

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 THE FRIENDS GROUP Herbed Chicken Patty w/Cordon Bleu Sauce Garlic Whipped Potatoes Brussel Spouts French Bread Chocolate Cake</p>	<p>2 THE GIRLS Italian Special Spaghetti & Meat Sauce Italian Vegetable Blend Spinach Romaine Salad Garlic Roll Ice Cream FF Italian Dressing</p>	<p>3</p>	<p>4 THE GIRLS <u>THIS MEAL IS DINE IN ONLY</u> Southern Pork Pasta Bake Green Beans & Onions Carrot & Raisin Salad Rye Bran Roll Lemon Poppy Seed Cake</p>	<p>5 MARQUAM UNITED METHODIST Teriyaki Chicken Sandwich California Vegetable Blend Creamy Coleslaw Hot Dog Bun Seasonal Fruit</p>
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<p>8 MEADOWBROOK CHURCH Chicken Mole Pinto Beans Spinach Romaine Salad Seven Grain Roll Hermit Bar Ranch Dressing</p>	<p>9 THE GIRLS Chicken Fajita Bowl Chuckwagon Corn Tropical Fruit Cup Cornbread Cinnamon Choc Pudding</p>	<p>10</p>	<p>11 JNBC <u>THIS MEAL IS DINE IN ONLY</u> Beef Swiss Steak w/Swiss Steak Sauce Garlic Whipped Potatoes Broccoli & Wheat Bread Pineapple Fluff</p>	<p>12 MARQUAM UNITED METHODIST Cheese Lasagna Rollups in Marinara Sauce Spinach Romaine Salad Capri Vegetable Blend Whole Wheat Bread Key Lime Bar</p>
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<p>15 COUNTRY CHRISTIAN Turkey Club Mini Salad over Spinach Romaine Cream of Cauliflower Soup Wheat Roll Mandarin Oranges Ranch Dressing</p>	<p>16 NAZARENE CHURCH Roast Pork w/Blueberry Chutney Whipped Sweet Potatoes Green Peas & Onions Sunflower Bread Apple Cobbler</p>	<p>17</p>	<p>18 MAS BOARD <u>THIS MEAL IS DINE IN ONLY</u> BBQ Smokehouse Chop Roasted Red Potatoes Brussels Sprouts Cracked Wheat Bread Golden Fruit Cup</p>	<p>19 MARQUAM UNITED METHODIST Meatloaf w/Brown Gravy Delmonico Potatoes Parslied Carrots French Bread Lemon Blondie</p>
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<p>22 JNBC Cowboy Campfire Stew Mixed Vegetables Pineapple Slaw Oatmeal Roll Seasonal Fruit</p>	<p>23 ST JAMES ALTER SOC. Chicken Salad Sandwich Half Shredded Lettuce Green Split Pea Soup Coleslaw Wheat Bread Applesauce</p>	<p>24</p>	<p>25 ILY & HOMESCHOOL GRP. <u>THIS MEAL IS DINE IN ONLY</u> Chicken Pastina Dilled Carrots Spinach Romaine Salad /French Cornmeal Roll Butterscotch Pudding</p>	<p>26 KNIGHTS OF COLUMBUS Swedish Meatballs w/Swedish Sauce Lyonnais Potatoes Spinach Rye Bran Bread Lime Gelatin w/Whipped Topping</p>
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<p>30 THE GIRLS Chicken Rice Bake Green Beans & Red Peppers Coleslaw Multigrain Roll Spiced Peaches</p>
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<p>31</p>

Menu is subject to change beyond our control.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9am Better Bones & Balance 10am Art For All Class 10am Safeway 12pm Lunch at the Center 12:45pm BUNCO 6:30pm Grief Share Class	2 9:15am Tai Chi 10am BiMart 10:15am Quilt Group 11am Vet To Vet Cafe 12pm Lunch at the Center 12:45 Pinochle & Games 2:30pm PING PONG	3 9am Better Bones & Balance 10am Genealogy Class	May the 4th be with you! 9:15am Tai Chi 10am Cascade Center 12pm Lunch at the Center 1:00pm Kentucky Derby Themed BUNCO Fundraiser	5 Cinco De Mayo 9am Better Bones & Balance 10am Quilt Group 10am Safeway 12pm Lunch the Center 12:30pm Mobile Library 1:00pm BINGO
8 9am Better Bones & Balance 10am Art For All Class 10am Safeway 12pm Lunch at the Center 12:45pm BUNCO 6:30pm Grief Share Class	9 9:15am Tai Chi 9:30 Lawyer by appointment 9:30 Foot Clinic by appt. 10am BiMart 10:15 am Quilt Group 12pm Lunch at the Center 12:45 Pinochle 2:30pm PING PONG	10 9am Better Bones & Balance 10:30 Outing: Tammy D's and HillTop Movie Theater 3:30pm MAS Executive Board Meeting 12:45 MAS Craft Hour	11 9:15am Tai Chi 10am Cascade Center 12pm Lunch & Learn 1:00pm Cribbage	12 9am Better Bones & Balance 10am Quilt Group 10am Ladies Spa Time 10am Safeway 12:pm Lunch at the Center **Don Mitchell Music** 1:00pm BINGO
15 9am Better Bones & Balance 10am Art For All Class 10am Safeway 12pm Lunch at the Center 12:45pm BUNCO	16 9:15am Tai Chi 10am BiMart 10:15am Quilt Group 12pm Lunch at the Center 12:45 Pinochle & Games 2:30pm PING PONG	17 9am Better Bones & Balance 9:30am Foot Clinic by appt. 9:30am Outing: and Shari's Schreiner's Iris Farm	18 9:15am Tai Chi 10am Cascade Center 12pm Lunch at the Center 1:00pm Cribbage	19 9am Better Bones & Balance 10am Quilt Group 10am Safeway 12pm Lunch at the Center *Dennis Stafford Music* 1:00pm Women's Cancer Support 1:00pm BINGO
22 9am Better Bones & Balance 10am Art For All Class 10am Safeway 12pm Lunch at the Center 12:45pm BUNCO	23 9:15am Tai Chi 10am BiMart 10:15am Quilt Group 12pm Lunch at the Center 12:45 Pinochle 12:45 MAS Craft Hour 2:30pm PING PONG	24 9am Better Bones & Balance 10:30am Outing: Olive Garden and Rice Museum of Rocks and Minerals	25 9:15am Tai Chi 10am Cascade Center 12pm Lunch at the Center 1:00pm Cribbage	26 9am Better Bones & Balance 10am Quilt Group 10am Safeway 12pm Lunch 12:15pm General Board Meeting & birthday celebrations 1pm BINGO
29 C L O S E D 	30 9:15am Tai Chi 10am BiMart 10:15am Quilt Group 12pm Lunch at the Center 12:45 Pinochle 2:30pm PING PONG	31 9am Better Bones & Balance 10:30am Outing: Lunch at Lake Oswego Adult Center & Oswego Heritage Museum	 <p>Call 503-829-4214 to see how YOU can participate!</p>	