

MONDAY

TUESDAY

WEDNESDAY

THURSDAY (Dine In Only)

FRIDAY



Menu is subject
to change beyond
our control

1 Servers: Marquam United Methodist
Roasted Turkey
w/Poultry Gravy
Whipped Potatoes
Broccoli & Carrots
Squash Bread
Red Devil Beet Cake

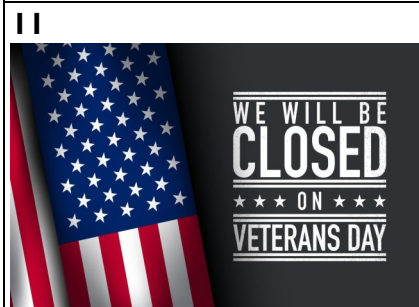
4 Servers: The Girls
Halloween Special
Beef Mushroom Patty
Garlic Whipped Potatoes
Stewed Tomatoes
Cracked Wheat Bread
Pumpkin Bar

5 Servers: The Girls
Spicy Southwest Pasta
Sliced Carrots
Romaine Iceberg Salad
Ranch Dressing
Rye Bran Roll
Fresh Banana

6

7 Servers: The Girls
Beef Rigatoni Bake
Mixed Vegetables
Green Pea Salad
Oat Bran Roll
Fresh Banana

8 Servers: Marquam United Methodist
Homestyle Pork Patty
w/Pork Gravy
Diced Potatoes
Cabbage & Carrots
Sprouted Wheatberry Bread
Tropical Fruit



12 Servers: The Girls
Veteran's Day Special
Hamburger w/Campfire
Sauce
Whole Kernel Corn
Potato Salad
Hamburger Bun
Confetti Cake

13

14 Servers: The Girls
Chicken Lo Mein
Peas & Carrots
Asian Coleslaw
Oat Bran Wheat Roll
Gingerbread Applesauce Cake-
Birthday Special

15 Servers: Marquam United Methodist
Around the World
New! Beef Shawarma
New! Lemon Rice
Tomato & Corn Medley
New! Tomato, Cucumber, and
Feta Salad
Fresh Orange

18 Servers: Country Christian
Turkey Salad Half Sandwich
Shredded Lettuce
Lentil Soup
Kidney Bean Salad
Wheat Bread
Tropical Fruit

19 Servers: Nazarene Church
Brunch for Lunch
Cheese Omelet
w/Cheese Sauce
Parslied Diced Potatoes
Mixed Vegetables
Biscuit
Fresh Banana

20

21 Servers: MAS Board Members
Pasta Romanoff
Broccoli & Carrots
Romaine Iceberg Salad
Cracked Wheat Roll
Fresh Pear

22 Servers: Knights of Columbus
Santa Fe Chicken Mini Salad
Spinach Romaine
Corn Chowder
Sprouted Wheatberry Bread
Fresh Banana

25 Servers: The Girls
Meatloaf
w/Brown Gravy
Garlic Whipped Potatoes
Mixed Vegetables
Rye Bran Roll
Fresh Orange

26 Servers: St. James Alter Soc.
New! Chicken Thigh
Cuban Citrus Mojo
Rice with Black Beans
Whole Kernel Corn
Cilantro Coleslaw
Oat Bran Wheat Roll
Fresh Banana

27
DINE IN ONLY
Thanksgiving Meal
At The Center
12:00pm



29
Our office will be
Closed Thursday & Friday
for Thanksgiving Holiday.

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



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

1
9:15am Tai Chi
10am Safeway
I am Medicare Help (Green Rm)
12pm Lunch at the Center
12pm Molalla Mobile Library
1pm BINGO

4
9:15am Tai Chi
10am Genealogy Class
10am Safeway
12pm Lunch at the Center
1pm BUNCO

5
10am BiMart
10:15am Quilt Group
11am Vet To Vet Café
12pm Lunch at the Center
1pm Pinochle & Games
2:30pm PING PONG

6
10:15am Quilt Group
12pm Clam Chowder and
Salad Bar fundraiser

7
10am Cascade Center
12pm Lunch at the Center
1pm Cribbage/Texas Holdem
1pm Paint Class Funraiser

8
9:15am Tai Chi
10am Safeway
12pm Lunch the Center
1pm BINGO



12
9:30 Lawyer by appointment
10am BiMart
10:15am Quilt Group
**11:30am Quilts Of Valor
Presentation**
12pm Lunch at the Center
1pm Pinochle & Games
2:30pm PING PONG

13
9:30am Foot Clinic by appt
12:45pm Crafting Corner
3pm MAS Exec. Board Mtg
10am OUTING: Molalla
Senior Shop Local and lunch
at El Charrito

14
10am Cascade Center
12pm Lunch at the Center
1pm Cribbage/Texas Holdem
1pm Paint Class Funraiser

15
9:15am Tai Chi
10am Safeway
12pm Lunch at the Center.
11:15am Dennis Stafford Music
1pm Women's Cancer Support
1pm BINGO

18
9:15am Tai Chi
10am Safeway
12pm Lunch at the Center
1pm BUNCO

19
10am BiMart
10:15am Quilt Group
12pm Lunch at the Center
1pm Pinochle & Games
2:30pm PING PONG

20
9:30am Foot Clinic by appt.
10:15am Quilt Group
11:00am OUTING:
Thanksgiving Meal at
Marquam United Methodist
Church.

21
10am Cascade Center
12pm Lunch at the Center
1pm Cribbage/Texas Holdem
1pm Paint Class Funraiser

22
9:15am Tai Chi
10am Safeway
12pm Lunch at the Center
12:30pm MAS General Meeting
AND Birthday Celebrations
1pm BINGO

25
9:15am Tai Chi
10am Safeway
12pm Lunch at the Center
1pm BUNCO

26
10am BiMart
10:15am Quilt Group
12pm Lunch at the Center
12:45pm MAS Craft Hour
1pm Pinochle & Games
2:30pm PING PONG

27
10:15am Quilt Group
12pm Thanksgiving Lunch at
the Center

**CENTER WILL
CLOSE AT 2PM**

