
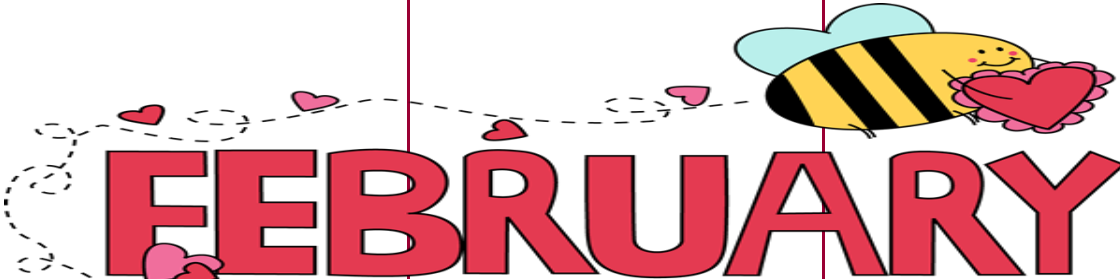





MONDAY	TUESDAY	WEDNESDAY	THURSDAY(Dine In)	FRIDAY
2 Servers: The Girls Pork w/ Korean BBQ Sauce Brown Rice Broccoli Sesame Slaw Fresh Orange	3 Servers: The Girls Macaroni and Cheese Italian Vegetables Pickled Beets Garlic Roll Tropical Fruit	4	5 Servers: The Girls Butter Chicken Jasmine Rice Green Beans Carrot Raisin Salad Rye Bran Roll Fresh Orange	6 Servers: Marquam United Methodist Swiss Style Patty w/ Swiss Steak Sauce Whipped Potatoes Spinach Cracked Wheat Bread Pears
9 Servers: Meadowbrook Breaded Pollock Fish Patty w/ Tarter Sauce Shredded Lettuce & Tomatoes Baked Beans Coleslaw Hot Spiced Peaches	10 Servers: The Girls Vegetarian Meatballs w/ Country Gravy Whipped Potatoes Broccoli & Cauliflower Rye Bran Bread Tropical Fruit	11	12 Servers: The Girls Garden Chicken Mini Salad Caesar Dressing Corn Chowder Herb Roll Pineapple Tidbits	13 Servers: Marquam United Methodist Spaghetti & Meat Sauce Garlic Spinach Tossed Salad Garlic French Roll Fresh Melon
16 	17 Servers: Nazarene Church Sweet & Sour Pork Brown Rice Ginger Carrots Broccoli Peaches	18	19 Servers: MAS Board Chicken & Sausage Jambalaya Peas & Carrots Whole Kernel Corn Whole Grain Bread Mandarin Oranges	20 Servers: Marquam United Methodist California Cheese Bake Winter Vegetables Corn & Black Beans Salad Cracked Wheat Roll Blushing Pears
23 Servers: The Girls Turkey Ala King Whipped Potatoes Italian Vegetables Sunflower Roll Peaches	24 Servers: St. James Alter Society Chicken Gumbo Dirty Rice Succotash Carrots Mandarin Oranges	25	26 Servers: The Girls Chicken Mushroom Bake San Francisco Vegetables Romaine Iceberg Salad Rye Bran Bread Tropical Fruit	27 Servers: Men of St. James Home-style Pork Patty w/ Pork Gravy Mashed Spiced Yams California Vegetables Seven Grain Bread Mandarin Orange
				Menu is subject to change beyond and our control

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:15am Tai Chi 10am Walk w/ Ease 10am Genealogy Class 12pm Lunch at the Center 1:00pm BUNCO	3 10:15am Quilt Group 11am Vet To Vet Café 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	4 10:15am Quilt Group 12pm Soup & Salad Bar Fundraiser 	5 9:30am GeriFit/Walking 12pm Lunch at the Center 12:45pm Train Dominos	6 9:15am Tai Chi 12pm Lunch at the Center 1pm BINGO
9 9:15am Tai Chi 10am Walk w/ Ease 12pm Lunch at the Center 1pm BUNCO	10 9:30am Lawyer By Appt. 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	11 9:30am Foot Clinic by apt 10:15am Quilt Group 1pm Dessert Bar & Games 3pm MAS Exec. Board Mtg 	12 9:30am GeriFit/ Walking 12pm Lunch at the Center 12:45pm Train Dominos	13 9:15am Tai Chi 11am Medicare Class 12pm Lunch at the Center 1pm BINGO (<i>Proceeds going to Share the Love</i>)
16 	17 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	18 9:30 Foot Clinic by apt. 10:15am Quilt Group	19 9:30am GeriFit / Walking 12pm Lunch at the Center 12:45pm Train Dominos	20 9:15am Tai Chi 9:45am Outing: B & G Bingo 11:15am Dennis Stafford Music 12pm Lunch at the Center. 1pm Women's Cancer Support Group 1pm BINGO
23 9:15am Tai Chi 10am Walk w/ Ease 12pm Lunch at the Center 1pm BUNCO	24 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong	25 10am Outing: Value Village, Curiosities Vintage Mall, Banning's Restaurant 10:15am Quilt Group	26 9:30am GeriFit / Walking 10am MAS Craft Hour 12pm Lunch at the Center 12:45pm Train Dominos	27 9:15am Tai Chi 12pm Lunch at the Center 12:15 MAS General Meeting 1pm BINGO
