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| **March 2025 - Meal Calendar** | | | | |  | | **March 2025 - Activity Calendar** | | | | |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |  | **MONDAY** | | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| 3  **11:30a-12:30p Lunch**  Chicken Drumsticks, Baked Beans, Prince Charles Vegetables, Apricots | 4  **11:30a-12:30p Lunch**  Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple | 5  **11:30a-12:30p Lunch**  Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi    In Honor of Brian McLaughlin | 6  **11:30a-12:30p Lunch**  Meatloaf, Mashed Potatoes/Beef Gravy, Brussels Sprouts, Strawberries | 7  **11:30a-12:30p Lunch**  Pot Roast, Mashed Potato/Beef Gravy, Corn, Kiwi |  | **3**  10a Silver Sneakers  1-4p Chess Club  2-3p Diamond Art Club | | **4**  **9a Friends of a Feather Quilting Group**  9a Zumba Gold A  10a Zumba Gold B  12:30p Euchre  2:30p-3:30p Bingocize | **5**  10a Silver Sneakers  12:30p Mahjong | **6**  9a Zumba Gold A  10a Zumba Gold B  10:30a-12:00p Bingocize  1p Penny Bingo  3p Medicine Shoppe Bingo  **4:30p-7:00p Comedy for a Cause Meals on Wheels Fundraiser** | **7**  10:30a Bible Study  10:45a Fit for the Aging  1p Pantry Bingo |
| 10  **11:30a-12:30p Lunch**  Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Pineapple | 11  **11:30a-12:30p Lunch**  Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes | 12  **11:30a-12:30p Lunch**  Baked Penne with Sausage, Vegetable Blend Prince Charles, Kiwi    Donated by Ladies Active Friends | 13  **11:30a-12:30p Lunch**  Beef and Broccoli with Brown Rice, Stir Fry Vegetables, Four Berries Blend  **4-6p St. Patrick’s Day Special Dinner**  Corned beef & Cabbage with Carrots, Onions, and Red Potatoes, Dinner Roll and "Pot O' Gold" cupcakes | 14  **11:30a-12:30p Lunch**  Roast Turkey, Mashed Potatoes with Gravy, Peas and Onions, Fresh Orange |  | **10**  10a Silver Sneakers  1-4p Chess Club  2-3p Diamond Art Club | | **11**  **9a Housing Counseling**  9a Zumba Gold A  10a Zumba Gold B  12:30p Euchre  2:30p-3:30p Bingocize | **12**  10a Silver Sneakers  12:30p Mahjong | **13**  9a Zumba Gold A  10a Zumba Gold B  10:30a-12:00p Bingocize  1p Penny Bingo  **1p Kidney Health Presentation with DHD#10**  **4p-6p St. Patrick’s Day Special Dinner** | **14**  10:30a Bible Study  10:45a Fit for the Aging  1p Pantry Bingo  **1p Trivia with Clay Horton** |
| 17  **11:30a-12:30p Lunch**  BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Sliced Carrots, Kiwi | **18**  **11:30a-12:30p Lunch**  Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetable, Orange | **19**  **11:30a-12:30p Lunch**  Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots | 20  **11:30a-12:30p Lunch**  Lasagna, Mixed Vegetables, Grapes | 21  **11:30a-12:30p Lunch**  Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi |  | **17**  10a Silver Sneakers  1-4p Chess Club  2-3p Diamond Art Club | | **18**  9a Zumba Gold A  10a Zumba Gold B  12:30p Euchre  **4:30p COA Board Meeting** | **19**  10a Silver Sneakers  **11a New to Medicare**  **11a Alzheimer’s Support @ the Brook**  12:30p Mahjong | **20**  9a Zumba Gold A  10a Zumba Gold B  1p Penny Bingo  **1p Legal Assistance** | **21**  10:30a Bible Study  10:45a Fit for the Aging  1p Pantry Bingo |
| 24  **11:30a-12:30p Lunch**  Chicken Cordon Bleu, Mashed Potatoes with Gravy, Green Beans, Pineapple Chunks | 25  **11:30a-12:30p Birthday Lunch**  BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Grapes, with Cupcakes for dessert | 26  **11:30a-12:30p Lunch**  Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Fresh Orange | 27  **11:30a-12:30p Lunch**  Spaghetti and Meatballs, Broccoli, Cantaloupe and Honeydew, Breadstick | 28  **11:30a-12:30p Lunch**  Sloppy Joe on Bun, Green Beans, Carrots, Burst O’ Berries |  | **24**  10a Silver Sneakers  1-4p Chess Club  2-3p Diamond Art Club  **1p Pantry Bingo** | | **25**  9a Zumba Gold A  10a Zumba Gold B  **11:30a Birthday Lunch**  **12:30p Jeopardy**  12:30p Euchre | **26**  10a Silver Sneakers  12:30p Mahjong  **2p-4p Commodities** | **27**  9a Zumba Gold A  10a Zumba Gold B  1p Penny Bingo | **28**  10a Walking Group at Kirtland  10:30a Bible Study  10:45a Fit for the Aging  **2p-4p Snyder’s Send-Off Social** |
| 31  **11:30a-12:30p Lunch**  Breaded Fish Filet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple Slices |  |  |  |  |  | **31**  10a Silver Sneakers  1-4p Chess Club | |  |  |  |  |
| **Light Bites**  Southwest Side Salad, Chicken Tortilla Soup, Kiwi | **Light Bites**  Turkey Sub, Minestrone Soup, Grapes | **Light Bites**  Side Chef Salad, Cheesy Potato Soup, Pear | **Light Bites**  Won Ton Soup, Mandarin Salad, Kiwi | **Light Bites**  Ham & Cheese Sub, Cabbage and White Bean Soup, Pineapple |  |  | |  |  |  |  |