

PERRY COUNTY SENIOR CENTER - 4 N. SPRING, PERRYVILLE 547-2188
EPC SENIOR CENTER - 266 CHURCH ST, ALTENBURG 824-5827

MENU

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MARCH, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>2</p> <p>CRANBERRY GLAZED HAM Broccoli Parsley Potatoes Bread *Mixed Berry Crisp</p> <p>Pville: Chelsie in Charge!!!</p> <p>Pville: Chairside Exercise Class -10:00 am</p> <p>EPC: Chairside Exercise Class - 10:15 am</p>	<p>3 Pville: Chairside Yoga at 10am</p> <p>CHICKEN & DUMPLINGS Sweet Peas Glazed Carrots *WG Bread Mixed Fruit or Candy Bar</p> <p>Pville: Serenity Hospice Bingo at 10:30</p>	<p>4</p> <p>SPAGHETTI & MEATBALLS Lg Garden Salad Corn *WG Garlic Breadstick Tropical Fruit</p> <p>SALAD BAR AT CENTERS</p> <p>Pville: Chairside Exercise Class -10:00 am</p> <p>EPC: People's Bank Bingo at Noon</p>	<p>5 Crafts with Independence Health</p> <p>MEATLOAF Mashed Potatoes Green Beans *Dinner Roll Creamy Peaches</p> <p>Pville: Join Janal to make a wreath! 10:30</p> <p>EPC: Closed</p>	<p>6 BOBBY KLAUSS & FRIENDS MUSIC</p> <p>BBQ OR CATFISH Seasoned Wedges Beet Salad *WG Bun or Bread Rosy Applesauce or Candy</p> <p>Pville: Music & Dancing today!! 9:30</p> <p>AARP TAX CLINIC 9AM - 1PM</p> <p>EPC: Closed 4</p>	
<p>9 Healty Change Workshop</p> <p>ROAST BEEF Mashed Potatoes Vegetable Medley *Dinner Roll Blushing Pears or Cookies</p> <p>National Popcorn Day</p> <p>Pville: Chairside Exercise Class -10:00 am</p> <p>EPC: Chairside Exercise Class - 10:15 am</p>	<p>10 Pville: Chairside Yoga at 10am</p> <p>PORK STEAK 4 Bean Casserole Spinach Salad / SALAD BAR Bread *Fruit Crisp</p> <p>SALAD BAR AT CENTERS</p> <p>Pville: Chelsie in Charge!!!</p> <p>EPC: Villas of Jackson Bingo at Noon</p>	<p>11 Kickin' Kountry Dance Tonite!!</p> <p>HERB BAKED CHICKEN BREAST Mashed Potatoes Broccoli *Dinner Roll Peaches</p> <p>Music & Dancing tonite at 6 pm!!</p> <p>Pville: Legacy Hospice Bingo at 10:30</p> <p>EPC: Chairside Exercise Class - 10:15 am</p>	<p>12</p> <p>RED PEPPER PORK CHOP Sweet Potato Casserole California Blend *WG Bread 2 Cinnamon Applesauce</p> <p>Pville: Crown Hospice Bingo 10:30</p> <p>EPC: Closed</p>	<p>13 MITCH & FRIENDS MUSIC TODAY!!</p> <p>CHILI OR CATFISH Pimento Cheese on *Roll Baby Carrots Tater Tots Fresh Orange</p> <p>AARP TAX CLINIC 9AM - 1PM</p> <p>EPC: Closed 5</p>	
<p>16</p> <p>MEATLOAF Mashed Potatoes California Blend Veggies *Dinner Roll Baked Apples</p> <p>Pville: Blake & Susan Bingo 10:30</p> <p>Pville: Chairside Exercise Class -10:00 am</p> <p>EPC: Chairside Exercise Class - 10:15 am</p>	<p>17 Bank of Missouri Birthday Dinner</p> <p>CORNED BEEF & CABBAGE  Parsley Potatoes Glazed Carrots *Dinner Roll Emerald Isle Jello</p> <p>CAKE & ICE CREAM AT CENTERS</p> <p>Pville: PCHD Blood Pressure Check 10:30</p> <p>EPC: Music w/Leonard Today!!</p>	<p>18 EPC: BOBBY KLAUS MUSIC!</p> <p>PASTA WITH MEATSAUCE Italian Blend Veggies Garden Salad *WG Garlic Breadstick Orange Salad or Cookies</p> <p>SALAD BAR AT CENTERS</p> <p>Pville: Chairside Exercise Class -10:00 am</p> <p>EPC: PCHD Blood Pressure Clinic</p>	<p>19 Mamma's Bingo at 12:15</p> <p>TURKEY & DRESSING Mashed Potatoes Green Beans *WG Bread Peaches</p> <p>Pville: Apple Project Paperwork</p> <p>EPC: Closed</p>	<p>20</p> <p>BAKED FISH OR CHICKEN BREAST Slaw Hashbrown Casserole *WG Bread OR Bun Fruit Salad</p> <p>CATFISH AT CENTERS</p> <p>AARP TAX CLINIC 9AM - 1PM</p> <p>EPC: Closed 1</p>	
<p>23</p> <p>HERB BAKED CHICKEN BREAST Mashed Potatoes Scandinavian Veggies *Dinner Roll Mixed Fruit</p> <p>Pville: Chelsie in Charge!!!</p> <p>Pville: Chairside Exercise Class -10:00 am</p> <p>EPC: Chairside Exercise Class - 10:15 am</p>	<p>24 Pville: Chairside Yoga at 10am</p> <p>COUNTRY STEAK Mashed Potatoes Green Beans Roll *Peach Crisp</p> <p>SALAD BAR AT CENTERS</p> <p>EPC: Fish and all the fixins' today</p>	<p>25 DINNER MUSIC W/GILLETTES</p> <p>CHICKEN & DUMPLINGS Sweet Peas w/Mushrooms Beets *WG Bread Baked Apples w/Raisins</p> <p>Pville: Manicures w/ Shannon 9:30</p> <p>Pville: Chairside Exercise Class -10:00 am</p> <p>EPC: Chairside Exercise Class - 10:15 am</p>	<p>26</p> <p>BEEF STEW Slaw Zucchini & Tomatoes *WG Biscuit Blushing Pears or Candy Bar</p> <p>Pville: Blake & Susan Bingo 10:30</p> <p>EPC: Closed</p>	<p>27 MITCH & FRIENDS MUSIC TODAY!!</p> <p>BBQ RIBLET OR CATFISH Potato Soup Glazed Carrots *WG Bun or Bread Banana or Cookies</p> <p>CATFISH AT CENTERS</p> <p>AARP TAX CLINIC 9AM - 1PM</p> <p>EPC: Closed 2</p>	
<p>30</p> <p>PORK ROAST Sweet Potato Casserole Broccoli w/Cheese *Roll Pineapple Dessert</p> <p>Pville: Chairside Exercise Class -10:00 am</p> <p>EPC: Crown Hospice Bingo at Noon</p>	<p>31 Pville: Chairside Yoga at 10am</p> <p>MEATLOAF Mashed Potatoes Green Beans *Dinner Roll Fruit Cocktail or Cookies</p> <p>Pville: Chelsie in Charge!!!</p>	<p>It's still wintertime, so please remember: If Perry County Dist #32 is closed because of snow, our senior centers will also be closed and there will be no homebound deliveries.</p>			<p></p> <p>LOTS OF ACTIVITIES, BINGO AND MUSIC THIS MONTH.</p> <p>JOIN US FOR GREAT FOOD, FELLOWSHIP AND FUN!</p> <p>Chairside Yoga starts this month Every Tuesday at 10 am !! Join us</p>