







MONDAY	TUESDAY	WEDNESDAY	THURSDAY(Dine In)	FRIDAY
			1 	2 Servers: Marquam United Methodist Teriyaki Meatballs w/ Brown Rice Glazed Carrots Marinated Vegetable Salad Coconut Treasure Cake
5 Servers: The Girls Herbed Chicken Patty w/ Cordon Bleu Sauce Garlic Whipped Potatoes Carrots Whole Wheat Bread Fresh Orange	6 Servers: The Girls Turkey Tetrazinni Fiesta Vegetables Peas Cornmeal Roll Tropical Fruit	7	8 Servers: The Girls Turkey Pot Pie Chuckwagon Corn Broccoli Biscuit Fresh Apple Slices	9 Servers: Marquam United Methodist Breaded Pollock Fish w/ Tartar Sauce Rice Pilaf Spring Cut Vegetables Kidney Bean Salad Rye Bran Bread Hot Spiced Applesauce
12 Servers: Meadowbrook Breaded Chicken Patty Parslied Potatoes Coleslaw Fresh Orange	13 Servers: Nazarene Church Orange Glazed Chicken Brown Rice Ginger Carrots Green Peas Diced Peaches	14	15 Servers: MAS Board Beef Chili Macaroni Winter Vegetables Corn and Black Bean Salad Cracked Wheat Roll Blushing Pears	16 Servers: Marquam United Methodist Chicken Gumbo Dirty Rice Succotash Romaine Iceberg Salad Mandarin Oranges
19 	20 Servers: St. James Alter Society Roast Pork w/ Apple Cranberry Sauce Whipped Potatoes Italian Vegetables Sunflower Roll Peaches	21	22 Servers: The Girls Homestyle Pork Patty w/ Pork Gravy Mashed Spiced Yams California Vegetables Seven Grain Bread Fresh Apple Slices	23 Servers: Men of St. James Hearty Turkey Stew Mixed Vegetables Apple Cranberry Coleslaw Oat Bran Roll Spiced Peaches
26 Servers: The Girls Meatloaf w/ Brown Gravy Whipped Potatoes Peas and Carrots Rye Bran Bread Pineapple Tidbits	27 Servers: The Girls Chicken Mushroom Bake San Francisco Vegetables White Kernel Corn Multigrain Roll Tropical Fruit	28	29 Servers: The Girls Chicken Soft Taco Lettuce/ Tomato/ Cheese Pinto Beans Chuckwagon Corn Flour Tortilla Pineapple Tidbits	30 Servers: The Girls Salisbury Steak w/ Brown Gravy Whipped Potatoes Brussels Sprouts Glazed Carrots Multigrain Roll Fresh Apple Slices

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 	2 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 12:15 MAS General Meeting / Board Election 1pm BINGO
5 9:15am Tai Chi 10am Walk w/ Ease 10am Genealogy Class 10am Safeway 12pm Lunch at the Center 1:00pm BUNCO	6 10am BiMart 10:15am Quilt Group 11am Vet To Vet Café 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	7 9:30am Breakfast Fundraiser 10:15am Quilt Group	8 9:30am GeriFit/ Walking 10am Cascade Center 12pm Lunch at the Center 12:45pm Train Dominos	9 9:15am Tai Chi 10am Safeway 11am Medicare Class 12pm Lunch at the Center 1pm BINGO
12 9:15am Tai Chi 10am Walk w/ Ease 10am Safeway 12pm Lunch at the Center 1pm BUNCO	13 9:30am Lawyer By Appt. 10am BiMart 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	14 9:30am Outing: Breakfast & Bowling 9:30 Foot Clinic by apt. 10:15am Quilt Group 3pm MAS Exec. Board Mtg	15 9:30am GeriFit / Walking 10am Cascade Center 12pm Lunch at the Center 12:45pm Train Dominos	16 9:15am Tai Chi 12pm Lunch at the Center. 11:15am Dennis Stafford Music 1pm Women's Cancer Support Group 1pm BINGO
19 	20 10am BiMart 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	21 9:30am Foot Clinic by apt. 10am Outing: Pottery & Mazatlán Mexican Restaurant 10:15am Quilt Group	22 9:30am GeriFit / Walking 10am MAS Craft Hour 10am Cascade Center 12pm Lunch at the Center 12:45pm Train Dominos	23 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 12:15 MAS General Meeting 1pm BINGO
26 9:15am Tai Chi 10am Walk w/ Ease 10am Safeway 12pm Lunch at the Center 1pm BUNCO	27 10am BiMart 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	28 10am Outing: OMSI & Dairy Queen 10:15am Quilt Group	29 9:30am GeriFit / Walking 10am Cascade Center 12pm Lunch at the Center 12:45pm Train Dominos	30 9:15am Tai Chi 10am Safeway 12pm Lunch at the Center 1pm BINGO