



MARCH 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9:00 Brain & Board Games 9:00-10:00 CBS w/ Jean 9:45-10:15 Blood Pressure Checks 10:30-11:30 Health & Wellness ~Superfoods for Seniors 11:30-12:00 Lunch Break 12-1:30 Penny BINGO</p>	<p>4 Mardi Gras!!! 9:00 Brain & Board Games 9:30-10:00 Coffee, Tea, & Company 9:15-9:45 Golden Beats 10:30 Dollar LCR 10:30-11:30 Basic Step Line Dancing 10:30 Wii League 11:30-12:00 Lunch Break 12:00-1:00 Line Dancing 12:00 Mardi Gras Trivia Game</p>	<p>5 9:00 Brain & Board Games 10:00 Kitchen Academy ~Irish Soda Bread 10:30 Card Games 11:30-12:00 Lunch Break 12:00 Grocery Memory Game 12:00 Qigong</p>	<p>6 9:00 Brain & Board Games 9:15-9:45 Golden Beats 10:30 QPR Workshop with Cindy Richard 10:30-11:30 Basic Step Line Dancing 11:30-12:00 Lunch Break 12:00-1:00 Line Dancing 12:00 Wii Games</p>	<p>7 9:00 Brain & Board Games 9:00-10:00 CBS w/ Jean 10:00 Arts & Crafts ~Painted Bird Houses  10:30 Corn Hole 11:30-12:00 Lunch Break 12:00-1:30 Penny BINGO</p>
<p>10 9:00 Brain & Board Games 9:00-10:00 CBS w/ Jean 9:45-10:15 Blood Pressure Checks 10:30-11:30 10 11:30-12:00 Lunch Break 12-1:30 Penny BINGO</p>	<p>11 9:00 Brain & Board Games 9:30-10:00 Coffee, Tea, & Company 9:15-9:45 Golden Beats 10:30 Candy LCR 10:30 Wii League 10:30-11:30 Basic Step Line Dancing 11:30-12:00 Lunch Break 12:00-1:00 Line Dancing 12:00 Nail Art</p>	<p>12 9:00 Brain & Board Games 9:15 Strength Training 10:15 Bible Study 10:30 Hunt for GOLD!!!! 11:30-12:00 Lunch Break 12:00 Dominoes 12:00 Qigong 12:15 Golden Angels</p>	<p>13 9:00 Brain & Board Games 9:15-9:45 Golden Beats 10:30 Depression after Retirement with Jill Kaylor from Visiting Angels 10:30-11:30 Basic Step Line Dancing 11:30-12:00 Lunch Break 12:00-1:00 Line Dancing 12:00 Wii Games</p>	<p>14 9:00 Brain & Board Games 9:00-10:00 CBS w/ Jean 10:00 Arts & Crafts ~Diamond Dot \$2 Fee 10:30 Toss The Coin Game 11:30-12:00 Lunch Break 12:00-1:30 Penny BINGO</p>
<p>17 Saint Patrick's Day 9:00 Brain & Board Games 9:00-10:00 CBS w/ Jean 9:45-10:15 Blood Pressure Checks 10:30-11:30 Luck of the Irish Casino Royal Party!! 11:30-12:00 Lunch Break 12-1:30 Penny BINGO </p>	<p>18 9:00 Brain & Board Games 9:30-10:00 Coffee, Tea, & Company 9:15-9:45 Golden Beats 10:30 Wii League 10:30-11:30 Basic Step Line Dancing 11:30-12:00 Lunch Break 12:00-1:00 Line Dancing 12:00 Pictionary</p>	<p>19 9:00 Brain & Board Games 9:15 Strength Training 9:30 Socrates Café 10:30 Armchair Travelers ~Ireland 11:30-12:00 Lunch Break 12:00 Blank Slate Game 12:00 Qigong</p>	<p>20 First Day of Spring!!! 9:00 Brain & Board Games 9:15-9:45 Golden Beats 10:30 Arthritis by Madden & Gilbert physical Therapy 10:30-11:30 Basic Step Line Dancing 11:30-12:00 Lunch Break 12:00-1:00 Line Dancing 12:00 1st Day of Spring Picnic! </p>	<p>21 9:00 Brain & Board Games 9:00-10:00 CBS w/ Jean 10:00 Arts & Crafts ~Easter Decor \$4 Fee  10:30 Corn Hole 11:30-12:00 Lunch Break 12:00-1:30 Penny BINGO</p>
<p>24 National Cocktail Day 9:00 Brain & Board Games 9:00-10:00 CBS w/ Jean 9:45-10:15 Blood Pressure Checks 10:30-11:30 Health & Wellness ~The Science on Sleep 11:30-12:00 Lunch Break 12-1:30 Quarter BINGO & Mocktail Hour </p>	<p>25 9:00 Brain & Board Games 9:30-10:00 Coffee, Tea, & Company 9:15-9:45 Golden Beats 10:30 Wii League 10:30-11:30 Basic Step Line Dancing 11:30-12:00 Lunch Break 12:00-1:00 Line Dancing 12:00 Nail Art</p>	<p>26 9:00 Brain & Board Games 9:15 Strength Training 10:15 Bible Study 10:30 Family Feud Game 11:30-12:00 Lunch Break 12:00 Dominoes 12:00 Qigong 12:15 Golden Angels</p>	<p>27 9:00 Brain & Board Games 9:15-9:45 Golden Beats 10:30 Blank Slate Game 10:30-11:30 Basic Step Line Dancing 11:30-12:00 Lunch Break 12:00-1:00 Line Dancing 12:00 Wii Games</p>	<p>28 9:00 Brain & Board Games 9:00-10:00 CBS w/ Jean 10:00 Arts & Crafts ~Diamond Dot \$2 Fee 10:30 Name that Tune Game 11:30-12:00 Lunch Break 12:00-1:30 Penny BINGO</p>

March

York County

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>3oz Baked Meatloaf w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit</p>	<p>4</p> <p>Chicken Bacon Carbonara (3oz Chicken, 1/2oz Bacon) 1/2c Pasta 1/2c. Coin carrots 1 Breadstick 1/2c Mandarin Oranges</p> <p></p>	<p>5</p> <p>Ash Wednesday Tuna Salad Sandwich (4oz) 1c Bean Soup 1/2c Coleslaw 2 White Bread Fresh Fruit</p>	<p>6</p> <p>Baked Ravioli (6) w/ 2oz Tomato Cream Sauce 1/2c Green Beans 1/2c Mandarin Oranges 1 Italian Bread</p>	<p>7</p> <p>Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick 1/2c Fruit Cocktail</p>
<p>10</p> <p>Sweet & Sour Pork (4) 1/2c. Rice 1/2c Carrots 1 Dinner Roll Fresh Fruit</p>	<p>11</p> <p>3oz Pot Roast w/ 2oz Gravy 1/2c mashed potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp</p>	<p>12</p> <p>Italian Burger (1T Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit</p> <p></p>	<p>13</p> <p>3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>	<p>14</p> <p>Baked Breaded Fish 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight</p>
<p>17</p> <p>Happy St. Patrick's Day! 3oz Corned Beef 1/2c Cabbage 1/2c Parsley Potatoes 1 Rye Bread 1/2c pistachio pudding</p> <p></p>	<p>18</p> <p>Burgundy Glazed Meatballs w/Mushrooms (4) 1/2c Rice 1/2c Carrots 1 Italian Breadstick Fresh Orange</p> <p></p>	<p>19</p> <p>Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c gelatin</p>	<p>20</p> <p>4oz Cajun Chicken Alfredo 1/2c Creamy Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple</p> <p></p>	<p>21</p> <p>4oz Creamy Egg Salad Sandwich Lettuce & Tomato 1c Cream of Cauliflower Soup 2 Whole Wheat Bread 1/2c Applesauce Cookie</p>
<p>24</p> <p>Creamy Parmesan Pork Chop (3oz Pork, 2oz Sauce) 1/2c Cubed Potatoes 1/2c Spinach 1 Wheat Bread Cookie</p>	<p>25</p> <p>1 lasagna roll with meat sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit</p> <p></p>	<p>26</p> <p>Chicken Brushetta (3oz chix, 2oz tomatoe, .5oz cheese) 1/2c pesto pasta 1/2c coin carrots 1 Dinner Roll Fresh Fruit</p>	<p>27</p> <p>Pizza Burger (1oz Sauce, .5oz Mozzarella) 1/2c Lemon Buttered Noodles 1/2c Brussel Sprouts Hamburger Bun 1/2c Fruit Crisp</p> <p></p>	<p>28</p> <p>Baked Crab Cake 1c Tomatoe Basil Bisque 1/2c Corn White Bread 1/2c cinnamon Apple Slices</p>
<p>31</p> <p>1c Chicken & Dumplings 1/2c Mixed Vegetables Whole Grain Buttermilk Biscuit Fresh Orange</p>		<p></p>		<p></p>