






MONDAY	TUESDAY	WEDNESDAY	THURSDAY(Dine In)	FRIDAY
				
<p>6 Servers: The Girls Chicken Supreme Mashed Spiced Yams California Vegetables Seven Grain Bread Fresh Banana</p>	<p>7 Servers: The Girls Shaved Turkey Half Sandwich W/ Dijonaise Sauce Shredded Lettuce Butternut Squash Soup Garbanzo Bean Salad Wheat Bread Mixed Fruit</p>	<p>1</p> <p>8</p>	<p>2 Servers: The Girls Chicken Mushroom Bake San Francisco Vegetables Romaine Iceberg Salad Multigrain Roll Tropical Fruit</p> <p>9 Servers: The Girls Roast Pork w/ Pork Gravy Whipped Potatoes Peas &amp; Carrots Oat Bran Bread Fresh Orange</p>	<p>3 Servers: Marquam United Methodist Hearty Turkey Stew Mixed Vegetables Apple Cranberry Coleslaw Oat Bran Roll Spiced Peaches</p> <p>10 Servers: Marquam United Methodist Mongolian Chicken Brown Rice Kyoto Vegetables Ginger Carrots Fresh Banana Frosted Chocolate Cake</p>
<p>13 Servers: Meadowbrook BBQ Chicken Mini Salad w/ Ranch Dressing Over Greens Pickled Beets Herb Roll Tropical Fruit</p>	<p>14 Servers: The Girls Macaroni &amp; Cheese Stewed Tomatoes Garlic Spinach Rye Bran Roll Pears</p>	<p>15</p>	<p>16 Servers: MAS Board Breaded Fish w/ Tatar Sauce Orzo Lemon Pasta Tomato, Cucumber. Feta Salad Blushing Pears Frosted Chocolate Cake</p>	<p>17 Servers: Marquam United Methodist Chicken Parmesan Sandwich Brussels Sprouts Marinated Zucchini Salad Spiced Peaches</p>
<p>20 Servers: Country Christian Egg Salad Half Sandwich Lentil Soup Kidney Bean Salad Wheat Bread Pineapple Tidbits</p>	<p>21 Servers: Nazarene Church Sloppy joe Baked Beans California Vegetables Hamburger Bun Fresh Orange</p>	<p>22</p>	<p>23 Servers: The Girls Beef Spanish Rice Whole Kernel Corn Coleslaw Seven Grain Roll Fresh Orange</p>	<p>24 Servers: Men of St. James Hawaiian Chicken w/ Sauce Delmonico Potatoes Mixed Vegetables Oat Bran Bread Fresh Apple Slices</p>
<p>27 Servers: The Girls Potato Crusted Fish w/ Lemon Caper Sauce Orzo Pasta Club Spinach Pineapple Slaw Foccacia Bread Fresh Pear</p>	<p>28 Servers: St. James Alter Society Sesame Diced Pork Brown Rice Broccoli and Carrots Coleslaw Mandarin Oranges</p>	<p>29</p>	<p>30 Servers: The Girls Swiss Style Beef Patty w/ Brown Gravy Diced Potatoes Carrots Squash Bread Peaches</p>	 <p><b>Menu is subject to change beyond our control 503-829-4214</b></p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 10:15am Quilt Group 12pm Soup &amp; Salad Bar</p> 	<p>2 9:30am GeriFit/Walking 12pm Lunch at the Center 12:45pm Train Dominos</p>	<p>3 9:15am Tai Chi 11:45am Mobile Library 12pm Lunch at the Center 12:30pm Egg Hunt 1pm BINGO</p> 
<p>6 9:15am Tai Chi 10am Walk w/ Ease 10am Genealogy Class 12pm Lunch at the Center 12:45pm BUNCO</p>	<p>7 10:15am Quilt Group 11am Vet To Vet Café 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong</p>	<p>8 9:30am Foot Clinic by apt 10am Outing: Rice Rock Museum &amp; Helvetia Tavern 10:15am Quilt Group 3pm MAS Exec. Board Mtg</p>	<p>9 9:30am GeriFit/ Walking 12pm Lunch at the Center 12:45pm Train Dominos</p>	<p>10 9:15am Tai Chi 11am <b>Medicare Class</b> 11am <b>Reverse Mortgage Class</b> 12pm Lunch at the Center 1pm BINGO</p>
<p>13 9:15am Tai Chi 10am Walk w/ Ease 12pm Lunch at the Center 12:45pm BUNCO</p>	<p>14 9:30am Lawyer by Appt 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong</p>	<p>15 9:30 Foot Clinic by apt. 10am Outing: Wooden Shoe Tulip Festival &amp; Denny's 10:15am Quilt Group</p>	<p>16 9:30am GeriFit / Walking 12pm Lunch at the Center 12:45pm Train Dominos</p>	<p>17 9:15am Tai Chi 11:15am <b>Dennis Stafford Music</b> 12pm Lunch at the Center. 1pm Women's Cancer Support Group 1pm BINGO</p>
<p>20 9:15am Tai Chi 10am Walk w/ Ease 12pm Lunch at the Center 12:45pm BUNCO</p>	<p>21 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong</p>	<p>22 9:30am Breakfast &amp; Bowling 10:15am Quilt Group</p>	<p>23 9:30am GeriFit / Walking 10am MAS Craft Hour 12pm Lunch at the Center 12:45pm Train Dominos</p>	<p>24 9:15am Tai Chi 12pm Lunch at the Center 12:15 MAS General Meeting 1pm BINGO</p>
<p>27 9:15am Tai Chi 10am Walk w/ Ease 12pm Lunch at the Center 12:15pm Lunch &amp; Learn 12:45pm BUNCO</p>	<p>28 10:15am Quilt Group 12pm Lunch at the Center 1pm Painting Class 2:30pm Ping Pong</p>	<p>29 10:15am Quilt Group 11:00am Outing: Amtrak Train ride to Eugene—Old Spaghetti Factory</p>	<p>30 9:30am GeriFit / Walking 12pm Lunch at the Center 12:45pm Train Dominos</p>	<p>503-829-4214</p> 