





MONDAY	TUESDAY	WEDNESDAY	THURSDAY(Dine In)	FRIDAY
2 Servers: The Girls Shaved Turkey half Sandwich w/ Dijonnaise Butternut Squash Soup Garbanzo Bean Salad Wheat Bread Mixed Fruit	3 Servers: The Girls Meatloaf w/ Brown Gravy Whipped Potatoes Peas and Carrots Rye Bran Bread Pineapple Tidbits	4	5 Servers: The Girls Beef Patty / Peppers & Onions Rosemary Red Diced Potatoes Creamed Spinach Oat Bran Roll Golden Fruit Cup	6 Servers: Marquam United Methodist Beef Soft Taco Pinto Beans Chuckwagon Corn Flour Tortillas Pineapple Tidbits
9 Servers: Meadowbrook Salisbury Steak W/ Brown Gravy Whipped Potatoes Brussels Sprouts Glazed Carrots Multigrain Roll Fresh Apple Slices	10 Servers: The Girls Shoyu Chicken Pineapple Brown Rice Broccoli Coleslaw Fresh Orange	11	12 Servers: The Girls Pork Sausage Gravy Whipped Potatoes Broccoli Biscuit Fresh Apple Slices	13 Servers: Marquam United Methodist Butter Chicken Jasmine Rice Green Beans Carrot Raisin Salad Rye Bran Roll Fresh Orange
16 Servers: Country Christian Swiss Style Patty w/ Swiss Sauce Whipped Potatoes Spinach Cracked Wheat Bread Pears	17 Servers: Nazarene Church BBQ Hamburger Baked Beans Coleslaw St. Patty's Day Cookie 	18	19 Servers: MAS Board Macaroni and Cheese Green Beans/ Red Peppers Broccoli Ranch Coleslaw Wheat Bread Shamrock Cake	20 Servers: Marquam United Methodist Garden Chicken Mini Salad Caesar Dressing Corn Chowder Herb Roll Pineapple Tidbits
23 Servers: The Girls Breaded Pollack Fish w/ Tartar Sauce Whipped Potatoes Spinach Cracked Wheat Bread Pears	24 Servers: St. James Alter Society Orange Glazed Chicken Brown Rice Ginger Carrots Diced Beets Mandarin Oranges	25	26 Servers: The Girls Teriyaki Chicken Sandwich Broccoli Carrot & Mandarin Salad Fresh Apple Slices	27 Servers: Men of St. James BBQ Chicken Quarter Garlic Whipped Potatoes Club Spinach Onion Bread Tropical Fruit
30 Servers: The Girls Beef Chili Macaroni Winter Vegetables Corn and Black Bean Salad Cracked Wheat Roll Blushing Pears	31 Servers: The Girls Chicken Gumbo Brown Rice Succotash Sliced Carrots Mandarin Oranges	 Menu is subject to change beyond and our control		

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<p>2 Coin Drive 9:15am Tai Chi 10am Walk w/ Ease 10am Genealogy Class 12pm Lunch at the Center 1:00pm BUNCO</p>	<p>3 Coin Drive 10:15am Quilt Group 11am Vet To Vet Café 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong</p>	<p>4 Coin Drive 10:15am Quilt Group 11am Silent Auction 12pm Spaghetti Lunch Meals on Wheels Fundraiser</p>	<p>5 Coin Drive 9:30am GeriFit/Walking 12pm Lunch at the Center 12:45pm Train Dominos</p>	<p>6 Coin Drive 9:15am Tai Chi 11:45am Mobile Library 12pm Lunch at the Center 1pm BINGO</p>
<p>9 Hat Day 9:15am Tai Chi 10am Walk w/ Ease 12pm Lunch at the Center 1pm BUNCO</p>	<p>10 Sports Day 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong</p>	<p>11 9:30am Foot Clinic by apt 9:30am Outing: Breakfast (at the Center) & Bowling (Silverton) 10:15am Quilt Group 3pm MAS Exec. Board Mtg</p>	<p>12 Pajama Day 9:30am GeriFit/ Walking 12pm Lunch at the Center 12:45pm Train Dominos</p>	<p>13 Fancy Friday 9:15am Tai Chi 11am Medicare Class 12pm Lunch at the Center 1pm BINGO</p>
<p>16 9:15am Tai Chi 10am Walk w/ Ease 12pm Lunch at the Center 1pm BUNCO</p>	<p>17 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong</p> 	<p>18 9:30 Foot Clinic by apt. 9:30am Outing: Spirit Mountain Casino & Willamette Valley Pie Co. Store 10:15am Quilt Group</p>	<p>19 9:30am GeriFit / Walking 12pm Lunch at the Center 12:45pm Train Dominos</p>	<p>20 9:15am Tai Chi 11:15am Dennis Stafford Music 12pm Lunch at the Center. 1pm Women's Cancer Support Group 1pm BINGO</p>
<p>23 9:15am Tai Chi 10am Walk w/ Ease 12pm Lunch at the Center 1pm BUNCO</p>	<p>24 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong</p>	<p>25 10am Outing: Tollgate Inn & North American Bigfoot Museum 10:15am Quilt Group</p>	<p>26 9:30am GeriFit / Walking 10am MAS Craft Hour 12pm Lunch at the Center 12:45pm Train Dominos</p>	<p>27 9:15am Tai Chi 12pm Lunch at the Center 12:15 MAS General Meeting 1pm BINGO</p>
<p>30 9:15am Tai Chi 10am Walk w/ Ease 12pm Lunch at the Center 1pm BUNCO</p>	<p>31 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong</p>	<p>503-829-4214</p> 