

MONDAY

TUESDAY

WEDNESDAY

THURSDAY (Dine In Only)

FRIDAY

	<p>1 Servers: The Girls Beef Sukiyaki over Brown Rice Peas & Carrots Beet & Mandarin Orange Salad French Roll Fresh Pear</p>	<p>2</p>	<p>3 Servers: The Girls Turkey Apple Meatballs w/Glaze Whipped Potatoes Brussels Sprouts Wheatberry Sprouted Bread Fresh Banana</p>	<p>4 Servers: Marquam United Methodist Brunch for Lunch Pork Sausage Gravy Oven Roasted Potatoes Tropical Fruit Biscuit Fresh Apple</p>
<p>7 Servers: The Girls Around the World New! Carne Asada (Beef) Whole Kernel Corn Cilantro Coleslaw Flour Tortilla New! Cinnamon Cake</p>	<p>8 Servers: The Girls New! Chicken Greek Pasta Salad over Spinach Romaine Lentil Soup/Crackers Rye Bran Roll Pineapple Tidbits</p>	<p>9</p>	<p>10 Servers: The Girls Cheese Omelet w/Cheese Sauce Parslied Diced Potatoes Mixed Vegetables Biscuit Frosted Yellow Cake -Birthday</p>	<p>11 Servers: Marquam United Methodist Turkey Salad Half Sandwich Shredded Lettuce Minestrone Soup Kidney Bean Salad Sprouted Wheatberry Bread Tropical Fruit</p>
<p>14 Servers: Meadowbrook Church Spaghetti & Meat Sauce Spinach Garden Vegetable Salad FF Italian Dressing Garlic Roll</p>	<p>15 Servers: Nazarene Church Around the World New! Beef Shawarma New! Lemon Rice Tomato & Corn Medley New! Tomato, Cucumber, and Feta Salad Fresh Orange</p>	<p>16</p>	<p>17 Servers: MAS Board Members Beef Taco Salad w/Salsa Spinach Romaine Corn Chowder Tortilla Chips Fresh Banana</p>	<p>18 Servers: Marquam United Methodist Meatloaf w/Brown Gravy Garlic Whipped Potatoes Mixed Vegetables Rye Bran Roll Fresh Apple</p>
<p>21 Servers: Country Christian Spaghetti & Meat Sauce Spinach Garden Vegetable Salad FF Italian Dressing Garlic Roll</p>	<p>22 Servers: St. James Alter Soc. Roast Pork w/Dijon Mustard Sauce Whipped Potatoes Spinach Wheat Bread Fresh Apple</p>	<p>23</p>	<p>24 Servers: Ily and Homeschool Group Beef Lasagna Casserole Spinach Carrot Raisin Salad Garlic Roll Fresh Apple</p>	<p>25 Servers: Knights of Columbus Turkey Tetrazzini Chuckwagon Corn Garden Vegetable Salad Wheat Roll French Dressing Spiced Peaches</p>
<p>28 Servers: The Girls Ground Beef Stew Mixed Vegetables Confetti Coleslaw Oat Bran Wheat Roll Fresh Banana</p>	<p>29 Servers: The Girls White Bean Chicken Chili Green Beans w/Red Peppers Marinated Vegetable Salad Multigrain Roll Fresh Orange</p>	<p>30</p>	<p>31 Servers: The Girls Shoyu Chicken Thigh Brown Rice Peas & Carrots Carrot Mandarin Salad Oat Bran Wheat Roll Pumpkin Bar</p>	<p style="text-align: center;">Menu is subject to change beyond our control</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10am BiMart 10am Walk With Ease 10:15am Quilt Group 11am Vet To Vet Café 12pm Lunch at the Center 1pm Pinochle & Games	2 10:15am Quilt Group 12pm Potato/Chili Bar Fundraiser 12:45pm Pumpkin Paint/Carve	3 10am Cascade Center 10am Walk With Ease 12pm Lunch at the Center 1pm Cribbage/Texas Holdem 1pm Paint Class <u>Funraiser</u>	4 9:15am Tai Chi 10am Safeway 12pm Lunch the Center 12pm Molalla Mobile Library 1pm BINGO
7 9:15am Tai Chi 10am Genealogy Class 10am Safeway 12pm Lunch at the Center 1pm BUNCO	8 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	9 8:00am OUTING: Spirit Mountain Casino 9:30am Foot Clinic by appt. 10:15am Quilt Group 12:45pm Crafting Corner 3pm MAS Exec. Board Mtg	10 10am Cascade Center 10am Walk With Ease 12pm Lunch at the Center 1pm Cribbage/Texas Holdem 1pm Paint Class <u>Funraiser</u>	11 9:15am Tai Chi 10am Safeway 12pm Lunch the Center 1pm BINGO
14 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BUNCO	15 10am BiMart 10am Walk With Ease 10:15am Quilt Group 12pm Lunch at the Center 12:15pm Lunch & Learn 1pm Pinochle & Games 2:30pm PING PONG	16 9:30am Foot Clinic by appt 10am OUTING: Bauman Farms and Elmers	17 10am Cascade Center 10am Walk With Ease 12pm Lunch at the Center 1pm Cribbage/Texas Holdem 1pm Paint Class <u>Funraiser</u>	18 9:15am Tai Chi 10am Safeway 10am Medicare Information Session 12pm Lunch at the Center. 11:15am Dennis Stafford Music 1pm Women's Cancer Support 1pm BINGO
21 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BUNCO	22 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	23 9:00am OUTING: Breakfast at The Homeplace and Bowling at Silvercreek Lanes 10:15am Quilt Group	24 10am Cascade Center 10am Walk With Ease 10am SHIBA Presentation 12pm Lunch at the Center 1pm Cribbage/Texas Holdem 1pm Paint Class <u>Funraiser</u>	25 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 12:30pm MAS General Meeting AND Birthday Celebrations 1pm BINGO
28 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BUNCO	29 10am BiMart 10am Walk With Ease 10:15am Quilt Group 12pm Lunch at the Center 1pm Pinochle & Games 2:30pm PING PONG	30 10:15am Quilt Group	31 10am Cascade Center 10am Walk With Ease 11:00 Cake Walk & Party 12pm Lunch at the Center 1pm Cribbage/Texas Holdem 1pm Paint Class Funraiser	 <p>A decorative graphic for the month of October. It features a circular wreath of autumn leaves in shades of orange, red, and green. In the center, the text "HELLO" is written in a simple font, with "October" written below it in a large, elegant cursive script. A bright orange pumpkin is positioned at the bottom center of the wreath.</p>