

MONDAY	TUESDAY	WEDNESDAY	THURSDAY(Dine In)	FRIDAY
1 Servers: The Girls Beef Patty w/ Brown Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Peaches	2 Servers: The Girls Vegetarian Lasagna Rollup w/ Alfredo Sauce Italian Vegetables Whole Kernel Corn Wheat Roll Pears	3	4 Servers: The Girls Vegetarian Chili Chuckwagon Corn Apple Cranberry Coleslaw Cornbread Fresh Orange	5 Servers: Marquam United Methodist Breaded Baked Fish w/ tartar sauce Tater Tots Club Spinach Garbanzo Bean Salad Hot Cinnamon Applesauce
8 Servers: Meadowbrook Chicken A La King Brown Rice Harvard Beets California Vegetables Mandarin Oranges	9 Servers: The Girls BBQ Smokehouse Cheesy Shredded Hash browns Winter Vegetables Hoagie Bun Fresh Apple	10	11 Servers: The Girls Shoyu Chicken Brown Rice Kyoto Vegetables Carrot Pineapple Salad Blushing Pears	12 Servers: Marquam United Methodist Baked Ham w/ Raisin Sauce Whipped Sweet Potatoes Green Beans & Carrots French Bread Apple Cobbler
15 Servers: Country Christian Salisbury Steak w/ Brown Gravy Whipped Potatoes Broccoli Cracked Wheat Bread Candy Cane Cake	16 Servers: Nazarene Church Pork Sausage Patty w/Cheese O'Brien Potatoes Broccoli & Cauliflower Whole Grain Bagel Hot Spiced Peaches	17	18 Servers: MAS Board Diced Pineapple Pork Pinto Beans Cilantro Coleslaw Corn Tortilla (2) Hot Spiced Fruit	19 Servers: Marquam United Methodist Roasted Pork w/ Apple Chutney Brown Rice Mixed Vegetables Romaine Salad Fresh Sliced Apples
22 Servers: The Girls Beef Stoganoff Whipped Potatoes Green Beans Garlic Roll Peaches	23 Servers; St. James Alter Society Breaded Chicken Patty Shredded Lettuce Tater Tots Kidney Bean Salad Tropical Fruit	24 	25 	26 
29 Servers: The Girls Herbed Chicken Patty w/ Cordon Blue Sauce Garlic Whipped Potatoes Carrots Whole Wheat Bread Fresh Orange	30 Servers: The Girls Turkey Tetrizzini Fiesta Vegetables Peas Cornmeal Roll Tropical Fruit	31		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:15am Tai Chi 10am Walk w/ Ease 10am Genealogy Class 10am Safeway 12pm Lunch at the Center 1:00pm BUNCO	2 10am BiMart 10:15am Quilt Group 11am Vet To Vet Café 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	3 10:15am Quilt Group 11:00am Silent Auction 12:00pm– Soup and Salad Bar 12:45pm Wreath Making	4 9:30am GeriFit / Walking 10am Cascade Center 12pm Lunch at the Center 12:45pm Train Dominos	5 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BINGO Center Closed at 2pm to prep for our Holiday Market
8 9:15am Tai Chi 10am Walk w/ Ease 10am Safeway 12pm Lunch at the Center 1pm BUNCO	9 10am BiMart 10:15am Quilt Group 11:30am Outing: Granny Fi's 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong 5:00pm Outing: Aspen Meadows	10 9:30am Foot Clinic by appt. 10:15am Quilt Group 1pm Hot Chocolate Bar & Game Day 3pm MAS Exec. Board Mtg	11 9:30am GeriFit/ Walking 10am Cascade Center 12pm Lunch at the Center 12:45pm Train Dominos 1pm Surviving the Holidays	12 9:15am Tai Chi 10am Safeway 11am Medicare Class 12pm Lunch at the Center 1pm BINGO
15 9:15am Tai Chi 10am Walk w/ Ease 10am Safeway 12pm Lunch at the Center 1pm BUNCO	16 10am BiMart 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	17 9:30 Foot Clinic by apt. 1:30pm Christmas Movie, Pop Corn, Pizza & Molalla Christmas lights 10:15am Quilt Group	18 9:30am GeriFit / Walking 10am Cascade Center 10am MAS Craft Hour 12pm Lunch at the Center 12:45pm Train Dominos	19 9:15am Tai Chi 12pm Lunch at the Center. 11:15am Dennis Stafford Music 1pm Women's Cancer Support Group 1pm BINGO 4:00pm Outing: Christmas Train
22 9:15am Tai Chi 10am Walk w/ Ease 10am Safeway 12pm Lunch at the Center 1pm BUNCO	23 10am BiMart 10:15am Quilt Group 11am Christmas Party 12pm Lunch at the Center Center Closed at 2pm	24 	25 	26 
29 9:15am Tai Chi 10am Walk w/ Ease 10am Safeway 12pm Lunch at the Center 1pm Bunco	30 10am BiMart 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	31 10:15am Quilt Group		