


Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Jackpot Bingo 11; Bridge 12:30	2 Bingo 10; Bridge 9	3
4	5 Isometric Exercise 8:45; Canasta 9; Beginner Tap 10; Nifty Gifty 10-1; Tai Chi 12:30	6 Bingo 10; Duplicate Bridge 6:00 SENIOR ADVISORY COMMITTEE 2-4 PM	7 Isometric Exercise 8:45; Canasta 9; Nifty Gifty 10-1; Seated Exercise 10; Tai Chi 12	8 Jackpot Bingo 11; Bridge 12:30	9 Bingo 10; Bridge 9	10
11	12 Isometric Exercise 8:45; Canasta 9; Beginner Tap 10; Nifty Gifty 10-1; Tai Chi 12:30	13 Bingo 10; Duplicate Bridge 6:00	14 Isometric Exercise 8:45; Canasta 9; Nifty Gifty 10-1; Seated Exercise 10; Tai Chi 12 ROAD TRIP: Alamo Movies and ALDIS – Winchester: 10:30 to 3:30.	15 Jackpot Bingo 11; Bridge 12:30	16 Bingo 10; Bridge 9; Morningside CEO's Saint Patricks Day Party 12:30 	17 Saint Patrick's Day Dance 6:00 pm – 8:30 pm  See Terri for Tickets
18	19 Isometric Exercise 8:45; Canasta 9; Beginner Tap 10; Nifty Gifty 10-1; Tai Chi 12:30	20 Bingo 10; Duplicate Bridge 6:00	21 Isometric Exercise 8:45; Canasta 9; Nifty Gifty 10-1; Seated Exercise 10; Tai Chi 12	22 Jackpot Bingo 11; Bridge 12:30	23 Bingo 10; Bridge 9	24
25	26 Isometric Exercise 8:45; Canasta 9; Beginner Tap 10; Nifty Gifty 10-1; Tai Chi 12:30	27 Bingo 10; Duplicate Bridge 6:00; Open Mic and Carry In Dinner 4:30	28 Isometric Exercise 8:45; Canasta 9; Nifty Gifty 10-1; Seated Exercise 10; Tai Chi 12	29 Jackpot Bingo 11; Bridge 12:30	30 <u>ALL CENTERS CLOSED FOR GOOD FRIDAY</u> 	31

MARCH MENU 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Roast Chicken, Cauliflower, Green Beans, Apricot Halves	2 Ham Sandwich, Baked Beans, Lettuce and Tomato, Ice Cream & Fruit	3
4	5 Cherry Chicken-Macaroni Casserole, Spinach, Beets & Onions, Fruit	6 Broiled Fish, Potatoes, Green Beans, Pineapple	7 Fiesta Hamburgers, Oven Brownd Potatoes, Lettuce and Tomatoes, Banana	8 Turkey ala King, Bread, Broccoli, Fruit Cocktail	9 Oven Crisp Chicken, Mashed Potatoes, Zucchini and Tomatoes, Fruit	10
11	12 Oven Baked Check, Scalloped Potatoes, Broccoli, Peach Crisp	13 Hamburger Patty, Potatoes & Corn, Lettuce, Pineapple	14 Beef and Vegetable Soup, Roll, Spinach, Fruit	15 Ham and Bean Soup, Cornbread, Apple Cabbage Slaw, Fruit Cocktail	16 Roast Turkey Breast, Rice Almond Casserole, Carrots, Citrus Salad Angel Food Cake	17
18	19 Spaghetti with Turkey Meat Sauce, Tossed Green Salad, Pears	20 Chicken Salad on Whole Wheat Bread, Spinach, Fruit	21 Tasty Meatloaf, Scalloped Potatoes, Mixed Vegetables, Raisins	22 Seasoned Baby Lima Beans, Cornbread, Cucumber & Onion Salad, Peach Crisp	23 Skinless BBQ Chicken, Potato Salad, Green Beans, Pineapple	24
25	26 Chicken Italiano, Spaghetti w/Marinara, Yellow Squash, Pears	27 Lean & Light Lasagna, Garlic Bread, Spinach, Applesauce	28 Salisbury Steak, Brown Rice w/Gravy, Peas, Orange Sections	29 Oven Fried Fish, Boiled Potatoes, Carrots, Raisins	30 <u>ALL CENTERS CLOSED FOR GOOD FRIDAY</u>	31