










MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>CENTER IS CLOSED</p>	<p>3 DON & THE GIRLS</p> <p>Chicken Cordon Bleu O'Brien Potatoes Glazed Carrots Sunflower Seed Bread Confetti Cake</p>	<p>4</p>	<p>5</p>	<p>6 MARQUAM UNITED METHODIST</p> <p>Turkey Tetrizzini Dilled Carrots Creamy Cucumber Salad Cornbread Gelatin w/Whipped Topping</p>
<p>9 MEADOWBROOK CHURCH</p> <p>Baked Beef Rigatoni Green Peas Creamy Coleslaw Multigrain Roll Ice Cream</p>	<p>10 THE GIRLS</p> <p>Meatloaf w/Brown Gravy Garlic Whipped Potatoes Stewed Tomatoes Seven Grain Bread Lemon Bar</p>	<p>11</p> <p>Dinner at</p> 	<p>12</p>	<p>13 MARQUAM UNITED METHODIST</p> <p>Turkey Salad Sandwich Half Shredded Lettuce Minestrone Soup Coleslaw Whole Wheat Bread Pineapple Tidbits</p>
<p>16</p>  <p>CENTER IS CLOSED</p>	<p>17 NAZARENE CHURCH</p> <p>Brunch for Lunch Pork Sausage Gravy Winter Vegetable Blend Spiced Apples Biscuit Mixed Berry Crisp</p>	<p>18</p> <p>Lunch at</p> 	<p>19 OCCM CO-OP</p> <p>Lunch at The Center</p> 	<p>20 MARQUAM UNITED METHODIST</p> <p>Cheese Omelet w/Cheese Sauce Red Diced Potatoes Mixed Vegetables Cracked Wheat Bread Butterscotch Pudding</p>
<p>23 JOAN & NANCY</p> <p>Chicken Salad Sandwich Half Shredded Lettuce Lentil Soup Potato Salad Wheat Bread Diced Peaches</p>	<p>24 ST JAMES ALTER SOC.</p> <p>German Meatball (Sauce) Whipped Spiced Yams Tossed Salad Balsamic Vinaigrette Oat Bran Wheat Roll Lemon Blondie</p>	<p>25</p> <p>Lunch at</p> 	<p>26</p>	<p>27 KNIGHTS OF COLUMBUS</p> <p>Chicken Pomodoro Capri Vegetable Blend Kidney Bean Salad Garlic Roll Chocolate Cake w/Frosting</p>
<p>30 THE GIRLS</p> <p>Sweet & Sour Pork Brown Rice Kyoto Vegetable Blend Mandarin Oranges Seven Grain Roll Snickerdoodle Bar</p>	<p>31 THE GIRLS</p> <p>Macaroni & Cheese Whole Kernel Corn Spinach Onion Roll Golden Fruit Cup</p>			

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2  CENTER IS CLOSED	3 9:30 Foot Clinic by appt. 10am BiMart 10am Quilt Group 11am Vet To Vet Cafe 12pm Lunch at the Center 12:45 Pinochle & Games 2:30pm PING PONG	4 9am Better Bones & Balance 10am Genealogy Class	5 10am Cascade Center	6 9am Better Bones & Balance 10am Quilt Group 10am Safeway 12pm Lunch the Center 12:30pm Mobile Library 1:00pm BINGO
9 9am Better Bones & Balance 10am Safeway 12pm Lunch at the Center 12:45pm BUNCO	10 9:30 Foot Clinic by appt. 9:30 Lawyer by appointment 10am BiMart 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games 2:30pm PING PONG	11 9am Better Bones & Balance 4pm BINGO and dinner at Red Lobster	12 10am Cascade Center	13 9am Better Bones & Balance 10am Quilt Group 10am Safeway 12pm Lunch the Center **Don Mitchell Music** 1:00pm BINGO
16 WE WILL BE CLOSED ON  MLK DAY MARTIN LUTHER KING JR. DAY	17 10am BiMart 10am Quilt Group 12:45 Pinochle OR Craft Hour 2:30pm PING PONG	18 9am Better Bones & Balance 9:30 Foot Clinic by appt. 10am Salem Art Show and The Ram Restaurant	19 10am Cascade Center 12pm Happy Family Lunch at the Center & Soap Making Craft	20 9am Better Bones & Balance 10am Quilt Group 10am Safeway 12:pm Lunch at the Center *Dennis Stafford Music* 1:00 BINGO
23 9am Better Bones & Balance 10am Safeway 12pm Lunch at the Center 12:45pm BUNCO	24 10am BiMart 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games 12:45pm Craft Hour 2:30pm PING PONG	25 9am Better Bones & Balance 10am Lunch at Gallon House and Goodwill shopping	26 10am Cascade Center	27 9am Better Bones & Balance 10am Quilt Group 10am Safeway 12pm Lunch & Birthday Celebrations 12:15 General Board meeting 1:00pm BINGO
30 9am Better Bones & Balance 10am Safeway 12pm Lunch at the Center 12:45pm BUNCO	31 10am BiMart 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games 2:30pm PING PONG	