






MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

1 THE FRIENDS GROUP Beef Rigatoni Bake Green Peas w/Onion Apple Cranberry Coleslaw	2 DON & THE GIRLS Chicken Lo Mein Normandy Vegetable Blend Garden Vegetable Salad	3 	4	5 MARQUAM METHODIST Chicken Tetrazzini Green Beans Garden Vegetable Salad
8 MEADOWBROOK CHURCH Garden Chicken Salad Caesar Dressing over Spinach Romaine	9 THE GIRLS Hamburger w/Campfire Sauce Baked Beans	10	11 	12 MARQUAM METHODIST Cheese Lasagna Rollup Whole Kernel Corn Tossed Salad
15 COUNTRY CHRISTIAN Meatloaf w/Brown Gravy Whipped Potatoes Scandinavian Vegetable Blend	16 NAZARENE CHURCH Orange Glazed Chicken Brown Rice Winter Vegetable Blend Confetti Coleslaw	17 	18	19 MARQUAM METHODIST Turkey A La King Whipped Potatoes Country Cottage Blend Whole Wheat Roll
22 JOAN & NANCY Pork Sausage Gravy Diced Red Potatoes Broccoli, Cauliflower, Craisin Salad Biscuit	23 ST JAMES ALTER SOC. Chicken Pomodoro Scandinavian Vegetable Vegetable Salad With	24	25 	26 KNIGHTS OF COLUMBUS Western Breaded Beef Steak w/Country Gravy Lyonnaise Potatoes Cauliflower & Carrots
29 THE GIRLS Egg Salad Half Sandwich Shredded Lettuce Lentil Soup Apple Cranberry Coleslaw	30 THE GIRLS Salisbury Steak w/Brown Gravy Delmonico Potatoes Italian Vegetables	31		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9am Better Bones & Balance 10am Safeway 12pm Lunch at the Center 12:30pm BUNCO	2 10am BiMart 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games	3 8am Mo's & Chinook Winds 9am Better Bones & Balance 10am Cascade Center 10am Genealogy	4	5 9am Better Bones & Balance 10am Quilt Group 12pm Lunch the Center
8 9am Better Bones & Balance 10am Safeway 12pm Lunch at the Center 12:30pm BUNCO	9 9:30am Lawyer by appt. 10am BiMart 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games	10 9am Better Bones & Balance 9:30 Foot Clinic by appt. 10am Cascade Center 3:00 MAS Board Mtg.	11 10:30am Denny's & Dahlia Farm	12 9am Better Bones & Balance 10am Quilt Group 12pm Lunch at the Center ***Don Mitchell Music***
15 9am Better Bones & Balance 10am Safeway 12pm Lunch at the Center 12:30pm BUNCO	16 10am BiMart 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games 2:30pm Ping Pong	17 9:30 am Clackamas County Fair 9am Better Bones & Balance 9:30 Foot Clinic by appt.* 10am Cascade Center	18	19 9am Better Bones & Balance 10am Quilt Group 12:pm Lunch at the Center *Dennis Stafford Music*
22 9am Better Bones & Balance 10am Safeway 12pm Lunch at the Center 12:30pm BUNCO	23 10am BiMart 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games 12:45 MAS Craft Hour	24 9am Better Bones & Balance 10am Cascade Center	25 3:30pm Willamette Falls and Evening Concert in the Park	26 9am Better Bones & Balance 10am Quilt Group 12:pm Lunch at the Center and Birthday Celebration
29 9am Better Bones & Balance 10am Safeway 12pm Lunch at the Center 12:30pm BUNCO	30 10am BiMart 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games	31 9am Better Bones & Balance 10am Cascade Center		