

March 2010 Lunch & Activities

MON	TUE	WED	THU	FRI
1	2 <u>Lunch: 11:30</u> Meat-loaf, Mashed Potatoes, broccoli , dessert	3	4 <u>LUNCH: 11:30</u> – Sausage Links, Mashed Potato, gravy, peas, dessert	5
8	9 <u>Lunch: 11:30</u> Chicken Stew, variety of sandwiches, dessert	10	11 <u>LUNCH: 11:30</u> – Baked pork patty, mashed potato, gravy, peas dessert	12
15	16 <u>Lunch: 11:30</u> <u>Mulligan Beef Stew, Irish bread, jell cubes, whipped cream</u>	17	18 LUNCH 11:30 – Chicken noodle soup, grilled cheese sandwich, pretzel, dessert	19
22	23 <u>Lunch: 11:30</u> Chicken casserole, carrots, cranberry	24	25 <u>LUNCH—11:30</u> Asian Chicken, rice pilaf, broccoli, dessert	26
29	30 <u>Lunch: 11:30</u> <u>Egg Casserole, bacon/ham, bagels potatoes, dessert</u>	31	The COA is pleased to have an Optomitrist coming for FREE screenings on April 7th—late morning!	

MON	TUE	WED	THU	FRI
1 <u>Bingo— 12:30 pm</u>	2 <u>Cribbage 9:00</u> <u>12 :30 Working out with Wendy Arthritic Exercise</u>	3 <u>Computer Class</u> 10 am Quilted Wall Hanging Class-11:00	4 <u>Shopping van: 9:00 am</u> 12:30 Strengthen with Sharon Arthritis Class	5 <u>Cribbage: 9:00 am</u> <u>Yoga-10:30</u>
8 <u>Bingo— 12::30 pm</u>	9 <u>Cribbage 9:00</u> <u>12 :30 Working out with Wendy Arthritic Exercise</u>	10 10 am <u>Computer Class</u> Quilted Wall Hanging Class-11:00	11 <u>Shopping van: 9:00 am</u> 12:30 Strengthen with Sharon Arthritis Exercise Class	12 <u>Cribbage: 9:00 am</u> <u>Yoga-10:30</u>
15 <u>Bingo— 12:30 pm</u>	16 <u>Cribbage 9:00 am</u> <u>12 :30 Working out with Wendy Arthritic Exercise</u>	17 9:00 COA/FOAS <u>Computer Class</u> 10 am <u>12:30 Senior Citizens Association Meeting</u> Quilted Wall Hang-	18 <u>Shopping van: 9:00 am</u> 12:30 Strengthen with Sharon Arthritis Exercise Class	19 <u>Cribbage: 9:00 am</u> <u>Yoga-10:30</u>
22 <u>Bingo— 12:30 pm</u>	23 <u>Cribbage: 9:00 am</u>	24 <u>Computer Class</u> 10 am 11:00 Quilted Wall Hanging Class	25 <u>Shopping van: 9:00 am</u> 12:30 Strengthen with Sharon Arthritis Class	26 <u>Cribbage: 9:00 am</u> <u>Yoga-10:30</u>
29 <u>Bingo— 12:30 pm</u>	30 <u>Eye Screenings— Late Morning</u> <u>Cribbage 9:00 am</u> <u>12 :30 Working out with Wendy Arthritic</u>	31	The COA is pleased to have an Optomitrist from the Nielson Eye Center coming for FREE screenings on April 7th!	