at 503-829-4214

Tom Helmick	1
Shirley Williams	5
Michael Wagner	7
Margaret Penner	8
Sue Nelson	8
Ninette Stein	11
Karen Weber	13
Patricia Hines	13
Charlotte Bloebaum	16
Roger Mills	17
MaryJo Stanbro	19
Claudia Linder	20

Rick Prather	21
Jeanette Gray	21
Patti Sorensen	23
Bert St Clair	25
Rod Wymore	26
Aprile Finley	26
Mary Smart	28
Susan Smith	30
Jill Townsend	31
Gloria Hoover	31

*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!



**Happy
Birthday
to you...**

THE CENTER'S WEEKLY BUS SCHEDULE

Ride times are between: 9:00am - 2:00pm

Call 503-829-4214 by 9:30am to schedule your ride on the day you would like a ride.

Suggested ride donation of \$.75 each one way trip

MONDAY

Will operate for rides to the Center,
Safeway, medical and personal needs.

TUESDAY

Will operate for rides to the Center,
Bi-Mart, medical and personal needs.

WEDNESDAY

Will only operate when there is a
scheduled outing **or for special events.**

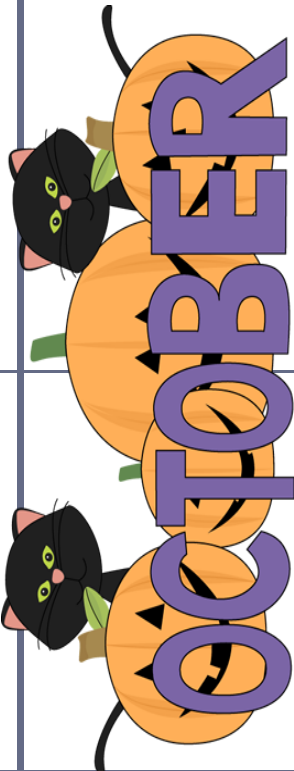
THURSDAY

Will operate for rides to the Center,
Cascade Center & Goodwill, medical and
personal needs.

FRIDAY

Will operate for rides to the Center,
Safeway, medical and personal needs.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY(Dine In)	FRIDAY
		1	2 Servers: The Girls Chicken Fajita Bowl Fiesta Vegetables Cilantro Coleslaw Oat Bran Wheat Roll Pineapple Tidbits	3 Servers: Marquam United Methodist Cheese Lasagna Roll w/ Alfredo Sauce Stewed Tomatoes Apple Cranberry Coleslaw Seven Grain Roll Fresh Orange
6 Servers: The Girls Herbed Chicken Patty w/ Country Gravy Whipped Potatoes Spinach Onion Bread Pineapple Tidbits	7 Servers: The Girls Sliced Pork Char Slu Rice Pilaf Sesame Green Beans Carrots Fortune Cookie	8	9 The Servers: The Girls Beef Stroganoff Whipped Potatoes Green Beans Garlic Roll Fresh Orange	10 Servers: Marquam United Methodist Turkey Salad Half Sandwich Lentil Soup Kidney Bean Salad Wheat Bread Tropical Fruit
13 Servers: Meadowbrook Beef Rigatoni Garlic Spinach Garden Vegetable Salad Seven Grain Bread Fresh Orange	14 Servers: The Girls Diced Pineapple Pork Pinto Beans Coleslaw Corn Tortillas (2) Hot Spiced Fruit	15	16 servers: MAS Board Santa Fe Chicken Salad Tortilla Chips Spinach Romaine Corn Chowder Tropical Fruit	17 Servers: Marquam United Methodist Chicken (Thigh) Teriyaki Coconut Jasmine Rice Kyoto Slaw Mandarin Oranges
20 Servers: Country Christian Swiss Patty W. Swiss Sauce Garlic Whipped Potatoes Mixed Vegetables Squash Bread Fresh Orange	21 Servers: Nazarene Church Breaded Pollack Fish With Tarter Sauce Rice Pilaf Italian Vegetables Coleslaw Poke n' Pore Cake	22	23 Servers: Staff Beef Sukiyaki Brown Rice Sesame Green Beans Marinated Vegetable Salad Spiced Peaches	24 Servers: Men of St. James Turkey Tetrazzini Fiesta Vegetables Romaine Salad Cornmeal roll Tropical Fruit
27 Servers: The Girls Hearty Chicken Stew Peas and Carrots Creamy Coleslaw Oat Bran Wheat Roll Pineapple Tidbits	28 Servers; St. James Alter Society Western Style Beef Steak w/ Country Gravy Delmonico Potatoes Spinach Rye Roll Applesauce	29	30 Servers: The Girls <u>Brunch for Lunch</u> Pork Sausage Patty w/Cheese O'Brian Potatoes Cauliflower, Broccoli, Craisin Salad Whole Grain Bagel Hot Spiced Peaches	31 Servers: The Girls Shoyu Chicken Brown Rice Kyoto Vegetables Carrot Pineapple Salad Blushing Pears

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:15am Quilt Group 12:00pm Clam Chowder & Salad Fundraiser National Pumpkin Spice Day 	2 9:30am GeriFit 10am Cascade Center 12pm Lunch at the Center 12:45pm Train Dominos	3 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BINGO
6 9:15am Tai Chi 10am Walk w/ Ease 10am Genealogy Class 10am Safeway 12pm Lunch at the Center 1:00pm BUNCO	7 10am BiMart 10:15am Quilt Group 11am Vet To Vet Café 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	8 9:30 Foot Clinic by apt. 10am Outing: The Pumpkin Patch 10:15am Quilt Group 3pm MAS Exec. Board Mtg	9 9:30am GeriFit 10am Cascade Center 12pm Lunch at the Center 12:45pm Train Dominos	10 9:15am Tai Chi 10am Safeway 11am Medicare Class 12pm Lunch at the Center 1pm BINGO
13 9:15am Tai Chi 10am Walk w/ Ease 10am Safeway 12pm Lunch at the Center 1pm BUNCO	14 9:30am Lawyer by appointment 10am BiMart 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	15 9:30am Foot Clinic by apt. 9am Outing: Breakfast & Bowling 10:15am Quilt Group	16 9:30am GeriFit 10am Cascade Center 12pm Lunch at the Center 12:45pm Train Dominos	17 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center. 11:15am Dennis Stafford Music 1pm Women's Cancer Support
20 9:15am Tai Chi 10am Walk w/ Ease 10am Safeway 12pm Lunch at the Center 1pm BUNCO	21 10am BiMart 10am SHIBA Medicare Class 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	22 3pm: Outing: B & G Bingo & Red Robin 10:15am Quilt Group	23 9:30am GeriFit 10am Cascade Center 10am MAS Craft Hour 12pm Lunch at the Center 12:45pm Train Dominos	24 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 12:30pm MAS General Meeting AND Birthday Celebrations 1pm BINGO
27 9:15am Tai Chi 10am Walk w/ Ease 10am Safeway 12pm Lunch at the Center	28 10am BiMart 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	29 10am Outing: Thrift Shopping & Lunch 10:15am Quilt Group	30 9:30am GeriFit 10am Cascade Center 12pm Lunch at the Center 12:45pm Train Dominos	31 9:15am Tai Chi 10am Safeway 11:00am Halloween Party 12pm Lunch at the Center 1pm BINGO 

Wednesday, October 1: Clam Chowder & Salad Bar Fundraiser

To ride the bus to the Center call 503-829-4214 call before 9:30am **Lunch at: 12:00pm**



Clam Chowder & Salad Fundraiser
\$5 benefiting MACC Nutrition Program

Wednesday, October 8th : The Pumpkin Patch at Sauvie Island

Bus leaves the Center at 10am Sign up: 503-829-4214 Sugg. Bus Ride Donation \$5



Pumpkin Patch

Hay Rides \$2

Antique tracker Display

Animal Barn

Corn Maze

Apple Cider Donuts Café

WEDNESDAY, October 15th: Breakfast & Bowling in Silverton

Bus leaves the Center at 9am Sign up: 503-829-4214 Sugg. Bus Ride Donation

Home Place Restaurant



Bowling & Shoes \$8

Pre-pay at the Center



Wednesday, October 22nd : Red Robin & B & G Bingo (Evening Outing)

Bus leaves the Center at 3pm Sign up: 503-829-4214 Sugg. Bus Ride Donation \$5



Burgers, salads, sandwiches,
fish and bottomless fries



Bingo starts at 6:30pm

The price to play depends
on the packet that you
choose.

Wednesday, October 29th: Thrift Shopping and Lunch

Bus leaves the Center at 10am Sign up: 503-829-4214 Sugg. Bus Ride Donation \$5



You're invited to

HALLOWEEN PARTY

October 31st

11AM

Costume contest, cake
walk, and lunch at 12pm

122 Grange Ave
Molalla OR 97038





PAINTING CLASS



UPCOMING PROJECTS

SIGNUP AT THE FRONT DESK

\$15 - \$20 PER PROJECT

STARTING TUESDAY 9/8 AT 1:00PM



All proceeds from the cookbook will go to the MACC Nutrition Fund.



RECIPE

dish name: _____

from the kitchen of : _____

serves: _____ prep: _____ cook: _____

INGREDIENTS

[illegible]

DIRECTIONS

[illegible]

Yoga for Beginners



Yoga offers numerous benefits for seniors, from increased mobility to improved mental clarity. Join our senior-friendly classes.

Please signup at the front desk , so that we know how many people are interested.

Required: Mat for floor exercises

Tentatively starting Tuesday's in November



**DUE TO
INCLEMENT
WEATHER**

We live in a very unique and diverse geographic weather area. There may be times the closures will not seem necessary in town, yet many of our clients, volunteers and staff live in rural Molalla or surrounding communities and we want to be safe in how we respond in inclement weather.

If the Molalla River School District is CLOSED, the Center will be CLOSED

If the Molalla River School District is on LATE START the Center will open at the regular time.

A text message will be sent out to those in our My Senior Center Database with information regarding late openings or closures. If you would like to receive these messages, please let Toni at the Center know and She can add you.

Like our Facebook page Molalla Adult Community Center



Molalla Adult Community Center

HOLIDAY Market

December 6th

9am-3pm

122 Grange Ave
Molalla OR 97038

To signup as a vendor, please stop by the Center
Monday- Friday 9am to 3pm

\$25 per space includes 6 ft table

Cash or check accepted

Questions call: 503-829-4214 or email
amanda@foothillsonline.com



Holiday Market
122 Grange Ave Molalla
December 6th
503-829-4214

Holiday Market
122 Grange Ave Molalla
December 6th
503-829-4214

Holiday Market
122 Grange Ave Molalla
December 6th
503-829-4214

Holiday Market
122 Grange Ave Molalla
December 6th
503-829-4214

Holiday Market
122 Grange Ave Molalla
December 6th
503-829-4214

Holiday Market
122 Grange Ave Molalla
December 6th
503-829-4214

Holiday Market
122 Grange Ave Molalla
December 6th
503-829-4214

Holiday Market
122 Grange Ave Molalla
December 6th
503-829-4214

Holiday Market
122 Grange Ave Molalla
December 6th
503-829-4214

Around the Community



Info

Resource Center at Foothills

Location: 122 Grange Ave **Dock on north end **

Tuesdays & Thursdays: 9am - 3pm

Wednesdays: 5:30pm - 7:30pm

Molalla Service Center

Location: 415 S. Swiegle Rd

Open Monday and Wednesday 10am-2pm

Colton Helping Hands Food Bank

Colton Community Center - 30138 S Wall Street

Hours: Every Thursday 10:00am-6:00pm

Molalla Christian Church

Location: 223 E 3rd Street

Third Thursday of the month

Call 971-563-9673 for more information.

St. Vincent DePaul

Location: St. James Catholic Church - 301 Frances St

Third Tuesday of the month | 5:00-7:00pm

Call 503-896-2035 for more information.

The Praise Fellowship Outreach

Location: Molalla Nazarene Church - 920 Shirley Street

Monday's 1:00pm \$1.00 entry. Men's, Women's and

Children's clothing and accessories. Plus, books, toys and games, household items, arts, crafts, bedding and linens.

LINES FOR LIFE

supporting seniors in our community who are feeling lonely or having difficulty connecting.

Clackamas County Crisis Line

& Clinic: 503 655 8585

Senior Loneliness Line:

503-200-1633 or

www.SeniorLonelinessLine.org

Clackamas County Aging &

Disability Resource Connection

Information and referral: 503 650 5622



UTILITY ASSISTANCE

Applications Are Available

To schedule an appointment call

Toni at 503-829-4214

Beginning October 1st, 2025

Heating assistance applications for this time frame is aimed at the most vulnerable senior and disabled Clackamas County residents including those that are homebound, medically fragile or requiring assistance to apply for services.

Household Unit Size	Annual Gross Income*	Monthly Gross Income*
1	\$38,385	\$3,198.75
2	\$50,195	\$4,183.00

Additional list is available if there are more people in your home



Need Additional Resources?

Call

503-650-5622



Community Support & Recreation, Transportation, Family Caregivers and In-Home Services

Food / Housing, Veterans Services, Disability Services, Financial Assistance, Health & Wellness, Medicare/Medicaid, Crisis and Legal Support, and MORE!



laundry love.

Brax Laundry

1515 W Main Street, Molalla

Every Tuesday 11:00am - 1:00pm

Laundry Love washes the clothes and bedding of low/no income families and person(s) across the US. We brighten the lives of thousands of people through love, dignity, and detergent by partnering with diverse groups and laundromats nationwide. Contact Info: aarynp@yahoo.com



Outing Suggestions:

We are always open to hearing about the places YOU would like to eat and explore!

**START
HERE!**

Let us know in the following ways:

- Drop a note in the suggestion box
- Leave a voicemail for Client Services

Just a reminder, not all suggestions are options, based on schedule and cost.

A special “Thank You” to our 2025 sponsors
and all our sponsors throughout the years.

Ace Hardware
Assembly of God
Dale and Julie Burghardt
Clackamas County Meals on Wheels
Clarkes Grange #261
Clarkes United Methodist Church
Clarkes United Methodist Women
Cowboy Coffee
Figaro's Pizza
Foothills Community Church
Hi-School Pharmacy, Molalla
MARJAK Enterprises, Inc.
Marquam United Methodist Church
Marquam United Methodist Women

Is your business interested
in becoming a donor of the
Molalla Adult Community Center
or Molalla Area Seniors?

Contact the Center at 503-829-4214
for additional information on both of
these non-profit organizations who
are serving the communities of:

Molalla,
Mulino,
Beavercreek,
Colton and
Rural Canby

Thank
you ❤️

Molalla Area Chamber of Commerce
Molalla Area Seniors Inc.
Molalla Communications
Molalla Grange
Molalla Seventh Day Adventist Church
Molalla United Methodist Women
National Christian Foundation
New Horizon's Family Thrift Store
NW Fitness & Strength
Out in the Garden Nursery
St. James Catholic Church

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 Memory and Honor
of

Molalla Area Seniors Board - General Meeting Minutes and Information

MAS General Meeting
August 22, 2025

The meeting was called to order by President Bob McNeil. Jojie Chapman and Lenore Hayton were absent.

Lacressia St Cair, secretary read the minutes for the July meeting. A **Motion** was by Joanne Tabor, seconded by Gloria Wood to accept the minutes as read.

Treasurer, Judy McNeil gave the treasurer's report.

Income \$1162.04 Expenses \$362.72 Net Income \$799.32 Checking Account \$2,950.63
Money Market \$322,173.04 Building Fund \$296,470.52 Nutrient \$10,723 Savings \$586.87 A **Motion** was made by Vera Miller and seconded by Joanne Tabor to accept the report as read.

Amanda Estrada, Center Director presented her report.

Income \$32,755.55 Expenses \$26,708.15 Net Income \$6,047.40
2,475 Meals served 375 Bus Rides 12.75 hrs of Case Management 17 Reassurance calls
15 Information Assistance 6 Utility Assistance 345 Volunteer hrs.

On September 3rd there will be a Spaghetti Feed Fund raiser with a Silent Auction. The cost is \$10 with \$5 going to MACC and \$5 going to MAS. There will be a Holiday Market (in place of the annual bazaar) Dec 6 from 9-3. We may be partnering with the church.

OLD Business:

Still waiting to hear about the building.

Drawings:

\$5 Debbie Airlington
Pie Lemon Mary Smart
Basket MAS Joanne Tabor
MACC Basket Dwight Naylor

A **motion** was made by Sandy Kundert and second by Pat Torsen to adjourn the meeting.

Adjourned 12:22pm

Respectfully Submitted

Lacressia St Clair



Molalla Area Seniors Invite A Friend

Membership Application

New Member _____ Renewal _____ Update Only _____

Single Membership \$15/Year Couple: \$25/Year

DATE: _____

Name #1: _____ Birth: Month _____ Day _____ Year _____

Address: _____

Over 60? Yes / No

Phone: _____ Cell: _____

Email Address: _____

Name #2 _____ Birth: Month _____ Day _____ Year _____

Over 60? Yes / No

Phone: _____ Cell: _____

Email Address: _____

Making a Donation to support the Molalla Area Seniors is easy!

*Make donation checks payable to: **Molalla Area Seniors/Mas**
& Mail to PO Box 1165 Molalla, 97038

Donor Name: _____

Address: _____

In Honor of: _____

In Memory of: _____

In Celebration of (Birthday): _____

Donation Enclosed:

Amount \$

Nutrition Program Update: **Fiscal Year July 2025 - June 2026**

Revenue:	
Congregate Dining	\$1,494.42
Donations	\$1,850
MOW - Meals On Wheels	\$1,126
Government - Clackamas County	\$10,079.54
Government - State	\$1,506.75
Other	
Total YTD:	\$16,056.71
Expenses:	
Direct Nutrition Expenses:	\$8,443.20
Direct Nutrition Budget 2024/25	\$80,000

Some fun facts that happened in:

August 2025

Meals served/delivered **2,579**

378 Rides on our bus were provided

350 Hours of documented volunteer time!



FUTURE HOME OF THE MOLALLA ADULT COMMUNITY CENTER

West Heintz Street
Between Kennel Ave & Ridings Ave

Fall 2022— The decision was made to purchase land and build a new Center.

Early 2023— Started a building fund. MAS Inc. was a recipient for the “Share the Love” Event. MAS began to look for land to buy.

Mid 2023— MAS decided to purchase land on Heintz St. that was not for sale, owner agreed to sell only for a new Center. Wet land survey was completed and approved.

February 2024— The purchase of the Property was completed. Professional engineers came forward to help and guide at no cost.

A federal ARPA Grant was awarded for \$200,000. Clackamas County Block Grant was submitted in December 2024. A letter of support was received from the City of Molalla in support of the building project.

2025—Design engineer is finalizing site plans.

A private land owner agreed to allow the sewer line to go through their property to Toliver St.

Email: masmolalla@gmail.com

Donations are appreciated and can be accepted by:

IN PERSON

122 Grange Ave
Molalla OR 97038

MAIL

Molalla Area Seniors (MAS)
PO Box 1165

October Wish List

Office Supplies

Copy Paper
Postage Stamps
Address labels
(laser)
Tape
Black sharpie
markers

Bingo Prizes

Candy
Crossword Book
Seasonal Decorations
Personal Care Products

Halloween Candy

Kitchen Supplies

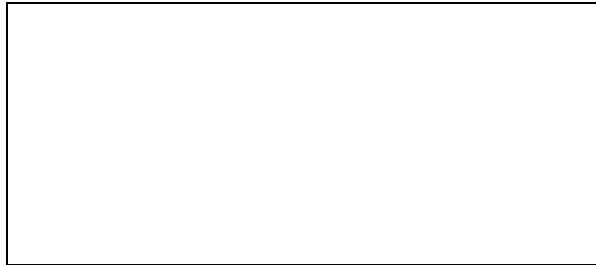
Paper Bowls
Paper Plates
Spoon, Forks, Knives
Zip lock bags
12 oz coffee cups with lids
12oz paper cups
\$\$\$ to pay for supplies





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.**

October 2025

- Wednesday, October 1 Salad Bar & Clam Chowder**
Thursday, October 2 * Geri Fit—Seated fitness class 9:30am (New workouts)
Monday, October 6 Genealogy Class 10am
Tuesday, October 7 Vet to Vet Café'
Wednesday, October 8 Outing: The Pumpkin Patch on Sauvie Island 10am
Wednesday, October 8 Foot Clinic by appointment
Friday, October 10 Medicare Class 11am
Tuesday, October 14 Lawyer by appointment
Wednesday, October 15 Foot Clinic by Appointment
Wednesday, October 15 Outing: Breakfast & Bowling in Silverton
Friday, October 17 Dennis Stafford Music
Tuesday, October 21 SHIBA Medicare 101 Class 10am
Wednesday, October 22 Outing: Red Robin & Bingo in Salem 3pm
Thursday, October 23 MAS Craft Hour 10:30am
Friday, October 24 MAS General Meeting 12:15pm
Wednesday, October 29 Outing: Shop Til' You Drop— Thrift Shopping 10am
Friday, October 31 Halloween Party 11am

