

# CENTRAL OREGON COUNCIL ON AGING AT THE MADRAS SENIOR CENTER

MAY 2008

860 SW Madison, Madras

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
 <p><b>Plan to attend the Discovery Expo</b>  <b>An event to celebrate life after 50!</b>  <b>Saturday, May 31 8:45 a.m. – 6:00 p.m.</b>  <b>Deschutes County Expo Center</b>  <b>\$1.00 – Seniors 60+</b>                      Free Transportation available – Call Cascades East Transit                      to schedule your ride <b>385-8680</b></p>			1 Scrabble 10:00 am Bridge 12:30 pm  Van – Local 9 am – 1 pm Bend/Redmond 7:45 – 3:00pm	2 Bingo 12:30 pm Pinochle 7 pm  Van – Local 9 am – 3 pm
5 TOPS Club 8 am Fun Day 10 – 3 pm Dominoes 12:30 pm Bridge 12:30 pm  Van – Local 9 am – 1 pm Bend/Redmond 7:45 – 3:00 pm	6 Veteran's Service Officer 9 am – 2 pm Hand & Foot 12:30 pm  Van – Local 9 am – 3 pm	7 Veteran's Service Officer 9 am – 2 pm Exercise 10:00 am Marsha Casey, Piano 11:15 am  Van – Local 9 am – 3 pm	8 Scrabble 10:00 am SCJC-Meeting/Potluck noon Bridge 12:30 pm  Van – Local 9 am – 1 pm Bend/Redmond 7:45 – 3:00pm	9 Don Henderson's Western Swing 11 am Bingo 12:30 pm Pinochle 7 pm  Van – Local 9 am – 3 pm
12 TOPS Club 8 am Fun Day 10 – 3 pm Dominoes 12:30 pm Bridge 12:30 pm  Van – Local 9 am – 1 pm Bend/Redmond 7:45 – 3:00 pm	13 Veteran's Service Officer 9 am – 2 pm Hearing Aid Clinic 10am–1pm Hand & Foot 12:30 pm  Van – Local 9 am – 3 pm	14 Veteran's Service Officer 9 am – 2 pm Exercise 10:00 am  Van – Local 9 am – 3 pm	15 Scrabble 10:00 am AARP Meeting/Potluck 12 pm Bridge 12:30 pm  Van – Local 9 am – 1 pm Bend/Redmond 7:45 – 3:00pm	16 Bingo 12:30 pm Pinochle 7 pm  Van – Local 9 am – 3 pm
19 TOPS Club 8 am Fun Day 10 – 3 pm Dominoes 12:30 pm Bridge 12:30 pm  Van – Local 9 am – 1 pm Bend/Redmond 7:45 – 3:00 pm	20 Veteran's Service Officer 9 am – 2 pm Hand & Foot 12:30 pm  Van – Local 9 am – 3 pm	21 Veteran's Service Officer 9 am – 2 pm Exercise 10:00 am Blood Pressure Test 11:00 am Marsha Casey, Piano 11:15 am  Van – Local 9 am – 3 pm	22 Scrabble 10:00 am Bridge 12:30 pm  Van – Local 9 am – 1 pm Bend/Redmond 7:45 – 3:00pm	23 Don Hendersons' Western Swing 11:00 am Bingo 12:30 pm Pinochle 7 pm  Van – Local 9 am – 3 pm
26 TOPS Club 8 am Fun Day 10 – 3 pm Dominoes 12:30 pm Bridge 12:30 pm  Van – Local 9 am – 1 pm Bend/Redmond 7:45 – 3:00 pm	27 Veteran's Service Officer 9 am – 2 pm Music w/Margaret 11:15 am Hand & Foot 12:30 pm Alzheimers & Dementia Support Group 2 – 3:30 pm  Van – Local 9 am – 3 pm	28 Veteran's Service Officer 9 am – 2 pm Exercise 10:00 am Movie Day 12:30 pm  Van – Local 9 am – 3 pm	29 Scrabble 10:00 am Bridge 12:30 pm  Van – Local 9 am – 1 pm Bend/Redmond 7:45 – 3:00pm	30 Bingo 12:30 pm Pinochle 7 pm  Van – Local 9 am – 3 pm

To schedule Dial-a-Ride call Cascades East Transit at 385-8680 24 hours in advance, Monday – Friday 8:00 am – 4:00 pm

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MAY 2008

860 SW Madison

Ed Steele, Program Coordinator: 475-6494

Jenny Thornbury, Case Manager: 548-8817

Lunch served at 11:45 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu Subject to Change Without Notice</p> <p>Milk offered with Every Meal</p>				<p>Pickled Beets 2 Macaroni &amp; Cheese w/Ham Steamed Vegetables Herbed Muffin/Margarine Dessert</p>
<p>Minimum Requested Donation: \$3.50 per Meal For 60+</p>	<p>Citrus Salad 6 Sliced Ham w/Raisin Sauce Au Gratin Potatoes Green Beans Roll/Margarine Vanilla Pudding w/Chocolate Topping</p>	<p>Veggie Salad 7 Sweet &amp; Sour Meatballs Steamed Rice Capri Vegetables Sesame Crackers Pineapple Crisp</p>		<p>Creamy Coleslaw 9 w/Pineapple Tuna Casserole Peas &amp; Carrots Biscuit/Honey Dessert</p>
	<p>Tossed Green Salad 13 Shepard's Pie Mixed Vegetables Corn Muffin/Margarine Apple Crisp</p>	<p>Pea Salad 14 Sliced Turkey Mashed Potatoes w/Gravy Crinkle Cut Carrots Roll/Margarine Fruit Cocktail Cake</p>		<p>Fresh Apple Salad 16 Pork Choppie Baked Yam Casserole w/Marshmallow &amp; Cinnamon Broccoli Normandy Biscuit/Margarine Dessert</p>
	<p>Spinach Salad 20 Hamburger Stroganoff Peas &amp; Onions Biscuit/Margarine Fruited Jello</p>	<p>Pasta Salad 21 Pork Roast Yams &amp; Apples Green Beans Roll/Margarine Apple Brown Betty</p>		<p><b>McDonald's Entrée Day</b> Fruit Cup 23 Chicken Patty Mashed Potato w/Gravy Mixed Vegetables Corn Muffin/Margarine Dessert</p>
<p><b>Memorial Day</b></p> 	<p><b>Birthday Dinner</b> 27 Fruit Salad Roast Beef Buttered Parsley Potatoes Carrots w/Celery &amp; Onions Roll/Margarine Birthday Cake</p>	<p>Tossed Green Salad 28 Spaghetti w/Meat Sauce Zucchini Garlic Bread Ice Cream</p>		<p>Chunky Salsa 30 Cheese Enchiladas w/Sour Cream, Guacamole Mexi-Rice Tortilla Chips Broccoli &amp; Carrots Dessert</p>