

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



<p>1</p>	<p>2 JNBC Turkey & Bacon Club Mini Salad w/ Ranch Dressing over Spinach Romaine Corn Chowder Seven Grain Roll Diced Peaches</p>	<p>3 MARQUAM UNITED METHODIST Chicken Pomodoro California Vegetable Creamy Cucumber Salad Seven Grain Roll Apple Rhubarb Crisp</p>		
<p>6 THE FRIENDS GROUP White Bean Chicken Chili Green Beans Confetti Coleslaw Wheat Roll Pistachio Whip</p>	<p>7 DON AND THE GIRLS Western Pork Stew Mixed Vegetables Garden Vegetable Salad FF Italian Dressing Multigrain Roll Peanut Butter Bar</p>	<p>8</p>	<p>9 J. ALLEN AND FRIENDS Mexican Pasta Bake Capri Vegetable Blend Tossed Salad Balsamic Vinaigrette Rye Bran Roll Key Lime Bar</p>	<p>10 MARQUAM UNITED METHODIST Beef Swiss Patty w/Swiss Sauce Garlic Whipped Potatoes Winter Blend Vegetables Cracked Wheat Bread Applesauce Gingerbread</p>
<p>13 MEADOWBROOK CHURCH Scalloped Potatoes & Turkey Ham Carrots Tossed Salad Multigrain Roll French Dressing Caramel Apple Pudding</p>	<p>14 THE GIRLS Chicken Pastina Chuckwagon Corn Broccoli Raisin Salad Seven Grain Roll Blushing Pears</p>	<p>15</p>	<p>16 THE GIRLS Chicken Santa Fe & Lentils Broccoli Green Pea Salad French Roll Snickerdoodle Bar</p>	<p>17 MARQUAM UNITED METHODIST Roast Pork w/Pork Gravy Whipped Potatoes Red Cabbage & Apples Squash Bread St. Patty's Day Cookie</p>
<p>20 COUNTRY CHRISTIAN Tuna Salad Sandwich Half Carrot Raisin Salad Cream of Cauliflower Wheat Bread Pineapple Tidbits</p>	<p>21 NAZARENE CHURCH Macaroni & Cheese Carrots Succotash Purchased Wheat Bread Pistachio Pudding Cake</p>	<p>22</p>	<p>23 ILY HOMESCHOOL GROUP Spaghetti & Meat Sauce Italian Vegetables Garden Vegetable Salad FF Italian Dressing Oat Bran Wheat Roll Ice Cream Cup</p>	<p>24 KNIGHTS OF COLUMBUS Shaved Turkey Sandwich Half Shredded Lettuce, Wheat Bread Dijonaise Sauce Potato Onion Soup Marinated Broccoli Salad Applesauce</p>
<p>27 JNBC Beef Mushroom Patty Whipped Potatoes Brussels Sprouts French Bread Lime Whip</p>	<p>28 ST JAMES ALTER SOC. Chicken & Rice Bake Whole Kernel Corn Garden Vegetable Salad Oat Bran Wheat Roll Balsamic Vinaigrette Rocky Road Pudding</p>	<p>29</p>	<p>30 Turkey Pot Pie Green Bean w/Red Peppers Tossed Salad Balsamic Vinaigrette Biscuit Zucchini Brownie</p>	<p>31 THE GIRLS Italian Sausage Sandwich Winter Vegetable Blend Coleslaw Orange Gelatin w/Mandarin Hoagie Bun</p>

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Call 503-829-4214 to see how YOU can participate!

		1 9am Better Bones & Balance 10am Genealogy Class	2 10am Cascade Center 12pm Lunch the Center 1pm Quilt Block Painting FUNDRAISER	3 9am Better Bones & Balance 10am Quilt Group 10am Safeway 12pm Lunch the Center 12:30pm Mobile Library
6 9am Better Bones & Balance 10am Art For All Class 10am Safeway 12pm Lunch at the Center 12:45pm BUNCO 6:30pm Grief Share Class	7 10am BiMart 10am Quilt Group 11am Vet To Vet Cafe 12pm Lunch at the Center 12:45 Pinochle & Games 2:30pm PING PONG	8 9am Better Bones & Balance 9:30pm MAS Executive Board Meeting 10am - OUTING: Drive in the country #1 and lunch	9 10am Cascade Center 12pm Lunch at the Center 1pm Quilt Block Painting FUNDRAISER	10 9am Better Bones & Balance 10am Quilt Group 10am Safeway 12pm Lunch the Center **Don Mitchell Music** 1:00pm BINGO
13 9am Better Bones & Balance 10am Art For All Class 10am Safeway 12pm Lunch at the Center 12:45pm BUNCO 6:30pm Grief Share Class	14 9:30 Lawyer by appointment 9:30 Foot Clinic by appt. 10am BiMart 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle 2:30pm PING PONG	15 9am Better Bones & Balance 9:30am Foot Clinic by appt. 10am OUTING: Drive in the country #2 and lunch	16 10am Cascade Center 12pm Lunch at the Center	17 9am Better Bones & Balance 10am Quilt Group 10am Safeway 12:pm Lunch at the Center *Dennis Stafford Music* 1:00pm Women's Cancer Support 1:00pm BINGO
20 9am Better Bones & Balance 10am Art For All Class 10am Safeway 12pm Lunch at the Center 12:45pm BUNCO 6:30pm Grief Share Class	21 10am BiMart 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games 2:30pm PING PONG	22 9am Better Bones & Balance 10am OUTING: Mystery trip, riders choice	23 10am Cascade Center 12pm Lunch at the Center	24 9am Better Bones & Balance 10am Quilt Group 10am Safeway 12pm Lunch at the Center 12:15pm General Board Meeting 1:00pm BINGO
27 9am Better Bones & Balance 10am Art For All Class 10am Safeway 12pm Lunch at the Center 12:45pm BUNCO 6:30pm Grief Share Class	28 10am BiMart 10am Quilt Group 12pm Lunch at the Center 12:45 Pinochle OR Craft Hour 2:30pm PING PONG	29 9am Better Bones & Balance	30 10am Cascade Center 12pm Lunch at the Center	31 9am Better Bones & Balance 10am Quilt Group 10am Safeway 12pm Lunch & Birthday Celebrations 1pm BINGO