

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

Dear Members,

We hope that you have a happy Fourth of July. We are so blessed to live in Molalla where we have events such as, the Giant Street Parade and Buckaroo Rodeo. As a long time Molalla resident, I always look forward to the traditions that we have in our community. However, you choose to celebrate we hope that you have a blessed holiday.

Look for us in the Giant Street Parade. We'll have our bus all decked out to celebrate the 250th Birthday of the USA.

This month, instead of our soup & salad bar, we are going to have a Potluck July 1. We will provide hot dogs and we ask that you bring a side dish or dessert.

Look inside this newsletter for all of the fun outings planned during July.

Save the Date: Volunteer Appreciation Luncheon August 5th at 11:30am

See you at the Center,

Amanda Estrada

Center Director



Molalla Area Seniors UPCOMING Meetings

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

General Meeting (4th Friday) **July 24th at 12:15pm**

July 2026

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

Molalla Area Seniors Executive Board

Pat Torsen
President

Howard Miller,
Vice President

Judy McNeil,
Treasurer

Lacressia St Clair,
Secretary

Lois Middleton
Glenn Linder
Rich Coleman
Mark Gebler
Lenore Hayton
Board Members

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 & Fridays
9:15am - 10:00am

Ping Pong

Tuesdays 2:30pm - 4:00pm

Walk with Ease

Monday & Friday
10:00am-10:30am



SHOPPING

Store Suggestions

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.**

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 Fridays 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.**

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.

Genealogy Class: First Monday of the month 10am



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 - Tuesday 1pm

Sign up at the front desk.

Proceeds go to the MAS building fund.

No Class July-August

MAS Craft Hour—

No Class June— August

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

Women's Cancer Support Group:

3rd Friday of the Month at 1pm

GAMES at the CENTER

Bunco - Mondays 12:45pm

Texas Hold'em— Tuesdays at 12:45

Mexican Train Thursdays 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

VETERANS ★ ★ MEET UP

FIRST TUESDAY OF EACH MONTH

★ ★ ★ ★ ★

11AM



★ ★ ★ ★ ★

122 GRANGE AVE MOLALLA OR 97038
503-829-4214



Walk with Ease

Walk with Ease is an evidence
based walking program
sponsored by the Arthritis
Association
Monday & Friday @ 10:00am



122 Grange Ave 503-829-4214



VOLUNTEER
APPRECIATION

Hawaiian Luau

HELP CELEBRATE OUR AMAZING
VOLUNTEERS

August 5, 2026

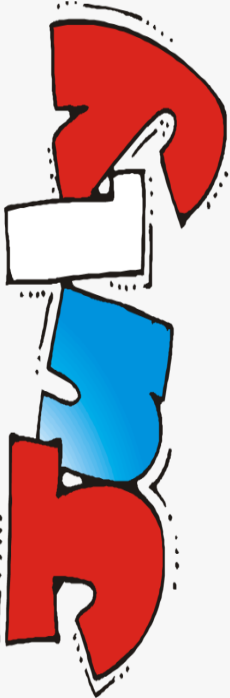
LUNCH AND AWARDS PRESENTATION

11:30AM

MOLALLA ADULT
COMMUNITY CENTER

122 GRANGE AVE
MOLALLA OR 97038

MONDAY	TUESDAY	WEDNESDAY	THURSDAY(Dine In)	FRIDAY
		1	2 Servers: The Girls Seasoned diced pork Brown rice Broccoli & Carrots Sesame Coleslaw Mandarin Oranges	3 Servers: Marquam United Methodist Pizza & Salad Center Closed at 2pm
		8	9 Servers: The Girls Beef chili w/ beans Spinach Bayou Slaw Cornbread Fresh Apple	10 Servers: Marquam United Methodist Homestyle Turkey Patty w/ poultry gravy Diced Red Potatoes San Francisco Vegetables French Bread Fresh Orange
13 Servers: Meadowbrook Ham & Swiss Cheese Half Sandwich Shredded lettuce Lentil Soup Coleslaw Whole Wheat Bread Tropical Fruit	14 Servers: The Girls Ground Beef Stew Mixed Vegetables Marinated Corn Salad Multigrain Roll Seasonal Fruit	15	16 Servers: MAS Board Spaghetti & Meat Sauce Green Beans Spinach Romaine Salad Garlic Roll Seasonal Fruit	17 Servers: Marquam United Methodist Chicken Deluxe (Bacon) Salad Pickled Beets Wheat Roll Tropical Fruit
20 Servers: Country Christian Chicken Spanish Rice California Vegetables Kidney Beans Salad Oat Bran Wheat Roll Fresh Orange	21 Servers: Nazarene Church BBQ Hamburger Baked Beans Coleslaw Seasonal Fruit	22	23 Servers: The Girls Orange Glazed Chicken Brown Rice Sesame Green Beans Carrot Mandarin Salad Fortune Cookie	24 Servers: Men of St. James Country Meatballs w/ Country gravy Spinach Onion Roll Fresh Orange
27 Servers: The Girls Breaded Fish w/ Tarter Sauce Delmonico Potatoes Mixed Vegetables Rye Bread Fresh Apple	28 Servers: St. James Alter Society Turkey Tetrazzini Fiesta Vegetables Coleslaw Oat Bran Roll Pineapple Tidbits	29	30 Servers: The Girls BBQ Pork Rib Patty Garlic Whipped Potatoes Mixed Vegetables Honey Wheat Bread Peaches	31 Servers: The Girls Cheese Omelet w/ Salsa Red Potatoes Broccoli Biscuit Cinnamon Applesauce

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:15am Quilt Group 12:00pm Center Potluck Fundraiser	2 12pm Lunch at the Center 12:45pm Train Dominos	3 9:15am Tai Chi 10am Walking 11:45am Mobile Library 12pm Lunch at the Center 1pm BINGO Center Closed at 2pm
6 	7 10:15am Quilt Group 11am Vet To Vet Café 12pm Lunch at the Center 12:45pm Texas Hold'em 2:30pm Ping Pong	8 9:30am Foot Clinic by apt 10am Outing: Ray of Hope Thrift Store and Elmer's 10:15am Quilt Group 3pm MAS Exec. Board Mtg	9 12pm Lunch at the Center 12:45pm Train Dominos	10 9:15am Tai Chi 10am Walking 11am Medicare Class 12pm Lunch at the Center 1pm BINGO
13 9:15am Tai Chi 10am Walk w/ Ease 10am Genealogy Class 12pm Lunch at the Center 12:45pm BUNCO	14 9:30am Lawyer by Appt 10:15am Quilt Group 12pm Lunch at the Center 12:45pm Texas Hold'em 2:30pm Ping Pong	15 9:30 Foot Clinic by apt. 10am Outing: OMSI- Titanic Exhibit 10:15am Quilt Group	16 12pm Lunch at the Center 12:45pm Train Dominos	17 9:15am Tai Chi 10am Walking 11:45am Dennis Stafford Music 12pm Lunch at the Center 1pm BINGO
20 9:15am Tai Chi 10am Walk w/ Ease 12pm Lunch at the Center 12:45pm BUNCO	21 10:15am Quilt Group 12pm Lunch at the Center 12:45pm Texas Hold'em 2:30pm Ping Pong	22 10:15am Quilt Group 10am Outing: Timberline Lodge & Tollgate Inn	23 12pm Lunch at the Center 12:45pm Train Dominos	24 9:15am Tai Chi 10am Walking 12pm Lunch at the Center 12:15 MAS General Meeting 1pm BINGO
27 9:15am Tai Chi 10am Walk w/ Ease 12pm Lunch at the Center 12:45pm BUNCO	28 10:15am Quilt Group 12pm Lunch at the Center 12:45pm Texas Hold'em 2:30pm Ping Pong	29 10:15am Quilt Group 10am Outing: Sternwheeler on the Columbia River	30 12pm Lunch at the Center 12:45pm Train Dominos	31 9:15am Tai Chi 10am Walking 12pm Lunch at the Center 1pm BINGO

WEDNESDAY, July 1st: Center Potluck Fundraiser

Signup at the front desk for a bus ride. 503-829-4214

Sugg. Bus Ride Donation \$5



- ♦ We will Provide hot dogs
- ♦ Please bring a side dish or dessert

\$5 benefiting our Nutrition Fund

WEDNESDAY, July 8th: Ray of Hope Thrift Store, Wal-Mart & Elmer's—Woodburn

Bus leaves the Center: 10:00am

503-829-4214

Sugg. Bus Ride Donation \$5



WEDNESDAY, July 15th : OMSI– Titanic Artifact Exhibit & Pietro's Pizza

Bus Leaving the Center: 10am

503-829-4214

Sugg. Bus Ride Donation \$5



This immersive exhibition offers a rare opportunity for audiences of all ages to explore the innovation, ambition, and tragedy of *Titanic* while connecting personally with the people whose lives were forever changed by her voyage.

Adult \$24

Senior (63 +) \$22 includes Titanic exhibit (Pay at signup)

WEDNESDAY, July 22 : Timberline Lodge, Tollgate Inn, Dairy Queen

Bus Leaving the Center: 10:00am

503-829-4214

Sugg. Bus Ride Donation \$5



Timberline Lodge was constructed between 1936 and 1938 as a Works Progress Administration project during the Great Depression, dedicated by President Franklin D. Roosevelt on September 28, 1937. It is a National Historic Landmark located on the south side of Mount Hood in Oregon, known for its year-round skiing and rich craftsmanship.

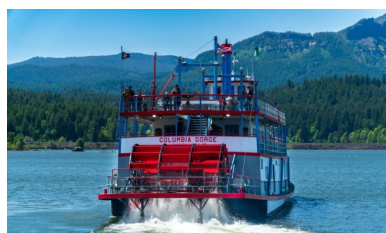


WEDNESDAY, July 29nd : Sternwheeler Boat Ride on the Columbia River & Bridgeside Restaurant

Bus Leave the Center: 9:30am

503-829-4214

Sugg. Bus Ride Donation \$10



Adult \$49

Senior / Military / Native American / Person with Disabilities \$44

ID required at check in

Payment due by July 10th

Step aboard the iconic Sternwheeler, nestled in the Heart of the Gorge. Enjoy the absolute best panoramic views of the breathtaking beauty of the Columbia Gorge. 2 hour cruise

We will eat lunch at the Bridgeside Restaurant before the cruise.

Denise Ribbeck	8
Sally Ford	9
Scott Delbridge	9
Wilma Nelson	11
Jeff Fawcett	11
Kathy Metzger	14
Martha Guliford	15
Paula Johnstone	15
Patti Perkins	16
Jan Blake	19
Vera Black	22

Jackye Orr	26
Jean Baird	28



**Happy
Birthday
to you...**

*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 4th of July PARADE

WE'RE GOING TO BE IN THE 4TH OF JULY PARADE THIS YEAR. WE'RE ASKING FOR CANDY DONATIONS. LOOK FOR THE BRIGHT GREEN CAN BY THE CHECK IN AREA IN THE DINING ROOM.

IF YOU WOULD LIKE TO HELP DECORATE THE BUS PLEASE STAY AFTER BINGO ON FRIDAY JULY 3RD

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 May 1st, 2026

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, Medi-
care/Medicaid, Crisis and Legal Support, and MORE!

Brax Laundry

1515 W Main Street, Molalla

**Every Tuesday 11:00am -
1:00pm**

LoveOne

Free laundry, hygiene supplies and lunch!

A love driven non-profit community-based organization
committed to serving our Clackamas County, Oregon
neighbors in need on a regular basis providing clean
laundry, showers, meals, personal care resources, and
community connections.



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 2025-26 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
Hot Shots Coffee
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



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

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

Sue Heublein

\$5,702

Fred Montgomery

\$150

Molalla Area Seniors Board - General Meeting Minutes and Information

MAS GENERAL MEETING 2026

The meeting was called to order by President Pat Torson at 12:15 p.m. All members present except Secretary Lacressia St Clair.

Lenore Hayton read the minutes for secretary Lacressia St Clair, who was absent. A **motion** was made by Roberta B and second by Mike Ford to accept the minutes as read with one correction; **Don Gulliford won the \$5 door prize and he donated it back.**

Judy McNeil, Treasurer gave her report. **Income:** \$996.07, **Expenses** \$ 604.69, **Net Profit** \$391.38, **Checking** \$8,405.29, **Savings** \$205.08, **Building Fund** \$244,122.38, **Money Market** \$27,660.70 which includes \$9,773 for the **nutrition Fund**.

We have a new checking account for the building account only. We still owe Boss Construction \$76,209. We also paid the city \$7,045 for 2 permits, A conditional permit and a traffic analyzing permit. Also a check for \$25,000 was written to Boss Construction.

Toni Newberry presented the center report, as Amanda Estrada was absent. **Income** \$38,670.73, **Expenses** \$23,899.14, **Net Income** \$14,771.59. 1479 Meals served, 420 Bus rides, \$1100 from the plant sale.

Glenn Linder, Building Committee Chairman reported that he had nothing new to report on the building. Bob McNeil said he had contacted Cecily Rose about helping with grants.

OLD BUSINESS

We raised a little under \$200 from the MAS table and Quilt Table at the Spring Market.

We are having a fund raiser for the building. We are selling tickets for a drawing for a \$100 Safeway Grocery Card, donated by Rich Coleman. He also donated the tickets, and money for the two pies raffled off. **THANK YOU RICH**

The door prize was won by Denise Ribbeck. The pies were won by Debra Coleman and Tara Martin.

A **motion** was made by Roberta B and seconded by Tara Martin to adjourn at 12:30

Respectfully submitted
Notes taken by Lenore Hayton written by
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:

Fred Montgomery

Amount \$150

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

Revenue:	
Congregate Dining	\$7,424.93
Donations	\$12,885.75
MOW - Meals On Wheels	\$6,937
Government - Clackamas County	\$13,584.89
Government - State	\$2,070.25
Other	
Total YTD:	\$42,902.82
Expenses:	
Direct Nutrition Expenses:	\$48,137.24
Direct Nutrition Budget 2025/26	\$60,000

Some fun facts that happened in:

May 2026

Meals served/delivered 1489
Rides on our bus were provided 420



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.

February 2026— Began work on the Entry way.

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



Donations are appreciated and can be accepted by:

IN PERSON

122 Grange Ave
Molalla OR 97038

MAIL

Molalla Area Seniors (MAS)
PO Box 1165

July Wish List

Bingo Prizes

Candy
Crossword Book
Seasonal Decorations
Personal Care Products
Home Décor
Gift Cards

Kitchen Supplies

COFFEE
Paper Bowls
Paper Plates
Spoon, Forks, Knives
Zip lock bags
12 oz coffee cups with lids
12oz paper cups

Office Supplies

Batteries
Postage Stamps
Address labels (laser)
Tape
Black sharpie markers
envelopes
4th of July Parade Candy

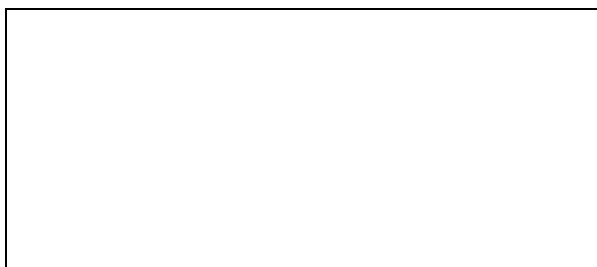
Donate to Our Meals
on Wheels Program
with this QR Code





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.**

July 2026

Wednesday, July 1 Center Potluck 12pm
Monday, July 6 Center Closed
Tuesday, July 7 Vet to Vet Café 11am
Wednesday, July 8 Outing: Ray of Hope Thrift Store, Wal-Mart, Elmers
Wednesday, July 8 Foot Clinic by Appointment
Monday, July 13 Genealogy Class 10am
Wednesday, July 15 Outing: OMSI– Titanic Exhibit & Pietro's Pizza
Wednesday, July 15 Foot Clinic by Appointment
Friday, July 17 Dennis Stafford Music
Wednesday, July 22 Outing: Timberline Lodge & Tollgate Inn
Friday, July 24 MAS General Meeting 12:15pm
Wednesday, July 29 Outing: Sternwheeler on the Columbia