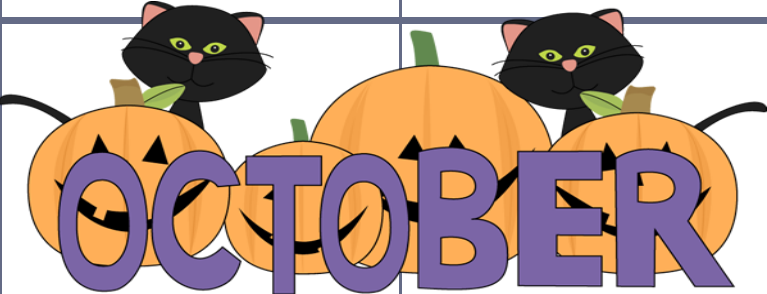




MONDAY	TUESDAY	WEDNESDAY	THURSDAY(Dine In)	FRIDAY
		1	2 Servers: The Girls Chicken Fajita Bowl Fiesta Vegetables Cilantro Coleslaw Oat Bran Wheat Roll Pineapple Tidbits	3 Servers: Marquam United Methodist Cheese Lasagna Roll w/ Alfredo Sauce Stewed Tomatoes Apple Cranberry Coleslaw Seven Grain Roll Fresh Orange
6 Servers: The Girls Herbed Chicken Patty w/ Country Gravy Whipped Potatoes Spinach Onion Bread Pineapple Tidbits	7 Servers: The Girls Sliced Pork Char Slu Rice Pilaf Sesame Green Beans Carrots Fortune Cookie	8	9 The Servers: The Girls Beef Stroganoff Whipped Potatoes Green Beans Garlic Roll Fresh Orange	10 Servers: Marquam United Methodist Turkey Salad Half Sandwich Lentil Soup Kidney Bean Salad Wheat Bread Tropical Fruit
13 Servers: Meadowbrook Beef Rigatoni Garlic Spinach Garden Vegetable Salad Seven Grain Bread Fresh Orange	14 Servers: The Girls Diced Pineapple Pork Pinto Beans Coleslaw Corn Tortillas (2) Hot Spiced Fruit	15	16 servers: MAS Board Santa Fe Chicken Salad Tortilla Chips Spinach Romaine Corn Chowder Tropical Fruit	17 Servers: Marquam United Methodist Chicken (Thigh) Teriyaki Coconut Jasmine Rice Kyoto Slaw Mandarin Oranges
20 Servers: Country Chris- tian Swiss Patty W. Swiss Sauce Garlic Whipped Potatoes Mixed Vegetables Squash Bread Fresh Orange	21 Servers: Nazarene Church Breaded Pollack Fish With Tarter Sauce Rice Pilaf Italian Vegetables Coleslaw Poke n' Pore Cake	22	23 Servers: Staff Beef Sukiyaki Brown Rice Sesame Green Beans Marinated Vegetable Salad Spiced Peaches	24 Servers: Men of St. James Turkey Tetrzzini Fiesta Vegetables Romaine Salad Cornmeal roll Tropical Fruit
27 Servers: The Girls Hearty Chicken Stew Peas and Carrots Creamy Coleslaw Oat Bran Wheat Roll Pineapple Tidbits	28 Servers; St. James Alter Society Western Style Beef Steak w/ Country Gravy Delmonico Potatoes Spinach Rye Roll Applesauce	29	30 Servers: The Girls <u>Brunch for Lunch</u> Pork Sausage Patty w/Cheese O'Brian Potatoes Cauliflower, Broccoli, Craisin Salad Whole Grain Bagel Hot Spiced Peaches	31 Servers: The Girls Shoyu Chicken Brown Rice Kyoto Vegetables Carrot Pineapple Salad Blushing Pears

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:15am Quilt Group 12:00pm Clam Chowder & Salad Fundraiser National Pumpkin Spice Day 	2 9:30am GeriFit 10am Cascade Center 12pm Lunch at the Center 12:45pm Train Dominos	3 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BINGO
6 9:15am Tai Chi 10am Walk w/ Ease 10am Genealogy Class 10am Safeway 12pm Lunch at the Center 1:00pm BUNCO	7 10am BiMart 10:15am Quilt Group 11am Vet To Vet Café 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	8 9:30 Foot Clinic by apt. 10am Outing: The Pumpkin Patch 10:15am Quilt Group 3pm MAS Exec. Board Mtg	9 9:30am GeriFit 10am Cascade Center 12pm Lunch at the Center 12:45pm Train Dominos	10 9:15am Tai Chi 10am Safeway 11am Medicare Class 12pm Lunch at the Center 1pm BINGO
13 9:15am Tai Chi 10am Walk w/ Ease 10am Safeway 12pm Lunch at the Center 1pm BUNCO	14 9:30am Lawyer by appointment 10am BiMart 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	15 9:30am Foot Clinic by appt. 9am Outing: Breakfast & Bowling 10:15am Quilt Group	16 9:30am GeriFit 10am Cascade Center 12pm Lunch at the Center 12:45pm Train Dominos	17 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center. 11:15am Dennis Stafford Music 1pm Women's Cancer Support
20 9:15am Tai Chi 10am Walk w/ Ease 10am Safeway 12pm Lunch at the Center 1pm BUNCO	21 10am BiMart 10am SHIBA Medicare Class 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	22 3pm: Outing: B & G Bingo & Red Robin 10:15am Quilt Group	23 9:30am GeriFit 10am Cascade Center 10am MAS Craft Hour 12pm Lunch at the Center 12:45pm Train Dominos	24 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 12:30pm MAS General Meeting AND Birthday Celebrations 1pm BINGO
27 9:15am Tai Chi 10am Walk w/ Ease 10am Safeway 12pm Lunch at the Center	28 10am BiMart 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	29 10am Outing: Thrift Shopping & Lunch 10:15am Quilt Group	30 9:30am GeriFit 10am Cascade Center 12pm Lunch at the Center 12:45pm Train Dominos	31 9:15am Tai Chi 10am Safeway 11:00am Halloween Party 12pm Lunch at the Center 1pm BINGO 