

LEBANON SENIOR CENTER

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

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

Garden Plot News

We have 10 plots available for adoption! Open plots will be available to assign to new users beginning March 1st. Applications are available at the Senior Center main office.

Garden Club

We have a lovely volunteer bringing new inspiration to gardening with Therapeutic Horticulture. Each month she will share a new activity. **Saturday, March 9th from 1-3:00pm** we will be learning about and making nesting bundles for our feathered neighbors. Please sign up for the class by noon on March 8th, 541-258-4919.



6-Week Food Garden Class

Starts Saturday, March 30th 10:00am-12:00pm

Sheryl Casteen is a Certified Master Gardener and will be sharing her wisdom and many years of gardening 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.

Spring Shenanigans

Leprechauns on the Loose
Thursday, March 14th all day

See if you can spot a leprechaun hiding around the center. If you find one, bring it to the office for a prize. (one per person, please).



Hocus Pokie Dancers
Thursday, 21st 1-2:30pm

The Hocus Pokie dancers are returning to welcome spring and share a traditional Irish dance. They will perform as well as teach some dancing.

Stick around and celebrate the National Day of Color with a colorful cake walk. Donation of cake or cupcakes welcome.

Please sign up to attend by Tuesday, March 19th in the office or by calling 541-258-4919.

Celebrate Spring!

Tuesday, March 19th 1-3:00pm

Join the medical student volunteers, from COMP NW on the first day of spring:

1-1:20 Blood pressure Checks

1:20-1:40 Fun Games

1:40-2:10 1-mile walk

Senior Center Staff will be hosting a herb or flower seed planting opportunity from 2:30-3:00. All materials will be provided.

Please sign up by Friday, March 15th at the Senior Center office or by phone 541-258-4919.

Procreate on the I-Pads

Wednesdays in March 11-11:45am

Procreate is a powerful and intuitive digital illustration program. Drop in and hang out with our volunteer and learn how to use this program to make your own images that you can share electronically, create graphics (like cards) to print out, or your own gifs or memes.

Hint: This would be a great program to use for the sticker making contest we will be holding in April! Make a sticker design with the theme that we announce and possibly earn a prize and have your sticker printed and shared around town.

Cookie/Birthday Social

Wednesday, March 13th 12:20-12:50pm

Come celebrate March birthdays and enjoy a cookie or two. You are welcome to come even if your birthday falls in another month.

If you would like to make a dozen or two of your favorite cookie to share, please call and let us know, 541-258-4919. The more cookie options the better! Cookie calories only count half as much when shared with friends.

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 (no class 3/8) 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 This **Evidence Based Program** is an alternative exercise training program for improving balance and preventing falls. This 52 session course (started 2/22) has been proven to reduce falls by improving balance, ankle strength, and balance recovery through controlled repetitive movement. Each sessions builds on skills learned in previous classes.

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.

March 5th— Cornhole

March 13th-Pool/Shuffleboard

March 20th-Beanbag Baseball

March 27th Ping Pong

Strength & Flex : Mondays and Wednesdays 1-1:45pm; Fridays 10-10:45am (video on 3/8 & 3/29). 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.) March 7th & 28th led by Barb. March 14th & 21st led by Michelle.

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, March 12th 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 March 8th, 541-258-4919 (we have to get our lanes reserved). Bowling starts at 12:00 sharp!

Walk with Ease : Info Session Tuesday, March 19th 12:15-1:00pm. 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!***

3/25 9:30-10:30am – Mark Slough Trail

3/27 2-3:00pm Cheadle Lake

Need a ride?



Call LINX at 541-258-4920

No AARP Tax Aide at Lebanon Senior Center

AARP Tax Aide continues to not have volunteers in our area, so they will NOT have a tax preparation site in Lebanon again this year.

A flyer is available in our lobby with information on other sites (in other cities) that are offering the AARP program , free tax help resources online, or paid services in Lebanon.

Social Circle

Monday, March 4th 10-10:45am

Have a treat, enjoy some coffee and get to know other seniors. We will be talking blarney.

Coffee & Crosswords

Monday, March 11th 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

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

Tuesday March 12th 2:00-2:45pm Modern vs Prehistoric Animals

Tuesday March 26th 2-3:00pm Abnormally Large Animals that do exist

Living Consciously: Join us on **Tuesdays, March 12th, 19th, & 26th from 1:00-4:00 pm** 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.

Card Craft: Monday March 11th 1-2:30pm Sandra is still out, but volunteer Barb is stepping in to share how to make a cute Easter card. We will open up our supplies so those that sign up can make a card too. *Sign up by Friday, March 8th, 541-258-4919.*

Cooking Demo: St. Patty's Bow-tie Salad– Thursday, March 14th 1-2:00pm Celebrate St. Patrick's Day or any day with this refreshing pasta salad. Sneak some green veggies in with some cute bow-tie pasta—voila!

Group Karaoke: Monday, March 18th 10-10:45am Come lend your voice to a group that loves music. We take song requests!

Inner Wisdom Collage Art: Monday, March 25th 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.

Crafternoons: Please sign up at least one business day before the class(es) you would like, 541-258-4919.

Thursday, March 14th 3-4:00pm Celtic Knot Hair Band, made from a repurposed t-shirt

Wednesday, March 20th 11-11:45 am Flower crown, create a floral crown of fake flowers to celebrate spring and even wear to the dance performance on Thursday the 21st.

Friday, March 5th 2-3:00pm Q-Tip Painted Tree, simple concept that you can make dramatic with your choice of colors.

Earth Documentary: Thursday, March 28th 10-10:50am, Witness the planet's breathtaking diversity, from seabirds carpet-bombing the ocean to wildebeests eluding the wild dogs of the Serengeti in this video.

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.

How to Process Loss

March 18th 2-3:30

Ed Skipper will be giving a presentation on working your way through the grieving process. He will talk about healthy ways to experience your feelings rather than denying them or distracting yourself, seeking support, and appropriate things to say and not say to a grieving person.

Boredom Busters

Available March 1st

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

Answer key available to look at in our library (check out at office).

Volunteer Meeting

Wednesday March 13th 2-2:30

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.

Senior Facilitated Groups/Activities

Book Lovers

Come **Thursdays, March 7th & 21st 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, March 8th** from 10-11:30am. It is our baby shower month, so bring an item to donate to a local new parent program. Dottie and Linda M. 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-11:00pm 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

Pinochle — Tuesdays 1-3:00pm

Scrabble — Weds., March 6th & 20th 11:00am-1:00pm

Cribbage — Thursdays 1-3:00pm (not 11/23)

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

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

Dominoes — Mondays 1-3:00pm

Let us know if you would be interested in hosting dominoes, bridge, rummy, poker...

Book a ping pong table by calling 541-258-4919.



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 Seniors

Friday, March 15th 1-2:00pm
RV & Camping enthusiasts group.

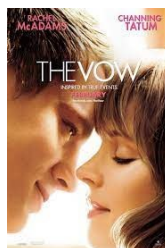
It's Movie Time !!

Free popcorn! Beverages are 50 cents!



Friday, March 1st 1:00pm: **White Fang**

1991 PG 1hr 47 mins
Jack London's classic adventure story about the friendship developed between a Yukon gold hunter and the mixed dog-wolf he rescues from the hands of a man who mistreats him. Starring Ethan Hawke.



Friday, March 8th 1:00pm: **The Vow**

2012 PG-13 1 hr 44 mins
A car accident puts Paige in a coma, and when she wakes up with severe memory loss, her husband Leo works to win her heart again. Starring Channing Tatum and Rachel McAdams.



Friday, March 15th 1:00pm: **The Gnome Mobile**

1967 NR 1hr. 24 mins
In the Redwood Forests of California, a multi-millionaire lumberman and his two young grandchildren encounter two gnomes who are supposedly the last of their kind. Starring Walter Brennan and Matthew Garber.



Friday, March 22nd 1:00pm: **The Hill**

2003 PG 2hr. 6 mins
The remarkable true-life story of Rickey Hill's improbable journey to play Major League Baseball. Starring Dennis Quaid.



Friday, March 29th 1:00pm: **Adam's Rib**

1949 NR 1hr. 41 mins
Domestic and professional tensions mount when a husband and wife work as opposing lawyers in a case involving a woman who shot her husband. Starring Katherine Hepburn and Spencer Tracy.

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



Lebanon
Senior Center

80 Tangent Street
Lebanon, OR 97355

541-258-4919

FAX 541-258-4956

RETURN SERVICE REQUESTED



March 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 **12:00pm.**

Friends of the Library

Monthly Saturday Book Sale at the Senior Center

**Saturday, March 16th
9-2:00pm
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.

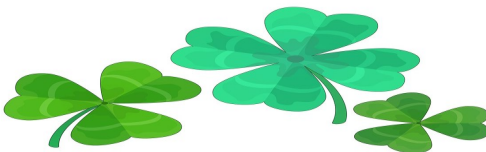
Their registration number is 541-917-4840 or online at linnbenton.edu/register

Better Bones & Balance

Mon/Wed/Fri 8-8:50

Tai Chi

Mon/Wed 10:00am

		Wed	Thu	Fri	
<div>Saturday, March 9th 1-3:00pm Garden Club Class (sign up)</div>			<div>Tuesdays 1-3:00 Square Dancing</div>	<div></div>	<div>1 9-10:50 Dulcimers 10-10:45 Strength & Flex 10-12 Advance Mahjong 11-12 Bingocize 1 Movie White Fang</div>
<div>4 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</div>	<div>5 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 2-3 Craft Tree Dot Art (sign-up)</div>	<div>6 9-11:50 Wood Carvers 10-11 Social Games: Cornhole 11-11:45 iPad ProCreate 11-1 Scrabble w/ Sharon 1-1:45 Strength & Flex 1-3 Bingo</div>	<div>7 9-10 TJQMBB 10-10:45 Line Dance 11-11:40 Chair Chi 1-2:30 Book Club 1-3 Cribbage 1-3:30 Painters</div>	<div>8 9-10:50 Dulcimers 10-10:45 Strength & Flex (video) 10-11:30 Secret Pals 10-12 Advance Mahjong 1 Movie: The Vow</div>	
<div>11 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 Card Craft w/ Barb 1-3 Dominoes</div>	<div>12 9-10 TJQMBB 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 2-3 Curiosity Club</div>	<div>13 9-11:50 Wood Carvers 10-10:45 Social Games: Pool/Shuffleboard 11-11:45 iPad ProCreate 12:20 Birthday Social 1-1:45 Strength & Flex 1-3 Bingo 2-2:30 Volunteer Meeting</div>	<div>14 9-10 TJQMBB 10-10:45 Line Dance 11-11:40 Chair Chi 1-2 Cooking Demo 1-3 Painters 1-3 Cribbage 3-4 Craft– Celtic Knot Headband (sign-up) (Leprechauns on Loose Day)</div>	<div>15 9-10:50 Dulcimers 10-10:45 Strength & Flex 10-12 Advance Mahjong 11-12 Bingocize 1 Movie: The Gnome Mobile 1-2 Roaming Seniors</div>	
<div>18 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 2-3:30 Presentation- How to Process a Loss</div>	<div>19 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 1-3 Celebrate Spring</div>	<div>20 9-11:50 Wood Carvers 10-11 Social Games: Beanbag Baseball 11-12 Craft -Flower Crown (sign-up) 11-11:45 iPad ProCreate 11-1 Scrabble w/ Sharon 1-1:45 Strength & Flex 1-3 Bingo</div>	<div>21 9-10 TJQMBB 10-10:45 Line Dance 11-11:40 Chair Chi 1-2:30 Hocus Pockie Dancers & Cake Walk (sign-up) 1-3 Painters 1-2:30 Book Club 1-3 Cribbage</div>	<div>22 9-10:50 Dulcimers 10-10:45 Strength & Flex 10-12 Advance Mahjong 11-12 Bingocize 1 Movie: The Hill</div>	
<div>25 9-10:50 Dulcimers 9:30-10:30 WWE Marks Slough (sign-up) 10-10:40 Tai Chi (video) 11-12 Bingocize 1-1:45 Strength & Flex 1-3 Inner Wisdom Collage (sign-up) 1-3 Dominoes</div>	<div>26 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</div>	<div>27 9-11:50 Wood Carvers 10-11 Social Games: Ping Pong 11-11:45 iPad ProCreate 1-1:45 Strength & Flex 1-3 Bingo 2-3:00 WWE @ Cheadle River Road to Weirich Dr. (sign-up)</div>	<div>28 9-10 TJQMBB 10-10:45 Line Dance 10 Earth Documentary 11-11:40 Chair Chi 1-3 Painters 1-3 Cribbage</div>	<div>29 9-10:50 Dulcimers 10-10:45 Strength & Flex (video) 10-12 Advance Mahjong 11-12 Bingocize 1 Movie: Adams Rib</div>	

Oregon Cascades West Meals on Wheels | March 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>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.</p> <p><i>New Clients: 1-800-638-0510</i> <i>Existing Clients: 541-451-1139</i></p>				1
				<p>Creamy Pasta w/Vegetables Western Pork Stew Mixed Vegetable Blend Romaine Iceberg Salad Multigrain Roll Peanut Butter Bar</p>
4	5	6	7	8
<p>Herbed Chicken w/Tomato Mushroom Sauce Homestyle Pork Patty w/Gravy Lyonnaise Potatoes Capri Vegetable Blend Sunflower Seed Bread Lemon Blondie</p>	<p>Beef Spanish Rice Bake Chicken Fajita Bowl Mexicali Corn Tossed Salad Rye Bran Roll Key Lime Bar</p>	<p>Turkey A La King Swiss Style Patty w/Sauce Garlic Whipped Potatoes Winter Vegetable Blend Cracked Wheat Bread Applesauce Gingerbread</p>	<p>Scalloped Potatoes w/Turkey Beef Tamale Pie Carrots Spinach Romaine Salad Cornmeal Roll Caramel Apple Pudding</p>	<p>Chicken Pastina Spinach Strata Scandinavian Vegetable Blend Creamy Cucumber Salad Seven Grain Roll Blushing Pears</p>
11	12	13	14	15
<p>Salisbury Steak w/Gravy Roast Pork w/Raisin Sauce Chuckwagon Corn Garden Vegetable Salad Dinner Roll Lime Whip</p>	<p>Santa Fe Chicken & Lentils Baked Ham w/Pineapple Glaze Broccoli Carrot & Mandarin Salad French Roll Snickerdoodle Bar</p>	<p>Swedish Meatballs w/Sauce Caribbean Spice Chicken Colcannon Potatoes Mixed Vegetable Blend Foccacia Bread Peaches</p>	<p>Tuna Salad Half Sandwich Chicken Salad Half Sandwich Carrot Raisin Salad Chicken Tortilla Soup Wheat Bread Pineapple Tidbits</p>	<p>St. Patrick's Day Special Corned Beef & Cabbage Macaroni & Cheese Succotash Spinach Romaine Salad Irish Soda Bread Shamrock Cake</p>
18	19	20	21	22
<p>Chicken Spaghetti Breaded Fish w/Tartar Sauce Cucumber & Red Onion Salad Glazed Carrots Garlic Roll Chocolate Oatmeal Bar</p>	<p>Western Beef Steak w/Country Gravy Herbed Chicken w/Cordon Bleu (Pork) Sauce Brussels Sprouts Red Diced Potatoes Squash Bread Chocolate Cake</p>	<p>Shaved Turkey Half Sandwich Egg Salad Half Sandwich Potato Onion Soup Confetti Coleslaw Wheat Bread Applesauce</p>	<p>Homestyle Turkey Patty w/Gravy Beef Mushroom Patty Whipped Potatoes San Francisco Vegetable Blend French Bread Cherry Gelatin Jewels</p>	<p>Chicken Rice Bake Vegetarian Spicy Southwest Pasta Whole Kernel Corn Romaine Iceberg Salad Oat Bran Wheat Roll Rocky Road Pudding</p>
25	26	27	28	29
<p>Chicken Spanish Rice Bake Pasta Primavera Green Beans Spinach Romaine Salad Squash Roll Seasonal Fruit</p>	<p>Country Meatballs Shoyu Chicken Lyonnaise Potatoes Scandinavian Vegetable Blend Sunflower Seed Bread Carrot Cake</p>	<p>Chicken Brunswick Stew Pork Fried Rice Green Peas Carrot & Pineapple Salad Wheat Roll Orange Delight</p>	<p>Cowboy Campfire Stew Turkey Pot Pie Biscuit Country Cottage Vegetable Blend Tossed Salad Chocolate Chip Bar</p>	<p>Teriyaki Chicken Sandwich Sloppy Joe Hawaiian Carrots Confetti Coleslaw Hamburger Bun Hot Cinn Applesauce</p>