


March 2023 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Join birthday lunch on March 28th to sweeten your day. Sweet P's cupcakes for everyone!</p> 	<p>In observance of national ravioli day on March 20th our new cheese ravioli will be served for lunch! Come try them and let us know what you think!</p> 	<p>1 11:30a-12:30p Lunch Pot Roast, Mashed Potatoes, Corn, Kiwi</p>	<p>2 11:30a-12:30p Lunch Spaghetti & Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew</p>	<p>3 11:30a-12:30p Lunch Sloppy Joe, Green Beans, Carrots, Burst O' Berries</p>
<p>6 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi</p>	<p>7 11:30a-12:30p Parmesan Cod, Prince Charles Vegetable Blend, Peas, Pear</p>	<p>8 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple</p>	<p>9 11:30a-1pm Lunch Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes</p>	<p>10 11:30a-12:30p Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt</p>
<p>13 11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli & Cauliflower, Orange</p> 	<p>14 11:30a-12:30p Meatloaf, Mashed Potatoes & Gravy, Brussels Sprouts, Strawberries</p>	<p>15 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Broccoli, Kiwi</p>	<p>16 11:30a-1pm St. Patrick's Lunch Corned Beef & Cabbage, Glazed Carrots, Roasted Spuds, Mixed Fruit, Key Lime Pie</p> 	<p>17 11:30a-12:30p Lunch Beef Stew, California Blend Vegetables, Asparagus, Kiwi</p> 
<p>20 11:30a-12:30p Lunch Cheese Ravioli, Asparagus, Italian Blend Vegetables, Grapes</p> 	<p>21 11:30a-12:30p Lunch Salsa Chicken, Corn & Black Beans, Red Skin Potato, Mandarin Oranges</p> 	<p>22 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas and Onions, Orange</p>	<p>23 11:30a-12:30p Lunch Scalloped Potatoes w/ Ham, Asparagus, Mixed Vegetables, Orange</p>	<p>24 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetables, Sugar Snap Peas, Kiwi</p>
<p>27 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots</p>	<p>28 Cake & Ice Cream Dine-In Only 11:30a-12:30p Birthday Lunch BBQ Chicken, Fried Cabbage w/ Bacon, Parsley Spuds, Grapes</p>	<p>29 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange</p>	<p>30 11:30a-1:00p Lunch Lasaana. Mixed Vegetables, Grapes</p>	<p>31 11:30a-12:30p Lunch Chili w/ Beans, Green beans, Crinkle Cut Carrots, Apple</p> 

March 2023 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Diamond Dancers Sundays 3:30 to 6pm Level 2 @ 4pm Level 3 @ 5pm</p>		<p>1 9-11am Pickleball –M72 10am SilverSneakers M72 1pm – Mahjong - Lawndale</p>	<p>2 9-11pm Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 11am – Indoor Walking Group – M72 1pm Penny Bingo – Lawndale 3pm – Medicine Shoppe Bingo - Lawndale</p>	<p>3 9-11am Pickleball - M72 1pm Pantry Bingo – Lawndale 2-4pm Cooking for One</p>
<p>6 9-11am Pickleball – M72 10am SilverSneakers M72 1-4pm Chess Club - Lawndale 1pm Grief Support Group</p>	<p>7 9am Friends of a Feather Quilting -Lawndale 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study 11am –Indoor Walking–M72 1:30pm Diamond Dancers – Level 1 - Frederic 5:30pm Diamond Dancers 6pm Level 2, 7pm Level 3</p>	<p>8 9-11am Pickleball –M72 9:30-10:30am Commodities – St. Mary's Church 10am SilverSneakers M72 1pm – Mahjong</p>	<p>9 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 11am – Indoor Walking Group – M72 1pm Penny Bingo – Lawndale</p>	<p>10 9-11am Pickleball - M72 1pm Pantry Bingo – Lawndale 2-4pm Cooking for One</p>
<p>13 9-11am Pickleball – M72 10am SilverSneakers M72 1-4pm Chess Club, Lawndale 1pm Grief Support Group</p>	<p>14 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study–Lwndle 11am – Indoor Walking– M72 1:30pm Diamond Dancers – Level 1 – Frederic 4:30pm COA Board Meeting 5:30pm Diamond Dancers 6pm Level 2, 7pm Level 3</p>	<p>15 9-11am Pickleball –M72 10am SilverSneakers M72 11am Alzheimer's Support Grp. @The Brook of Grayling 1pm – Mahjong – Lawndale</p>	<p>16 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 11am – Indoor Walking Group – M72 11:30am-1pm St. Patrick's Day - Lawndale 2pm Penny Bingo – Lawndale</p>	<p>17 9-11am Pickleball - M72 10am – Sound Healing & Meditation - Lawndale 1pm Pantry Bingo – Lawndale 2-4pm Cooking for One</p>
<p>20 9-11am Pickleball – M72 10am SilverSneakers M72 1-4pm Chess Club, Lawndale 1pm Grief Support Group</p>	<p>21 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study – Lawndale 11am – Indoor Walking– M72 1:30pm Diamond Dancers – Level 1 - Frederic 5:30pm Diamond Dancers 6pm Level 2, 7pm Level 3</p>	<p>22 9-11am Pickleball –M72 10am SilverSneakers M72 1pm – Mahjong – Lawndale</p>	<p>23 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 11am – Indoor Walking Group – M72 1pm Penny Bingo – Lawndale</p>	<p>24 9-11am Pickleball – M72 1pm Pantry Bingo – Lawndale 2-4pm Cooking for One</p>
<p>27 9-11am Pickleball – M72 10am SilverSneakers M72 12-3pm Foot Clinic – Appt. Req. – Lawndale 1-4pm Chess Club, Lawndale</p>	<p>28 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study 11am – Indoor Walking– M72 11:30-12:30pm Birthday Lunch – Lawndale 1:30pm Diamond Dancers – Level 1 - Frederic 5:30pm Diamond Dancers 6pm Level 2, 7pm Level 3</p>	<p>29 9-11am Pickleball –M72 10am SilverSneakers M72 11am – New to Medicare – ZOOM 1pm – Mahjong</p>	<p>30 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 11am – Indoor Walking Group – M72 1pm Penny Bingo – Lawndale</p>	<p>31 9-11am Pickleball - M72 1pm Pantry Bingo – Lawndale 2-4pm Cooking for One</p>