

LEBANON SENIOR CENTER

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

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

Garden Club

Susannah will be bringing new inspiration to gardening with Therapeutic Horticulture. Each month she will share a new activity. **Saturday, April 13th 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 April 12th, 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

April 18th, April 25th, May 2nd, 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 four 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.

Afternoon Spring Tea (Can you guess our theme?) Tuesday, April 23rd 2-3:00pm

We will have a spot of tea, an opportunity to socialize with friends, delightful bites and a lot of fun.

We will be sharing clues about our theme and planned activities for our tea throughout the month on our bulletin board in the main lobby. Maybe you can guess what we are up to before the day.



Sign ups are required for each guest by Friday, April 19th. To sign up, call 541-258-4919 or stop by the office.

Seating is limited and we need an accurate guest list to ensure enough treats for all attendees.

Brookdale Heritage Plaza will be helping to provide treats.

Positive Aging Sticker Contest

May is Older Americans Month. In preparation for one of our favorite months of the year, we are holding a sticker design contest. We are looking for sticker designs that have positive, fun, and enriching statements or representations of aging.

Entry forms and witty ideas will be available in our office beginning April 1st. Entries must be received by April 19th at 4pm. Entries will be up in our lobby to vote on beginning Tuesday, April 23rd. Winner will be announced Thursday, April 25th.

Not only will there be a prize, but the winning sticker will be printed and shared during the month of May to celebrate the amazing seniors in our community.

Pet Therapy with Safe Haven



Humane Society
April 8th at 10:30am



Staff from Safe Haven Humane Society will be bringing a four legged friend by to spread some smiles, lower blood pressure, and share some love. Come make a new friend and enjoy their visit.

Group Exercise Opportunities

Tai Chi (video based): Mondays 10-10:40am (No class 4/8) 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.

Tai Ji Quan: Move for Better Balance: Tuesdays & Thursdays 9-10:00am (no class 4/16 or 4/18) 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

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

April 3rd—Pictionary & Charades

April 10th—Indoor Croquet

April 17th—Ring Toss & Ax Throwing

April 25th—Seated Kickball

Strength & Flex : Mondays and Wednesdays 1-1:45pm; Fridays 10-10:45am (video on 4/19). 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. You 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.) April 18th led by Barb. Reviewing dances on 4/4, 4/11, and 4/25 after class.

Seated Chair Chi: Thursdays 11-11:40am (no class on 4/18) 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, April 16th 12-1:30pm, 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 April 12th, 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 from 2-3:00pm we are walking at the IOOF cemetery.

Thursdays from 2-3:00pm (not 4/18) we are walking at Mark's Slough.



Birthday Social

**Wednesday, April 10th
12:20-12:50pm**

Come celebrate April 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.

Volunteer Appreciation Week

April 21st-27th

We could not offer all of the programming at our Center that we do without the amazing volunteers that step up to host a group, share a skill/talent, and work up a sweat during events.

Please thank the volunteers that you see around the Center this week and let them know how much their efforts mean to you.

We will be sending out a special postcard in the mail to volunteers. Keep your eyes peeled because we think you are SOUP-ER!

Social Circle

Monday, April 1st 10:00-10:45am

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

Coffee & Crosswords

Monday, April 15th 10-10:45am

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

Creative & Educational Endeavors

Living Consciously: Join us on Tuesdays 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.

I-Pads Classes & Tutorials: Wednesdays in April at 11:00am

April 3rd & 17th- 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, or your own gifs or memes. (Great for designing a sticker for our contest, too.)

April 10th-Taking Pictures, Join our young volunteer in a tutorial on how to take better photos or capture a "selfie" that you actually like.

April 24th- Editing and Sharing Photos, Our volunteer will be sharing tips and tricks on editing tools that can enhance your pictures.

Card Craft: Monday, April 8th 1-2:30pm Volunteer Barb is stepping in to share how to make a cute Birthday card. We have the supplies, but you are welcome to bring your favorite tools. *Sign up by Friday, April 5th, 541-258-4919.*

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

Tuesday, April 9th 2:00-2:45pm The Evolution of Mammals

Tuesday, April 30th 2-3:00pm The Discovery of the Earliest Human Ancestors

Cooking Demo: Cowboy Caviar- Tuesday, April 9th 1-1:45pm Michelle will be making one of her favorite dips. She could eat this all the time! There are no fish eggs involved in the making of this recipe.

Stress Awareness: Wednesday, April 17th 3-3:50pm Stress impacts our well being in many ways. This Stress Awareness Month, come learn about different types of stressors, what is beneficial and what is negative about stress, and learn ways to manage, cope and alleviate stress.

Group Singing: Monday, April 22nd 10-10:45am Come lend your voice to a group that loves music. We take song requests!

Inner Wisdom Collage Art: Monday, April 22nd 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.

Crafternoon—Mosaic Tile Coaster/Trivet: Friday, April 26th 2-3:30pm— In our first in a series of mosaic projects, we will be making a small tiled project that you can use as a coaster or as a trivet. All materials will be supplied. This project can get a little messy. Please sign up by Friday, April 19th, 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.

Lebanon Biz Expo at the River Center

Thursday, April 18th 12-4:30pm

Come visit our booth when you stroll the vendors at the 2024 Lebanon Biz Expo. There are raffles and giveaways.

Boredom Busters

Available April 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, April 11th & 25th 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, April 12th** from 10-11:30am. We are doing or gift exchange get to know each other game (bring something wrapped and spend under \$5). Norma & Ardyce 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.

Tuesdays, 9:00am-11:00am Knit & Crochet Group

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

Thursdays 1:00-3:30pm Painting Enthusiasts

(acrylics, oils, watercolor - all welcome)

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, April 22nd 2-3:00pm

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

Pinochle — Tuesdays 1-3:00pm

Scrabble — Weds., April 3rd & 17th 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.

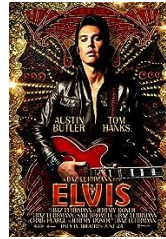
The puzzle lending library is fully stocked, too!

Roaming Senior Gnomes

Friday, April 19th 1-2:00pm
RV & Camping enthusiasts group.

It's Movie Time !!

Free popcorn! Beverages are 50 cents!



Friday, April 5th 1:00pm:

Elvis

2022 PG-13 2hr 39 mins
Elvis Presley finds fame and fortune as the King of Rock and Roll while struggling to escape the control of his controversial manager.



Friday, April 12th 1:00pm:

Rescued by Ruby

2022 G 1 hr 33mins
Chasing his dream job to join an elite K-9 unit, a state trooper partners with a fellow underdog; clever but naughty shelter pup (Ruby). Based on a true story.



Friday, April 19th 1:00pm:

Murder Mystery

2019 PG-13 1hr. 37 mins
A New York cop and his wife go on a European vacation to reinvigorate the spark in their marriage, but end up getting framed and on the run for the death of an elderly billionaire.



Friday, April 26th 1:00pm:

Enola Holmes

2020 PG-13 2hr. 4 mins
While searching for her missing mother, intrepid teen Enola Holmes uses her sleuthing skills to outsmart big brother Sherlock and help a runaway lord.

Volunteer Meeting

Wednesday, April 10th 11-11:30pm

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.

All are welcome to join us.

Save the Date:

Friday, May 3rd we have some medical students planning to share an Asian & Pacific Islander or Hispanic art/craft project with seniors. More details to come on the SC bulletin board & newsletter.

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

Next meeting: Wednesday, April 17th at 10:00am

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



April 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, April 20th
9-2:00pm**

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
1 9-10:50 Dulcimers 10-10:45 Social Circle 10-10:40 Tai Chi (video) 11-12 Bingocize 1-1:45 Strength & Flex 1-3 Dominoes 2-3 WWE IOOF	2 9-10 TJQMBB 9-11 Knit/Crochet 10-10:40 Easy Cardio 11-11:40 Get Centered 11-12:45 Mah Jong 1-3 Pinochle 1-4 Living Consciously	3 9-11:50 Wood Carvers 10-11 Social Games: Pictionary/Charades 11-1 Scrabble w/ Sharon 11-12:00 iPad ProCreate 1-1:45 Strength & Flex 1-3 Bingo	4 9-10 TJQMBB 10-10:45 Line Dance 11-11:40 Chair Chi 1-3 Cribbage 1-3:30 Painters 2-3 WWE Mark Slough	5 9-10:50 Dulcimers 10-10:45 Strength & Flex 10-12 Advance Mahjong 11-12 Bingocize 1 Movie: Elvis
8 9-10:50 Dulcimers 10:30-11:30 Pet Therapy Safehaven Animals 11-12 Bingocize 1-1:45 Strength & Flex 1-3 Dominoes 1-3 Cards w/ Barb 2-3 WWE IOOF	9 9-10 TJQMBB 9-11 Knit/Crochet 10-10:40 Easy Cardio 11-11:40 Get Centered 11-12:45 Mah Jong 1-3 Pinochle 1-4 Living Consciously 1-1:45 Cooking Demo 2-3 Curiosity Club	10 9-11:50 Wood Carvers 10-11 Social Games: Indoor Croquet 11-11:30 Volunteer Mtg 11-12:00 iPad Photos 12:20 Birthday Social 1-1:45 Strength & Flex 1-3 Bingo	11 9-10 TJQMBB 10-10:45 Line Dance 11-11:40 Chair Chi 1-3 Cribbage 1-3:30 Painters 1-2:30 Book Club 2-3 WWE Mark Slough	12 9-10:50 Dulcimers 10-10:45 Strength & Flex 10-11:30 Secret Pals 11-12 Bingocize 10-12 Advance Mahjong 1 Movie: Rescued by Ruby
15 9-10:50 Dulcimers 10-10:40 Tai Chi (video) 10-10:45 Coffee & Crosswords 11-12 Bingocize 1-1:45 Strength & Flex 1-3 Dominoes 2-3 WWE IOOF	16 9-11 Knit/Crochet 10-10:40 Easy Cardio 11-11:35 Get Centered 11-12:45 Mah Jong 12-1:30 Bowling (sign up) 1-3 Pinochle 1-4 Living Consciously	17 9-11:50 Wood Carvers 10-10:45 Social Games: Ring Toss/ Axe Throw 11-1 Scrabble w/ Sharon 11-12:00 iPad ProCreate 1-1:45 Strength & Flex 1-3 Bingo 3-3:50 Stress Awareness	18 10-10:45 Line Dance w/ Barb 1-3 Painters 1-3 Cribbage <i>12-4:30 Biz Expo at the River Center</i>	19 9-10:50 Dulcimers 10-10:45 Strength & Flex (Video) 10-12 Advance Mahjong 11-12 Bingocize 1 Movie: Murder Mystery 1-2 Roaming Seniors
22 9-10:50 Dulcimers 10-10:40 Tai Chi (video) 10-10:45 Group Signing 11-12 Bingocize 1-1:45 Strength & Flex 1-3 Dominoes 1-3 Inner Wisdom 2-3 WWE IOOF 2-3 UNO	23 9-10 TJQMBB 9-11 Knit/Crochet 10-10:40 Easy Cardio 11-11:30 Get Centered 11-12:45 Mah Jong 1-3 Pinochle 1-4 Living Consciously 2-3 Tea (sign up by 4/19)	24 9-11:50 Wood Carvers 10-11 Social Games: Seated Kickball 11-12:00 iPad Photo Edit 1-1:45 Strength & Flex 1-3 Bingo	25 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 <i>* Volunteer Appreciation *</i>	26 9-10:50 Dulcimers 10-10:45 Strength & Flex 10-12 Advance Mahjong 11-12 Bingocize 1 Movie: Enola Holmes 2-3:30 Crafternoon– Mosaic (sign up by 4/19)
29 9-10:50 Dulcimers 10-10:40 Tai Chi (video) 11-12 Bingocize 1-1:45 Strength & Flex 1-3 Dominoes 2-3 WWE IOOF	30 9-10 TJQMBB 9-11 Knit/Crochet 10-10:40 Easy Cardio 11-11:40 Get Centered 11-12:45 Mah Jong 1-3 Pinochle 1-4 Living Consciously 2-3 Curiosity Club	<p>Square Dance Meets Tuesdays 1-3 Will not meet on the 23rd</p> <p>Line Dance Reviews Thursdays 11-11:30 Not on the 18th</p> <p>Saturday, April 13th 1-3:00pm Garden Club Class (sign up)</p>		
<div style="border: 2px solid black; padding: 5px; display: inline-block;"> <p>Save the date: May 3rd medical students are planning to share a cultural themed art/craft project.</p> </div>				

New Clients 1-800-638-0510

Existing clients 541-451-1139

Oregon Cascades West Meals on Wheels | April 2024



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	2	3	4	5	8	9	10	11	12
Cheese and Green Chili Bake Cowboy Campfire Stew Chuckwagon Corn Cucumber & Red Onion Salad Onion Roll Hermit Bar	Chicken Tetrizzini Beef & Bean Chili Spinach Tossed Salad Wheat Roll Orange Delight	Bavarian Stew Macaroni & Cheese Capri Vegetable Blend Country Coleslaw Garlic Roll Seasonal Fruit	Dijon Mustard Chicken Roast Pork w/Apple Chutney Whipped Sweet Potatoes Italian Vegetable Blend French Bread Grace's Chocolate Bar	Italian Special Spaghetti/Meat Sauce Chicken Alfredo Bake Italian Vegetable Blend Spinach Romaine Salad Garlic Roll Tiramisu	Lemon Rosemary Chicken Western Beef Steak w/Country Gravy Whipped Potatoes Green Beans w/Red Peppers Multigrain Bread Ice Cream	Santa Fe Chicken Salad Turkey Pasta Salad over Spinach Romaine Corn Chowder White Dinner Roll Applesauce	Pasta Primavera Sweet & Sour Pork w/Brown Rice California Vegetable Blend Marinated Zucchini Salad Sunflower Seed Roll Rocky Road Pudding	Beef Patty w/Onion & Pepper Gravy Herbed Chicken w/Tomato/Mushroom Sauce Delmonico Potatoes San Francisco Vegetable Blend Garlic Bread Cranberry Crunch Bar	Turkey Apple Meatballs w/Glaze Roast Pork w/Gravy Whipped Garlic Potatoes Cabbage & Carrots Oat Bran Wheat Bread Lemon Blondie
15	16	17	18	19	22	23	24	25	26
Herbed Chicken Patty w/Poultry Gravy Breaded Fish w/Tartar Sauce Red Diced Potatoes Green Beans Seven Grain Bread Gelatin w/Fruit	Cheese Omelet w/Cheese Sauce Pork Sausage Gravy Stewed Tomatoes Tropical Fruit Biscuit Applesauce Gingerbread	Shoyu Chicken w/Brown Rice Cheese Lasagna Roll Up w/Spinach Sauce Tossed Salad Glazed Carrots French Roll Snickerdoodle Bar	Teriyaki Meatballs w/Sauce Creamy Paprika Chicken Brown Rice Asian Coleslaw Winter Vegetable Blend Mandarin Oranges	Beef Mushroom Patty Garlic Chicken Garlic Whipped Potatoes Mixed Vegetable Blend Seven Grain Bread Vanilla Pudding	Earth Day Special Vegetable Romanoff Chicken Penne Pasta Green Peas Creamy Cucumber Salad Wheat Roll Dirt Cake (sprinkles)	Beef Rigatoni Bake Turkey Brunswick Stew Fiesta Vegetable Blend Garden Vegetable Salad Cracked Wheat Roll Lemon Bar	Shaved Turkey Half Sandwich Meatloaf Half Sandwich Broccoli & Cheese Soup Confetti Coleslaw Wheat Bread Golden Fruit Cup	Salisbury Steak w/Brown Gravy Breaded Chicken w/Cordon Bleu Sauce Brussels Sprouts Whipped Potatoes French Bread Chocolate Cake	Chili Macaroni Chicken Rice Bake Marinated Carrot Salad Green Peas w/Onions Squash Roll Banana Chocolate Bar
29	30	Suggested Donation: \$3.50 per Meal 1% Milk Served w/All Meals WE ACCEPT THE OREGON TRAIL CARD		Allergen Disclaimer: Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and products containing gluten. We cannot guarantee that all menu items are free of allergens. We use shared equipment and handle common allergens throughout the supply chain.					
Swiss Style Patty w/Sauce BBQ Chicken Whipped Potatoes Tossed Salad Multigrain Roll Cherrv Whip	Teriyaki Chicken Sandwich Italian Sausage (slices or link) Sandwich California Vegetable Blend Creamy Coleslaw Hot Dog Bun Seasonal Fruit								