






**MONDAY**

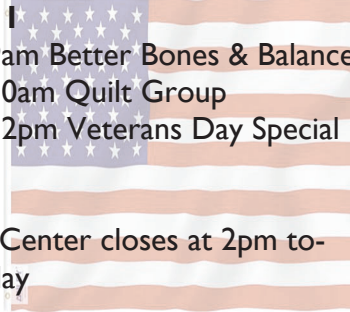

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>*Menu is subject to change beyond our control.</b></p>	<p><b>1 DON &amp; THE GIRLS</b> Beef w/Gravy/Peppers Whipped Potatoes Capri Vegetables Red Devil Beet Cake</p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4 MARQUAM UNITED METHODIST</b> Chicken Tetrazzini Glazed Carrots Broccoli Salad Multigrain Roll Cherry Gelatin with Whipped Topping</p>
<p><b>7 THE FRIENDS GROUP</b> Turkey Salad Half Sandwich Shredded Lettuce Minestrone Soup Coleslaw Whole Wheat Bread Pineapple Tidbits</p>	<p><b>8 THE GIRLS</b> Meatloaf Brown Gravy Whipped Potatoes Capri Vegetable Blend Butterscotch Bar</p>	<p><b>9</b></p> 	<p><b>10</b></p>	<p><b>11 MARQUAM UNITED METHODIST</b> Lasagna Salad Breadsticks Special Dessert Sponsored by Forest Park</p> 
<p><b>14 MEADOWBROOK CHURCH</b> Hamburger w/BBQ Sauce on Hamburger Bun Whole Kernel Corn Coleslaw Carrot Cake</p>	<p><b>15 NAZARENE CHURCH</b> Meatloaf Half Sandwich Dijonaise Sauce Shredded Lettuce Corn Chowder Pickled Beets Whole Wheat Bread Golden Fruit Cup</p>	<p><b>16</b></p> 	<p><b>17</b></p>	<p><b>18 MARQUAM UNITED METHODIST</b> Beef Patty Brown Gravy Whipped Potatoes Green Beans Ice Cream</p>
<p><b>21 COUNTRY CHRISTIAN</b> Roast Pork Pork Gravy Whipped Sweet Potatoes Mixed Vegetables Squash Bread Lime Whip</p>	<p><b>22 ST JAMES ALTER SOC.</b> Chicken Pastina Whole Kernel Corn Garden Vegetable Salad French Dressing Oat Bran Wheat Roll Yellow Cake</p>	<p><b>23 Thanksgiving Special</b> Roasted Turkey Poultry Gravy Whipped Sweet Potatoes Scandinavian Vegetables Cranberry Sauce Baked Pumpkin Custard</p>	<p><b>24</b></p> 	<p><b>25</b></p> 
<p><b>28 JOAN &amp; NANCY</b> Cheese Lasagna Rollup in Marinara Sauce Capri Vegetables Broccoli Mandarin Oranges</p>	<p><b>29 THE GIRLS</b> Salisbury Steak Brown Gravy Whipped Potatoes Green Peas Pumpkin Bar</p>	<p><b>30</b></p> 		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>Call 503-829-4214 to see how YOU can partici-</b></p>	<p><b>1</b> 10am <b>BiMart</b> 10am Quilt Group 11am Vet To Vet Cafe 12pm Lunch at the Center 12:45 Pinochle &amp; Games 2:30pm PING PONG</p>	<p><b>2</b> 9am Better Bones &amp; Balance 10am Genealogy Class</p> <p style="color: green;"><b>Bus is NOT running today</b></p>	<p><b>3</b> 10am <b>Cascade Center</b></p>	<p><b>4</b> 9am Better Bones &amp; Balance 10am Quilt Group 12pm Lunch the Center 12:30pm Mobile Library 1:00pm BINGO</p>
<p><b>7</b> 9am Better Bones &amp; Balance 10am <b>Safeway</b> 10:45am Write YOUR story! 12pm Lunch at the Center 12:45pm BUNCO</p>	<p><b>8</b> 9:30 Foot Clinic by appt. 10am <b>BiMart</b> 10am Quilt Group 12pm Lunch at the Center 12:45 Special Holiday Craft Hour 12:45 Pinochle &amp; Games 2:30pm PING PONG</p>	<p><b>9</b> 9am Better Bones &amp; Balance 3pm MAS Board Mtg.</p> <p>Bus is on an outing: 10am <b>Target &amp; Spaghetti Factory</b></p>	<p><b>10</b> 10am <b>Cascade Center</b></p>	<p><b>11</b> 9am Better Bones &amp; Balance 10am Quilt Group 12pm Veterans Day Special</p>  <p>*Center closes at 2pm today</p>
<p><b>14</b> 9am Better Bones &amp; Balance 10am <b>Safeway</b> 10:45am Write YOUR story! 12pm Lunch at the Center 12:45pm BUNCO</p>	<p><b>15</b> 10am <b>BiMart</b> 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle &amp; Games 2:30pm PING PONG</p>	<p><b>16</b> 9am Better Bones &amp; Balance 9:30 Foot Clinic by appt.</p> <p>Bus is on an outing: 10am <b>Walmart &amp; Holiday Meal</b></p>	<p><b>17</b> 10am <b>Cascade Center</b></p>	<p><b>18</b> 9am Better Bones &amp; Balance 10am Quilt Group 12:pm Lunch at the Center *Dennis Stafford Music*</p>
<p><b>21</b> 9am Better Bones &amp; Balance 10am <b>Safeway</b> 10:45am Write YOUR story! 12pm Lunch at the Center 12:45pm BUNCO</p>	<p><b>22</b> 10am <b>BiMart</b> 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle &amp; Games 2:30pm PING PONG</p>	<p><b>23</b> 9am Better Bones &amp; Balance 12pm Special Thanksgiving Lunch</p>	<p><b>24</b></p> 	<p><b>25</b></p> <p style="text-align: center;"><b>Thursday and Friday</b></p>
<p><b>28</b> 9am Better Bones &amp; Balance 10am <b>Safeway</b> 10:45am Write YOUR story! 12pm Lunch at the Center 12:45pm BUNCO</p>	<p><b>29</b> 10am <b>BiMart</b> 10am Quilt Group 12pm Lunch at the Center 12pm Birthday Celebration 12:45 Pinochle &amp; Games 12:45pm Craft Hour 2:30pm PING PONG</p>	<p><b>30</b> 9am Better Bones &amp; Balance</p> <p>Bus is on an outing: 10am <b>Spirit Mountain &amp; Arby's</b></p>	