





MONDAY	TUESDAY	WEDNESDAY	THURSDAY(Dine In)	FRIDAY
			 <p>Menu is subject to change beyond our control 503-829-4214</p>	<p>1 Servers: The Girls Methodist Chicken Caesar Salad over Greens Tropical Fruit Three Bean Salad Multigrain Roll</p>
<p>4 Servers: The Girls Beef Stroganoff Penne Pasta California Vegetables Coleslaw Garlic Roll Fresh Orange</p>	<p>5 Servers: The Girls Ground Beef Stew Romaine Iceberg Salad Spinach Rye Ban Roll Fresh Apple Slices</p>	<p>6 Taco Bar Fundraiser</p> 	<p>7 Servers: The Girls Chicken Mole w/ Flour Tortilla Pinto Beans Romaine Iceberg Salad Churro</p>	<p>8 Servers: Marquam United Methodist Pork Carnitas w/ Verde Salsa Whole Kernel Corn Cucumber and Red Onion Salad Flour Tortilla Cinnamon Chocolate Pudding</p>
<p>11 Servers: Meadowbrook Turkey a la King Green Beans Creamy Coleslaw Biscuit Fresh Apple Slices</p>	<p>12 Servers: The Girls Chicken Breast Supreme Au gratin Potatoes Green Beans Sunflower Seed Bread Carrot Cake</p>	<p>13</p>	<p>14 Servers: MAS Board Lime Chicken Brown Cilantro Lime Rice Whole Kernel Corn Fiesta Vegetables Lemon Poppy Seed Cake</p>	<p>15 Servers: Marquam United Methodist Roast Pork w/ Gravy Whipped Potatoes Peas and Carrots Oat Bran Bread Fresh Orange</p>
<p>18 Servers: Country Christian Sweet & Sour Meatballs Brown Rice Kyoto Vegetables Ginger Carrots Pineapple Tidbits</p>	<p>19 Servers: Nazarene Church BBQ Chicken Mini Salad w/ Rach Dressing Pickled Beets Herb Roll Tropical Fruit</p>	<p>20</p>	<p>21 Servers: The Girls Butter Chicken Jasmine Rice Sesame green Beans Carrot Mandarin Salad Fresh Apple Slices</p>	<p>22 Servers: Men of St. James Baked Chicken w/ Mediterranean Sauce Orzo Pasta Tomato, Cucumber, Feta Salad Blushing Pears</p>
<p>25</p> 	<p>26 Servers: St. James Alter Society Chicken Parmesan Sandwich Brussels Sprouts Mixed Vegetables Hamburger Bun Gelatin w/ whipped topping</p>	<p>27</p>	<p>28 Servers: The Girls Pork Sausage Patty w/ Cheese Diced Potatoes California Vegetables Biscuit Applesauce</p>	<p>29 Servers: Marquam United Methodist Chicken Mushroom Bake Whole Kernel Corn Coleslaw Seven Grain Roll Fresh Orange</p>

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503-829-4214

1
 9:15am Tai Chi
 11:45am Mobile Library
 12pm Lunch at the Center
 1pm BINGO

4
 9:15am Tai Chi
 10am Walk w/ Ease
 10am Genealogy Class
 12pm Lunch at the Center
 12:45pm BUNCO

5
 10:15am Quilt Group
 11am Vet To Vet Café
 12pm Lunch at the Center
 12:45 Texas Hold'em
 1pm Painting Class
 2:30pm Ping Pong

6
 10:15am Quilt Group
 12pm Taco Bar Fundraiser



7
 9:30am Walking
 12pm Lunch at the Center
 12:45pm Train Dominos

8
 9:15am Tai Chi
 11am Medicare Class
 12pm Lunch at the Center
 1pm BINGO

11
 9:15am Tai Chi
 10am Walk w/ Ease
 12pm Lunch at the Center
 12:45pm BUNCO

12
 9:30am Lawyer by Appt
 10:15am Quilt Group
 12pm Lunch at the Center
 12:45 Texas Hold'em
 1pm Painting Class
 2:30pm Ping Pong

13
 9:30 Foot Clinic by apt.
 10am Outing: Oregon Garden & Home Place
 10:15am Quilt Group
 3pm MAS Exec. Board Mtg

14
 9:30am Walking
 12pm Lunch at the Center
 12:45pm Train Dominos

15
 9:15am Tai Chi
 11:15am Dennis Stafford Music
 12pm Lunch at the Center.
 1pm Women's Cancer Support Group
 1pm BINGO

18
 9:15am Tai Chi
 10am Walk w/ Ease
 12pm Lunch at the Center
 12:45pm BUNCO

19
 10:15am Quilt Group
 12pm Lunch at the Center
 12:45 Texas Hold'em
 1pm Painting Class
 2:30pm Ping Pong

20
 9:30am Foot Clinic by apt
 10:15am Quilt Group
 11am Tea Party & Games



21
 9:30am Walking
 12pm Lunch at the Center
 12:45pm Train Dominos

22
 9:15am Tai Chi
 12pm Lunch at the Center
 12:15 MAS General Meeting
 1pm BINGO



26
 10:15am Quilt Group
 12pm Lunch at the Center
 12:45 Texas Hold'em
 1pm Painting Class
 2:30pm Ping Pong

27
 10:15am Quilt Group
 10am Outing: Adelman Peony Garden & Margarita Factory

28
 9:30am Walking
 10am MAS Craft Hour
 12pm Lunch at the Center
 12:45pm Train Dominos

29
 9:15am Tai Chi
 11:45am Mobile Library
 12pm Lunch at the Center
 1pm BINGO