


MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

1 THE GIRLS Turkey Pot Pie Biscuit Country Cottage Vegetables Broccoli Chocolate Chip Bar	2 THE GIRLS Sloppy Joe Hawaiian Carrots Confetti Coleslaw Hamburger Bun Hot Cinnamon Applesauce	3	4 THE GIRLS <u>THIS MEAL IS DINE IN ONLY</u> Chicken Tetrazzini Spinach tossed Salad Wheat Roll Orange Delight	5 MARQUAM UNITED METHODIST Beef & Bean Chili Capri Vegetable Blend Country Coleslaw Garlic Roll Seasonal Fruit
8 MEADOWBROOK CHURCH Roast Pork w/Apple Chutney Sauce Whipped Sweet Potatoes Italian Vegetable Blend French Bread Grace's Chocolate Bar	9 THE GIRLS Italian Special Spaghetti/Meat Sauce Italian Vegetable Blend Spinach Romaine Salad Garlic Roll Peaches	10	11 THE GIRLS <u>THIS MEAL IS DINE IN ONLY</u> Santa Fe Chicken Salad over Spinach Romaine Corn Chowder White Dinner Roll Applesauce	12 MARQUAM UNITED METHODIST Sweet & Sour Pork w/Brown Rice California Vegetable Blend Marinated Zucchini Salad Sunflower Seed Roll Rocky Road Pudding
15 COUNTRY CHRISTIAN Beef Patty w/Onion & Pepper Gravy Delmonico Potatoes San Francisco Vegetable Blend Garlic Bread Cranberry Crunch Bar	16 NAZARENE CHURCH Turkey Apple Meatballs w/Cider Glaze Whipped Garlic Potatoes Cabbage & Carrots Oat Bran Wheat Bread Lemon Blondie	17	18 MAS BOARD <u>THIS MEAL IS DINE IN ONLY</u> Cheese Omelet w/Cheese Sauce Stewed Tomatoes Tropical Fruit Biscuit Applesauce Gingerbread	19 MARQUAM UNITED METHODIST Vegetable Lasagna Roll Up In Spinach Sauce Tossed Salad/Raspberry Vinn. Glazed Carrots French Roll Snickerdoodle Bar
22 THE GIRLS Creamy Paprika Chicken Brown Rice Coleslaw Winter Vegetable Blend Mandarin Oranges	23 ST. JAMES ALTER SOC. Beef Mushroom Patty Garlic Whipped Potatoes Mixed Vegetable Blend Seven Grain Bread Vanilla Pudding	24	25 ILY & HOMESCHOOL GRP <u>THIS MEAL IS DINE IN ONLY</u> Beef Rigatoni Bake Fiesta Vegetable Blend Garden Vegetable Salad Cracked Wheat Roll Lemon Bar	26 KNIGHTS OF COLUMBUS Meatloaf Half Sandwich Broccoli & Cheese Soup Confetti Coleslaw Wheat Bread Golden Fruit Cup
29 THE GIRLS Breaded Chicken Patty w/Cordon Bleu Sauce Brussels Sprouts Whipped Potatoes French Bread Chocolate Cake	30 THE GIRLS Chicken Rice Bake Marinated Carrot Salad Green Peas w/Onions Squash Roll Banana Chocolate Bar		Menu is subject to change beyond our control	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BUNCO	2 10am BiMart 10am Walk With Ease 10:15am Quilt Group 11am Vet To Vet Café 12pm Lunch at the Center 1pm Pinochle & Games 2:30pm PING PONG	3 9am OUTING: Spirit Mountain Casino 10am Genealogy Class 10:15am Quilt Group	4 10am Cascade Center 10am Walk With Ease 12pm Lunch at the Center 12:30pm Remote Control Cars 1pm Cribbage/Texas Holdem 1pm Paint Class <u>Funraiser</u>	5 9:15am Tai Chi 10am Safeway 12pm Lunch the Center 12:30pm Mobile Library 1pm BINGO
8 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BUNCO	9 9:30 Lawyer by appointment 10am BiMart 10am Walk With Ease 10:15am Quilt Group 12pm Lunch at the Center 1pm Pinochle & Games 2:30pm PING PONG	10 9:30am Foot Clinic by appt. 10:15am Quilt Group 12pm Sponsored Lunch at The Center 12:45pm Crafting Corner 1pm OUTING: Wooden Shoe Tulip Festival 3pm MAS Exec. Board Mtg	11 10am Cascade Center 10am Walk With Ease 12pm Lunch at the Center 12:30pm Remote Control Cars 1pm Cribbage/Texas Holdem 1pm Paint Class <u>Funraiser</u>	12 9:15am Tai Chi 10am Safeway 12pm Lunch the Center 12pm Don Mitchell Music* 1pm BINGO
15 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BUNCO	16 10am BiMart 10am Walk With Ease 10:15am Quilt Group 12pm Lunch at the Center 1pm Pinochle & Games 2:30pm PING PONG	17 9:30am Foot Clinic by appt. 10:15am Quilt Group 12:30pm BINGO Sponsored by MMS/FBLA	18 10am Cascade Center 10am Walk With Ease 12pm Lunch at the Center 12:30pm Remote Control Cars 1pm Cribbage/Texas Holdem 1pm Paint Class <u>Funraiser</u>	19 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center. 11:15am Dennis Stafford Music* 1pm Women's Cancer Support 1pm BINGO
22 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BUNCO	23 10am BiMart 10am Walk With Ease 10:15am Quilt Group 12pm Lunch at the Center 12:45pm MAS Craft Hour 1pm Pinochle & Games 2:30pm PING PONG	24 10am OUTING: Oregon Trail Interpretive Center& Lunch 10:15am Quilt Group	25 10am Cascade Center 10am Walk With Ease 12pm Lunch at the Center 12:30pm Remote Control Cars 1pm Cribbage/Texas Holdem 1pm Paint Class <u>Funraiser</u>	26 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 12:15pm MAS General Meeting with Birthday CELEBRATIONS 1pm BINGO
29 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BUNCO	30 10am BiMart 10am Walk With Ease 10:15am Quilt Group 12pm Lunch at the Center 1pm Pinochle & Games 2:30pm PING PONG	Call 503-829-4214 to see how YOU can participate!		

