

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

2  CENTER IS CLOSED

3 Servers: The Girls  
 Chicken Greek Pasta Salad  
 over Spinach Romaine  
 Lentil Soup/Crackers  
 Rye Bran Roll  
 Pineapple Tidbits

4

5 Servers: The Girls  
**THIS MEAL IS DINE IN ONLY**  
 Western Pork Stew  
 Mixed Vegetable Blend  
 Kidney Bean Salad  
 Seven Grain Roll  
 Seasonal Fresh Fruit

6 Servers: Marquam United Methodist  
 New! Chicken Chile Relleno Bake  
 Southwest Corn  
 Mandarin Carrot Slaw  
 Squash Roll  
 Seasonal Fresh Fruit

9 Servers: Meadowbrook Church  
 White Bean Chicken Chili  
 Cabbage and Carrots  
 Romaine Iceberg Salad  
 Thousand Island Dressing  
 Multigrain Roll  
 Seasonal Fresh Fruit

10 Servers: The Girls  
 Chicken Pomodoro  
 Green Peas with Onions  
 Creamy Cucumber Salad  
 Dill Roll  
 Seasonal Fresh Fruit

11

12 Servers: The Girls  
**THIS MEAL IS DINE IN ONLY**  
 Cheese Lasagna Roll Up  
 w/Alfredo Sauce  
 Spinach  
 Apple Cranberry Coleslaw  
 French Roll  
 Frosted Chocolate Cake

13 Servers: Marquam United Methodist  
 Beef & Black Bean Chili  
 Broccoli & Carrots  
 Bayou Coleslaw  
 Cornbread  
 Fresh Orange

16 Servers: Country Christian  
 Santa Fe Turkey Mini Salad  
 over Spinach Romaine  
 Corn Chowder/Crackers  
 Wheat Roll  
 Tropical Fruit

17 Servers: Nazarene Church  
 Pasta Primavera  
 Sliced Carrots  
 Garden Vegetable Salad  
 Balsamic Vinaigrette  
 Rye Bran Roll  
 Seasonal Fresh Fruit

18

19 Servers: MAS Board Members  
**THIS MEAL IS DINE IN ONLY**  
 Sloppy Joe  
 Chuckwagon Corn  
 Coleslaw  
 Whole Wheat Hamburger Bun  
 Hot Spiced Peaches

20 Servers: Marquam United Methodist  
 Chili Macaroni  
 Mixed Vegetable Blend  
 New! Black Bean & Corn Salad  
 Onion Roll  
 Seasonal Fresh Fruit

23 Servers: The Girls  
 Herbed Chicken Patty w/Gravy  
 Garlic Whipped Potatoes  
 Peas & Carrots  
 Seven Grain Bread  
 Fresh Fruit Bowl  
 (Strawberry & Melons)

24 Servers: St. James Alter Soc.  
 Meatloaf w/Gravy  
 Whipped Potatoes  
 California Vegetable Blend  
 Cracked Wheat Bread  
 Seasonal Fresh Fruit

25

26 Servers: Ily and Homeschool Group  
**THIS MEAL IS DINE IN ONLY**  
 Sweet & Sour Chicken  
 w/Brown Rice / Broccoli  
 Tossed Salad/Raspberry Dressing  
 Garlic Roll  
 Seasonal Fresh Fruit

27 Servers: Knights of Columbus  
 Roast Pork  
 w/Apple Chutney  
 Whipped Sweet Potatoes  
 Broccoli & Cauliflower  
 Sunflower Bread  
 Cinnamon Applesauce

30 Servers: The Girls  
**Oktoberfest Special**  
 German Meatballs  
 German Meatball Sauce  
 German Potato Salad  
 Peas & Carrots  
 Rye Bran Roll  
 German Chocolate Cake



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>HAPPY LABOR DAY</b></p> <p>CENTER IS CLOSED</p>	<p><b>3</b></p> <p>10am BiMart  10am Walk With Ease  10:15am Quilt Group  11am Vet To Vet Café  12pm Lunch at the Center  1pm Pinochle &amp; Games</p>	<p><b>4</b></p> <p>10:15am Quilt Group  <b>12pm Salad Bar Fundraiser</b></p>	<p><b>5</b></p> <p>10am Cascade Center  10am Walk With Ease  12pm Lunch at the Center  1pm Cribbage/Texas Holdem  1pm Paint Class <u>Funraiser</u></p>	<p><b>6</b></p> <p>9:15am Tai Chi  10am Safeway  12pm Lunch the Center  12pm Molalla Mobile Library  1pm BINGO</p>
<p><b>9</b></p> <p>9:15am Tai Chi  10am *Genealogy Class  10am Safeway  12pm Lunch at the Center  1pm BUNCO</p> <p>*Changed due to Holiday</p>	<p><b>10</b></p> <p>9:30 Lawyer by appointment  10am BiMart  10am Walk With Ease  10:15am Quilt Group  12pm Lunch at the Center  1pm Pinochle &amp; Games  2:30pm PING PONG</p>	<p><b>11</b></p> <p>9:30am Foot Clinic by appt.  10:15am Quilt Group  12:45pm Crafting Corner  3pm MAS Exec. Board Mtg</p>	<p><b>12</b></p> <p>10am Cascade Center  10am Walk With Ease  12pm Lunch at the Center  1pm Cribbage/Texas Holdem  1pm Paint Class <u>Funraiser</u>  <b>1:00pm OUTING:  Mt. Angel Oktoberfest</b></p>	<p><b>13 Rock and Stroll (9/14) 10a-1p</b></p> <p>9:15am Tai Chi  10am Safeway  12pm Lunch the Center  12pm Rose City Riders - Guests  1pm BINGO</p>  <p><b>WESTERN WEAR DAY</b></p>
<p><b>16</b></p> <p>9:15am Tai Chi  10am Safeway  12pm Lunch at the Center  1pm BUNCO</p>	<p><b>17</b></p> <p>10am BiMart  10am Walk With Ease  10:15am Quilt Group  10am Medicare Class  12pm Lunch at the Center  1pm Pinochle &amp; Games  2:30pm PING PONG</p>	<p><b>18</b></p> <p>9:30am Foot Clinic by appt  <b>10am OUTING: Dahlia Festival and Denny's</b></p>	<p><b>19</b></p> <p>10am Cascade Center  10am Walk With Ease  12pm Lunch at the Center  1pm Cribbage/Texas Holdem  1pm Paint Class <u>Funraiser</u></p>	<p><b>20</b></p> <p>9:15am Tai Chi  10am Safeway  12pm Lunch at the Center.  11:15am Dennis Stafford Music  1pm Women's Cancer Support  1pm BINGO</p>
<p><b>23</b></p> <p>9:15am Tai Chi  10am Safeway  12pm Lunch at the Center  1pm BUNCO</p>	<p><b>24</b></p> <p>10am BiMart  10am Walk With Ease  10:15am Quilt Group  12pm Lunch at the Center  12:45pm MAS Craft Hour  1pm Pinochle &amp; Games  2:30pm PING PONG</p>	<p><b>25</b></p> <p><b>8:00am OUTING:  Tillamook Creamery</b>  10:15am Quilt Group</p>	<p><b>26</b></p> <p>10am Cascade Center  10am Walk With Ease  12pm Lunch at the Center  1pm Cribbage/Texas Holdem  1pm Paint Class <u>Funraiser</u></p>	<p><b>27</b></p> <p>9:15am Tai Chi  10am Safeway  12pm Lunch at the Center  12:30pm MAS General Meeting  AND Birthday Celebrations  1pm BINGO</p>
<p><b>30</b></p> <p>9:15am Tai Chi  10am Safeway  12pm Lunch at the Center  1pm BUNCO</p>			 <p>Hello  <b>SEPTEMBER</b></p>	