

MONDAY

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY



<p>5</p> 	<p>6 DON & THE GIRLS Turkey Ham & Lima Beans Italian Vegetable Blend Tossed Salad Balsamic Vinaigrette Multigrain Roll Spice Cake</p>	<p>7</p> 	<p>8</p>	<p>1 MARQUAM METHODIST Hot Dog Chuckwagon Corn Confetti Coleslaw Hot Dog Bun Key Lime Bar</p> <p>9 MARQUAM METHODIST Asian Chicken Salad w/ Crispy Noodles over Spinach Romaine Cream of Cauliflower Soup Seven Grain Roll Diced Peaches</p>
<p>12 MEADOWBROOK CHURCH Chicken Pot Pie Whole Kernel Corn Carrot Raisin Salad Biscuit Apple Rhubarb Cobbler</p>	<p>13 THE GIRLS Chicken Fajita Bowl Sliced Carrots Apple Cranberry Coleslaw Oat Bran Wheat Roll Confetti Cake</p>	<p>14</p>	<p>15</p> 	<p>16 MARQUAM METHODIST Salisbury Steak w/Brown Gravy Whipped Potatoes Winter Blend Vegetables Sunflower Seed Bread Ice Cream</p>
<p>19 COUNTRY CHRISTIAN Creamy Pasta w/Vegetables Fiesta Vegetables Carrots Oat Bran Wheat Roll Applesauce Gingerbread</p>	<p>20 NAZARENE CHURCH Herbed Chicken Patty w/Poultry Gravy Colcannon Potatoes Brussels Sprouts Focaccia Bread Seasonal Fruit</p>	<p>21</p> 	<p>22</p>	<p>23 KNIGHTS OF COLUMBUS Egg Salad Half Sandwich Shredded Lettuce Tomato Florentine Soup Confetti Coleslaw Wheat Bread Pineapple Tidbits</p>
<p>26 JOAN & NANCY Beef Stroganoff w/Pasta Capri Vegetables Broccoli Multigrain Roll Apple Crisp</p>	<p>27 ST JAMES ALTER SOC. German Meatballs w/German Meatball Sauce Garlic Whipped Potatoes Peas & Carrots Rye Bran Bread German Chocolate Cake</p>	<p>28</p>	<p>29</p>	<p>30 THE GIRLS Lemon Herb Chicken Chantilly Potatoes Scandinavian Vegetable Blend Cracked Wheat Bread Zucchini Brownie</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 9am Better Bones & Balance 10am Quilt Group 12pm Lunch the Center 1:00pm BINGO
5 	6 10am BiMart 10am Quilt Group 11am Vet-To-Vet Cafe 12pm Lunch at the Center 12:45 Pinochle & Games 2:30pm PING PONG	7 9am Better Bones & Balance 10am Genealogy Class 10am Cascade Center 9:30a Bonneville Dam/Bridgeside	8	9 9am Better Bones & Balance 10am Quilt Group 12pm Lunch at the Center ***Don Mitchell Music*** 1:00 BINGO
12 9am Better Bones & Balance 10am Safeway 10:45am Write YOUR story! 12pm Lunch at the Center 12:30pm BUNCO	13 9:30am Lawyer by appt. 9:30 Foot Clinic by appt. 10am BiMart 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games	14 9am Better Bones & Balance 10am Cascade Center 3:00 MAS Board Mtg.	15 10:00am Oktober Fest	16 9am Better Bones & Balance 10am Quilt Group 12:pm Lunch at the Center *Dennis Stafford Music* 1:00 BINGO
19 9am Better Bones & Balance 10am Safeway 10:45am Write YOUR story! 12pm Lunch at the Center 12:30pm BUNCO	20 10am BiMart 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games 2:30pm PING PONG	21 9am Better Bones & Balance 10am Cascade Center 12:45 Red Cross Blood Drive 10am Bullwinkles/Red Robin	22	23 9am Better Bones & Balance 10am Quilt Group 12:pm Lunch at the Center 12:15 MAS Gen. Meeting 1:00 BINGO
26 9am Better Bones & Balance 10am Safeway 10:45am Write YOUR story! 12pm Lunch at the Center 12:30pm BUNCO	27 10am BiMart 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games 12:45 MAS Craft Hour	28 9am Better Bones & Balance 10am Cascade Center	29	30 9am Better Bones & Balance 10am Quilt Group 12:pm Lunch & Learn and Birthday Celebration

Call 503-829-4214 to inquire on how you can participate!