

LEBANON SENIOR CENTER

Focused on those 50 years and older, and those with disabilities

MAY 2024 — Available by Phone Monday-Friday, 8:00 am to 4:00 pm

Celebrating Older Americans

May is Older American Month, so it is a perfect time to celebrate all of our 50 years and older friends!

Tuesday, May 14th 2-3:00pm

We will be celebrating with live country/western music featuring



The Fender Benders. The performance is free.

(The performers will gladly accept tips.)

Enter to win a gift basket donated by the Council of Governments!

We will have a tasty dessert and refreshments on hand to wet your whistle and replace any energy that you expend while tapping your toes or dancing.

Please sign up by Friday, May 10th, in the office or 541-258-4919.

Lebanon Senior Center and LINX Transit will be closed for Memorial Day on Monday, May 27th.

Senior Health & Fitness Day Wednesday, May 29th 10-11:15am

We will be handing out wellness swag bags for the First 50 seniors (starting at 10am)!

- ♦ Enter to win a fun raffle basket (Thank you, COG!)
- ♦ Learn new tricks to getting protein in your diet without breaking the bank from Vandy Roadifer, with a cooking demo & recipes. Enjoy Samples!
- ♦ Learn about fitness classes offered at the Senior Center, including evidence based programs.
- ♦ Learn about other fitness opportunities in Lebanon.
- ♦ Hear some inspiring stories from participants.
- ♦ See how technology can make fitness, yoga & meditation accessible any time at your finger tips.
- ♦ Hear about balance tests and how to can test yours.

Join us to celebrate senior wellness –body, mind and spirit—as we make *Fitness Our Friend for Life!*



Positive Aging Sticker Contest

May is Older Americans Month. As part of our celebration we wanted seniors in our community to design stickers with a positive aging message. In April, Pauline won our contest. Her winning sticker is being printed and will be available at our front office in mid-May. We hope you will come to pick one up and join us in promoting living well at all ages!

Garden Club

Susannah will be bringing new inspiration to gardening with Therapeutic Horticulture. Each month she will share a new activity. **Saturday, May 11th from 1-3:00pm** we will be making succulent tea cup gardens and talking about other gardening fun.

Please sign up for the class by noon on May 10th, 541-258-4919.



6-Week Food Garden Class

March 30th-May 4th 10:00am-12:00pm

Sheryl Casteen has been an avid gardener, garlic farmer, and has annually received a master gardener certificate since 2006. She will once again be sharing her wisdom and many years of experience. This is a great class for beginning and experienced gardeners. To reserve your seat or for more information, send your first and last name to: casteen@aol.com. Come to one or all of the classes!



Floral Design Classes

May 2nd and May 9th 10:00am-12:00pm

The Lebanon Garden Club is hosting these free classes at the Lebanon Senior Center. Learn some techniques to inspire you to enter the Lebanon Garden Flower Show, being held May 31st-June 1st (during the Strawberry Festival).

You are welcome to attend all classes, but please register for each class individually. The sign up sheets are located at the Senior Center front desk. For more information, contact Merrie Wales, 530-936-7464 or happycelts@att.net via email.

Group Exercise Opportunities

Tai Chi (video based): Mondays 10-10:40am This video based, low-impact exercise program is great for improving balance & flexibility. You can sit if you would be more comfortable.

Bingocize!: Mondays & Fridays 11:00am-12:00pm Join us for a fun time of Bingo mixed with some low-impact exercise. We will have a few small prizes for winners. This **Evidence Based Program** is designed to build strength, flexibility and balance. **Friday, May 3rd Medical Students will lead a variation called Loteria.**

Tai Ji Quan: Move for Better Balance: Tuesdays & Thursdays 9-10:00am This **Evidence Based Program** is an alternative exercise training program for improving balance and preventing falls. Regular participation has proven to reduce falls by improving balance, ankle strength, and balance recovery through controlled repetitive movement.

Easy Cardio : Tuesdays 10-10:40am This is a fun and sassy work out that gets your heart rate up. You are welcome to use a chair for support as needed. (Wear non-marking, non-gripping shoes.)

Get Centered: Tuesdays 11-11:40am This class is influenced by yoga and other flexibility and balance practices. All abilities welcome. Can use a chair instead of getting on the ground. Bring a towel or yoga mat if you have one (we have a few to borrow) and would like to work on the floor.

Group Social Games: Wednesdays 10:00am-11:00am (no games 5/28)

Some times we need to make time to remember how to play, laugh and move.

May 1st—Ping pong/cup pong

May 8th—Bocce

May 15th—Pool Noodle Hockey

May 22nd—Frisbee Tic Tac Toe



Strength & Flex : Mondays and Wednesdays 1-1:45pm; Fridays 10-10:45am Strength & Flex (a Geri-Fit Program) is an **Evidence Based Program** that improves muscle tone throughout your whole body, as we use weights, gravity and resistance to remind your muscles how powerful they can be. Gentle strength training can help improve balance, stability and your ability to do daily tasks. Can be done seated or standing. Your are welcome to bring your own weights or use our two pound weights.

Line Dancing: Thursdays 10-10:45am Kick up your heels, have some fun and even count it toward your exercise with this fun class. Some weeks we learn a new dance and others we review. Wear non-marking, non-gripping shoes.) Review at 9:30am on May 2nd, 9th, and 16th.

Seated Chair Chi: Thursdays 11-11:40am Taught from the seated position (you may choose to stand). The movements are fun to follow and helps with balance and flexibility.

Bowling at Linn Lanes: Tuesday, May 21st 12:00-1:30pm, There are two options for our group special: \$7 will get you shoes, a game of bowling, fries and a soda/\$10 will include items from the \$7 deal and add a burger. A bus will depart the Center at 11:45am or you can meet us there. Sign up by May 17th, 541-258-4919 (we have to get our lanes reserved). Bowling starts at 12:00 sharp!

Walk with Ease: This EBP (Evidenced Based Program) reduces pain, builds confidence, and improves overall health. "If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease!" Work on personal goals while getting support from a group. Sign ups are required at least two days before the walk, 541-258-4919. If you need a ride to the starting spot let us know at sign up. **Dress for the weather and walking!** Mondays 5/6 and 5/13 2-3:00pm & 5/20 9:30-10:15am at the IOOF cemetery. Thursdays from 2-3:00pm we are walking at Mark's Slough.



Birthday Social

**Wednesday, May 8th
12:20-12:50pm**

Come celebrate May birthdays and enjoy an ice cream treat. You are welcome to come even if your birthday falls in another month.

Ice cream calories only count half as much when shared with friends.

Bingo Bash

Thursday, May 16th 2-3:30pm



Those 50 years and older can enjoy an afternoon of fun and prizes.

Cards will be 50 cents each (8 cards maximum).

Senior Center will have beverages and some snacks available.

(Prize donations are welcome and can be dropped off at the office before May 14th.)

Questions can be directed to Senior Center staff: 541-258-4919.

Social Circle

Monday, May 6th 10:00-10:45am

We are not fooling around, come meet new people and engage with others. It's fun!

Coffee & Crosswords

May 13th 10:00-10:45am

Work as a group to solve a crossword puzzle. Working together those tough clues don't stand a chance!

Creative & Educational Endeavors

Medical Students Making Paper Fortune Cookies: Friday, May 3rd 10-10:50am Join medical students making an art display at the medical school just in time to encourage fellow students before big exams. These students want to recognize Asian American & Pacific Islander and Older Americans Month (both happen throughout May!). Come encourage these students and help spread some kindness. Stick around and join them to play Loteria (a kind of Bingo) at 11:00am during Bingocize.

Living Consciously: Join us on Tuesday May 7th and 14th from 1:00-4:00pm for discussions on how to become more conscious of your thoughts, feelings and actions in order to improve your health and sense of well-being. Questions should be directed to Virginia Cloyd, facilitator, at 541-570-8587.

Tech Education & Tutorials with Our I-Pads: Tuesdays in May at 11:00am

May 7th - Procreate is a powerful and intuitive digital illustration program. Learn how to use this program to make your own images that you can share electronically. Create graphics for your own stationary, labels, stickers or just to surprise and impress your family.

May 14th— Facebook: Navigating, sharing photos and some safety tips.

May 28th—Video Chat: We will go over the basics and uses for fun and personal business



Card Craft: Monday, May 13th 1-2:30pm Volunteer Barb is stepping in to share how to make cute all occasion cards. We have the supplies, but you are welcome to bring your favorite tools. *Sign up by Friday, May 10th, 541-258-4919.*

Curiosity Club: Bring your questions and inquisitive thoughts to share with the group.

Tuesday, May 7th 1:00-2:15pm The Eruption of Mt. St. Helens

Tuesday, May 28th 1-2:15pm Yellowstone-a Big Volcano Ready to Erupt

Inner Wisdom Collage Art: Thursday, May 16th 1-3:00pm— Jan is trained in Soul Collage and will be introducing the concept of collage art to explore our inner wisdom and connect to positive aging messages. Class is limited to 8. Material cost will be \$1 (or you can get a list of supplies at sign up). Sign up at least 4 days before the session you would like to attend, 541-258-4919.

Mini-Farm Animal Visit: Monday, May 20th 2-3:00pm Come interact with and learn about some pint sized farm animals. They are really cute!!

Crafternoon—Mosaic Tile Project # 2: Thursday, May 30th & Friday, May 31st 2-3:00pm, In our second in a series of mosaic projects, we will be making a small piece to use in your kitchen as a trivet (larger than last month) or you can use as a plant coaster. First day we will design and set our pieces and the 2nd day will be grouting and finishing. All materials will be supplied, though you are welcome to bring some of your own flat, not sharp rock, tile, etc. Wear play clothes! Please sign up by Friday, May 24th, 541-258-4919.



I-Pads: The I-Pads are available to use in our library while you are at the Center and can be checked out at our office during our hours of operation. The I-Pads are connected to our WiFi and have been recently loaded with some fun games. We have bookmarked several useful websites in their internet browser. We have headphones to borrow for listening to music, videos or podcasts. If touch screens frustrate you, we have keyboards bundled with six I-Pads.

Civil War Re-Enactment at Cheadle Lake 3rd weekend in May

Friday, May 17th Seniors enter FREE!

Schedule is on the Community bulletin board in our main hall. If you want to schedule a bus ride out to Cheadle, please do so before May 15th, 541-258-4920.

Boredom Busters

Available May 1st

Swing by the Senior Center lobby and pick up a packet of puzzles, games, trivia, fun facts.

AARP Safe Driving Class

Thursday, May 16th

8:45am-4:20pm

AARP

DRIVER SAFETY

Members \$20

Non-members \$25

To register call

LBCC at 541-917-4840

Senior Facilitated Groups/Activities

Book Lovers

Come the 2nd & 4th **Thursdays, May 9th & 23rd 1-2:30pm** to share a love of reading with fellow book enthusiasts. Everyone has a chance to share about their latest reads. You do not have to read the same books, but often books are shared amongst participants.

Secret Pals Group

We will be gathering **Friday, May 10th** from **10-11:30am**. Our theme this month is to bring your pal a tea cup or a mug (you can put things in it). Brenda & Dorothy will be bringing treats.

Dulcimer Group

Mondays & Fridays 9:00-10:45am. A love of music is the only requirement. Other instruments are welcome to join in and play along too!

No Host Crafter Gatherings

Bring your own supplies and work on your project while chatting with folks who share your interests. These are not classes, but participants are often willing to share tips and tricks with other budding artists.

Knit & Crochet Group

(we are looking for a new host for this group)

Wednesdays 9:00am-11:45am-Wood Carving

Thursdays 1:00-3:30pm Painting Enthusiasts

Bingo

Wednesdays 1-3:00pm

Bingo is hosted by some lovely 50 years + and they welcome others to join them. Cards are 25 cents each and you can play them all afternoon.



Games

Dominoes — Mondays 1-3:00pm

Uno—Monday, May 13th 1-2:00pm

Mah Jong - Beginner Tuesdays 11:00am-12:45pm

Pinochle — Tuesdays 1-3:00pm

Scrabble — Weds., May 1st & 15th 11:00am-1:00pm

Cribbage — Thursdays 1-3:00pm

Mah Jong - Advanced Fridays 10:00am-12:00pm

Let us know if you would be interested in hosting bridge, rummy, poker or another game...



Game Room

Pool and Shuffleboard

Monday-Friday 8am to 4pm, 25¢ per game

Wii Game (for Bowling) & more

Ask at the front desk for the Wii game station. The puzzle lending library is fully stocked, too!

Roaming Senior Gnomes

Friday, May 10th 1-2:00pm

RV & Camping enthusiasts group.

It's Movie Time !!

Free popcorn! Beverages are 50 cents!



Friday, May 3rd 1:00pm:
The Parent Trap

1961 G 2hr 9 mins
Teenage twin sisters (Hayley Mills) swap places and scheme to reunite their divorced parents.



Friday, May 10th 1:00pm:
The Great Outdoors

1988 PG 1 hr 31mins
A Chicago man and his family go camping with his obnoxious brother-in-law. Dan Akroyd and John Candy star.



Friday, May 17th 1:00pm:
Annie

1982 PG 2hr. 7 mins
It's a hard knock life, but scrappy young Annie is driven by the dream of finding her parents and the promise of tomorrow.



Friday, May 24th 1:00pm:
Silverado

1985 PG-13 2hr. 12 mins
When a mischievous, motley crew of Old West cowboys arrives in a small town to seek their fortunes, they clash with corrupt leaders and past enemies.



NO FRIDAY MOVIE THIS WEEK!
Thursday, May 30th 1:00pm:
The Miracle Club

2023 PG-13 1hr. 30 mins
In 1967, three generations of spirited friends from Dublin chase miracles on a pilgrimage to Lourdes— and navigate unexpected revelations along the way.

Volunteer Meeting

Thursday, May 9th 12:30-1:00pm

We couldn't do some of the amazing things that we do without the amazing volunteers that host groups like cards or games or set up for events and activities. We like to gather once a month to highlight any special volunteer opportunities or share any extra needs for help around the Center.

SERVICES & SUPPORT GROUPS

AARP Driver Safety: Online class is available www.AARP.com or in person by registering with LBCC.

Aging and Disability Resource Connection: Services can help with Medicaid, food stamps, in-home services, housing and other advocacies. 541-967-8630 Ext. 109 or 800-638-0510 Ext. 804

Alzheimer Support: Currently available online at <https://www.alz.org/help-support>

Cancer Support Group: 2nd Monday of each month, 7-8:30pm at Lebanon Community Hospital. 541-768-2171, Anita Earl, LCSW.

Caregiver Support Group: Call Benton Hospice at 541-757-9616 for more info.

Community Services Consortium (Linn County): assist with low income Housing, Utility Assistance, and Weatherization: 541-926-7163

Dental Services: Emergency dental assistance on a limited basis through the River Center, 541-451-1271. Lane Community College Dental Clinic (Eugene), 541-463-5206, offers \$50 cleanings and other minor services. Chemeketa Community College (Salem), 503-584-7101, \$30 cleanings and additional cost for further work.

Facility/Room Rentals: The Lebanon Senior Center has rooms available for meetings, weddings, anniversaries, etc. Kitchen use is available also. For info contact the Senior Center—541-258-4919.

Family Assistance Resource Group: Provide resources for persons experiencing homelessness: shower opportunities, clothing, and other resources . 541-224-7503.

Fix-It-Brigade: Help with safety related minor home repairs (no plumbing/electrical). Call 541-258-4919 for information. **Volunteers Needed!**

Grief Support Groups: Lebanon Community Hospital, contact Christina Harkness at 541.812.4680 for more information.

Hearing Support Group: For more information call John 541-220-8541.

Housing Subsidy: Linn/Benton Housing Authority 541-926-4497

Legal Assistance: Legal Aid Services in Albany, 541-926-8678 M-F 8am-5pm (pro-bono assistance for low income & elderly). State Bar Association referral line 800-452-7636 is available M-F 8am-5pm (not a pro-bono organization).

Medical Equipment Loans/Rentals/Sales: Love INC (Linn) 541-924-5683, Love INC(Benton) 541-757-8111, Samaritan Medical Equipment 541-451-6364, Turning Leaf 541-570-1868.

Multiple Sclerosis Support Group: Last Saturday of each month from 10:00 am-12:00pm at Lebanon Hospital, Conf Rm 3, Contact Lynn at lebanonmssupportgroup@hotmail.com

Nail Care (Feet): Appointments on Thursdays at Senior Center. Call to schedule: 541-258-4919.

Cost is \$25; please bring your own towel.

Samaritan Health: For info on six week series on Living Well with Chronic Health Conditions and Living Well with Chronic Pain, call 541-768-6811.

Senior Meals/Meals-on-Wheels: Services the Lebanon/Scio area, Monday-Friday.

Existing clients and those interested in volunteering can call 541-451-1139 (Lebanon site manager).

For information or to begin receiving meals, please call 1-800-638-0510 .

Senior Support Services:

Money Management Program: For assistance managing personal finances or to volunteer to assist individuals, Call 541-812-2597.

Medicare Insurance Assistance - Senior Health Insurance Benefits Assistance (SHIBA) helps with understanding Medicare and providing impartial information for supplemental insurance, including drug coverage. Call 541-812-0849 for information.

Senior Companion- Living alone and feeling isolated? Wish you had a regular visitor to get to know. Call for more information. 541- 812-0849.

Volunteer Placement - Retired Senior Volunteer Program (RSVP) will help you put your skills and talents to good use by volunteering in one of many nonprofit organizations. 541- 812-0849

Social Security's Supplemental Security Income (SSI): Social Security Administration 1-800-772-1213

Supplemental Nutrition Program (SNAP): Lebanon 541-259-5860

Tech Time (Appointments Required)

Volunteers provide one on one assistance with questions about your working electronic devices (smart phone, cell phones, tablets, laptops). Topics can be limited based on volunteer knowledge and availability. Call 541-258-4919 to schedule a time and to discuss the details of the device and need.

Transportation: LINX Transit provides rides within a 5 mile radius of Lebanon's city limits. Call 541-258-4919 Monday-Saturday from 8am-6pm for more information. Dispatch may be able to direct you to other public transportation options throughout the region. The Linn Shuttle provides transportation between Sweet Home, Lebanon, and Albany. For information about the Linn Shuttle, call (541) 367-4775 Monday-Friday 8am-4pm.

Utility Drop Boxes: Bring the following bills into the Lebanon Senior Center and save postage: Republic Services, NW Natural Gas, Lebanon City Water/Sewer & Pacific Power.

Vision Support Group: Third Wednesday of every month at the First Christian Church, 432 Ferry St., Albany. For more info call 541-928-5008.

Volunteer Caregivers: Call to schedule a ride to your out-of-town doctor's appointment. Dependent upon driver availability. Office hours M-TH 9-1; F 8-10 am, 541-928-2173.

If you would like an annual subscription to our newsletter, fill in the needed information below and return it along with your \$5 subscription fee to the Lebanon Senior Center.
The expiration date will appear on the mailing label.

Name _____ New Subscriber
Address _____ Renewal
City, State, Zip _____ Amount _____
Phone # _____ Cash Check



LEBANON SENIOR CENTER ADVISORY BOARD

Board Members: Marlene Flyer; Sherry Liest, Joli Root,
Linda Meredith, Cody Wack. Dorrie Board, Barbara Hemnes



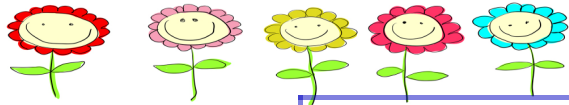
OREGON
Lebanon
Senior Center

80 Tangent Street
Lebanon, OR 97355

541-258-4919

FAX 541-258-4956

RETURN SERVICE REQUESTED



May 2024



Meals on Wheels & Connections Cafe

Call 541-451-1139 for more information.

Suggested donation \$3.50.
Order lunch 3 business days ahead to secure your meal choice.

Onsite dining begins at **11:45am.**

Friends of the Library

Monthly Saturday Book Sale at the Senior Center

Saturday, My 11th
8-4:00pm Bag sale

Books on the shelves at the Senior Center library are available for purchase

Monday– Friday from 8:30am-3:30pm

LBCC Courses at SC

Contact LBCC

for availability & fees for Spring term courses held at the Senior Center.

Their registration number is 541-917-4840 or online at linnbenton.edu/register

Better Bones & Balance


Mon/Wed/Fri 8-8:50

Tai Chi

Mon/Wed 10:00am

Beg. Watercolor

Tuesdays 3-4:50pm

| | | Wed | Thu | Fri |
|---|--|--|---|---|
| Square Dance Meets Tuesdays 1-3 <u>Will not meet on the 14th</u> | Saturday, May 11th 1-3:00pm Holistic Garden Club Class (sign up) | 1 9-11:50 Wood Carvers 10-11 Social Games: Ping Pong/ Cup Pong 11-1 Scrabble w/ Sharon 1-1:45 Strength & Flex 1-3 Bingo | 2 9-10 TJQMBB 9:30 Line Dance Review 10-10:45 Line Dance 11-11:40 Chair Chi 1-3 Cribbage 1-3:30 Painters 2-3 WWE Mark Slough | 3 9-10:50 Dulcimers 10-10:45 Strength & Flex 10-12 Advance Mahjong 10-12 Activities w/ Med Students 1 Movie: The Parent Trap |
| 6 9-10:50 Dulcimers 10-10:40 Tai Chi (video) 10-10:45 Social Circle 11-12 Bingocize 1-1:45 Strength & Flex 1-3 Dominoes 2-3 WWE IOOF | 7 9-10 TJQMBB 10-10:40 Easy Cardio 11-11:40 Get Centered 11-12:45 Mah Jong 11-12:00 iPad Ed 1-3 Pinochle 1-4 Living Consciously 1-2:15 Curiosity Club | 8 9-11:50 Wood Carvers 10-11 Social Games: Bocce 12:20 Birthday Social 1-1:45 Strength & Flex 1-3 Bingo | 9 9-10 TJQMBB 9:30 Line Dance Review 10-10:45 Line Dance 11-11:40 Chair Chi 12:30-1 Volunteer Mtg 1-3 Cribbage 1-3:30 Painters 1-2:30 Book Club 2-3 WWE Mark Slough | 10 9-10:50 Dulcimers 10-10:45 Strength & Flex 10-11:30 Secret Pals 11-12 Bingocize 10-12 Advance Mahjong 1 Movie: The Great Outdoors 1 Roaming Seniors |
| 13 9-10:50 Dulcimers 10-10:40 Tai Chi (video) 10-10:45 Coffee & Crosswords 11-12 Bingocize 1-3 Cards Craft w/ Barb 1-1:45 Strength & Flex 1-3 Dominoes/UNO | 14 10-10:40 Easy Cardio 11-11:35 Get Centered 11-12:45 Mah Jong 11-12:00 iPad Ed 1-3 Pinochle 1-4 Living Consciously 2-3 Live Music: The Fender Benders (sign-up) | 15 9-11:50 Wood Carvers 10-10:45 Social Games: Pool Noodle Hockey 11-1 Scrabble w/ Sharon 1-1:45 Strength & Flex 1-3 Bingo | 16 9-10 TJQMBB 9:30-10:45 Line Dance 11-11:40 Chair Chi 1-3 Cribbage 1-3:30 Painters 1-3 Inner Wisdom Collage 2-3 WWE Mark Slough 2-3:30 Bingo Bash | 17 9-10:50 Dulcimers 10-10:45 Strength & Flex 10-12 Advance Mahjong 11-12 Bingocize 1 Movie: Annie |
| 20 9-10:50 Dulcimers 9:30-10:15 WWE IOOF 10-10:40 Tai Chi (video) 11-12 Bingocize 1-1:45 Strength & Flex 1-3 Dominoes 2-3 Mini Farm Animal Visit | 21 9-10 TJQMBB 10-10:40 Easy Cardio 11-11:30 Get Centered 11-12:45 Mah Jong 12-1:30 Bowling (sign up) 1-3 Pinochle | 22 9-11:50 Wood Carvers 10-11 Social Games: Frisbee Tic Tac Toe 1-1:45 Strength & Flex 1-3 Bingo | 23 9-10 TJQMBB 10-10:45 Line Dance 11-11:40 Chair Chi 1-3 Painters 1-3 Cribbage 1-2:30 Book Club 2-3 WWE Mark Slough | 24 9-10:50 Dulcimers 10-10:45 Strength & Flex 10-12 Advance Mahjong 11-12 Bingocize 1 Movie: Silverado |
| 27 Closed In Observance Of Memorial Day  | 28 9-10 TJQMBB 10-10:40 Easy Cardio 11-11:40 Get Centered 11-12:45 Mah Jong 11-12:00 iPad Ed 1-3 Pinochle 1-2:15 Curiosity Club | 29 9-11:50 Wood Carvers 10-11:15 Senior Health & Fitness Day 1-1:45 Strength & Flex 1-3 Bingo | 30 9-10 TJQMBB 10-10:45 Line Dance 11-11:40 Chair Chi 1-3 Cribbage 1-3:30 Painters 1 Movie: Miracle Club 2-3 WWE Mark Slough 2-3:00 Craft Mosaic Tile day 1(sign-Up) | 31 9-10:50 Dulcimers 10-10:45 Strength & Flex 11-12 Bingocize 10-12 Advance Mahjong 2-3:00 Craft Mosaic Tile day 2(sign-Up) No Movie |

Oregon Cascades West Meals on Wheels | May 2024



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| <p>Suggested Donation: \$3.50 per Meal 1% Milk Served w/All Meals WE ACCEPT THE OREGON TRAIL CARD</p> <p><i>New Clients: 1-800-638-0510</i> <i>Existing Clients: 541-451-1139</i></p> | <p>ALLERGEN DISCLAIMER: This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.</p> | <p>1 White Bean Chicken Chili Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Rye Bran Roll Lemon Poppy Seed Cake</p> | <p>2 Cinco De Mayo Special Beef Frito Pie Chicken Mole Pinto Beans Fiesta Vegetables Seven Grain Bread Hermit Bar</p> | <p>3 Cinco De Mayo Special Chicken Fajita Bowl Pork Carnitas Chuckwagon Corn Creamy Cucumber Salad Tortilla Cinnamon Choc Pudding</p> |
| <p>6 Three Cheese Lasagna Western Pork Stew Italian Vegetable Blend Broccoli Ranch Coleslaw Squash Roll Lemon Pudding</p> | <p>7 Beef Patty w/Peppercorn Sauce Creamed Chicken & Vegetables Garlic Whipped Potatoes Winter Vegetable Blend Cracked Wheat Bread Pineapple Fluff</p> | <p>8 Chicken A La King HS Pork Patty w/Gravy Whipped Sweet Potatoes Peas & Carrots Whole Wheat Bread Chocolate Chip Bar</p> | <p>9 Garden Chicken Mini Salad Turkey Club (Bacon) Mini Salad over Spinach Romaine Cream of Cauliflower Soup Wheat Roll Mandarin Oranges</p> | <p>10 Mother's Day Special Chicken Breast Supreme Roast Pork w/Blueberry Chutney Au gratin Potatoes Green Beans Sunflower Seed Bread Carrot Cake</p> |
| <p>13 Southwest Omelet Bake BBQ Smokehouse Chop Red Diced Potatoes Brussels Sprouts Cracked Wheat Bread Golden Fruit Cup</p> | <p>14 Spaghetti & Meat Sauce Chicken Spanish Rice w/Brown Rice Chef Spring Vegetables Tossed Salad Garlic Roll Chocolate Cake</p> | <p>15 Chicken Salad Half Sandwich Tuna Salad Half Sandwich Vegetarian Split Pea Soup Confetti Coleslaw Wheat Bread Applesauce</p> | <p>16 Cowboy Campfire Stew Cheese Lasagna Roll Up in Marinara Sauce Mixed Vegetable Blend Carrot & Pineapple Salad Oatmeal Roll Seasonal Fruit</p> | <p>17 Meatloaf w/Brown Gravy Orange Glazed Chicken Delmonico Potatoes Parslied Carrots French Bread Lemon Blondie</p> |
| <p>20 Beef Rigatoni Bake Sweet & Sour Chicken w/Brown Rice Broccoli & Cauliflower Pickled Beets White Dinner Roll Pears</p> | <p>21 Chicken Pastina Vegetable Stuffed Pepper Sliced Carrots Spinach Romaine Salad Cornmeal Roll Butterscotch Pudding</p> | <p>22 Herbed Chicken Patty w/Creole Sauce Swedish Meatballs w/Sauce Lyonnais Potatoes Spinach Rye Bran Bread Lime Whip</p> | <p>23 Chicken Rice Bake Shepherd's Pie Green Beans w/Red Peppers Apple Cranberry Coleslaw Multigrain Roll Spiced Peaches</p> | <p>24 Memorial Day Special BBQ Diced Chicken Sandwhich Kielbasa Sausage w/Sauerkraut Baked Beans Potato Salad Hot Dog Bun Ice Cream</p> |
| <p>27 Closed for Holiday</p> | <p>28 Chicken w/Garlic Mushroom Sauce Vegetable Romanoff Coleslaw Broccoli & Cauliflower Seven Grain Roll Pineapple Tidbits</p> | <p>29 Ground Beef Stroganoff Chicken & Dumplings Peas & Carrots Tossed Salad French Bread Applesauce Gingerbread</p> | <p>30 Turkey Hearty Stew Chicken Pomodoro Green Beans w/Onions Creamy Cucumber Salad Multigrain Roll Chocolate Oatmeal Bar</p> | <p>31 Beef & Bean Chili Chicken Tetrazzini Chuckwagon Corn Broccoli Ranch Coleslaw Cornbread Cherry Gelatin w/Whipped Topping</p> |