


Activity & Lunch Calendars - March, 2017

MONDAY	TUESDAY	WEDNESDAY
		<p>1</p> <p>9:00 Rediscover Literature 9:00 Foot Care Clinic 9:00 Simple Strength 10:00 PLATO 11:30 Ping Pong 12:00 Native Peoples of N America 12:30 Computer Lab 12:30 Wii Games 1:00 Billiards 1:30 Spanish Conversation 1:30 PLATO (2)</p> <p>POTATO CRUSTED FISH ON BUN/SALAD CHEESE SANDWICH SUB (VO)</p>
<p>6</p> <p>9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 PLATO 11:00 Social Worker 11:30 Ping Pong 12:30 Wii Games 12:30 Computer Lab 1:00 Billiards 1:00 PLATO (2) 1:30 PLATO</p> <p>OPEN FACE ROAST PORK SANDWICH* VEGETARIAN WRAP (VO)</p>	<p>7</p> <p>9:00 Gentle Exercise 10:00 Computer Lab 11:00 Ping Pong 1:00 Movie: The Ghost and Mrs. Muir 1:00 PLATO</p> <p>BBQ PORK ON W.W. BUN* VO-VEGGIE BBQ (VO)</p>	<p>8</p> <p>9:00 Rediscover Literature 9:00 Simple Strength 10:00 PLATO 11:30 Ping Pong 12:00 Native Peoples of N America 12:30 Computer Lab 12:30 Wii Games 1:00 Billiards 1:30 Spanish Conversation 1:30 PLATO (2) 4:00 Speed Dating 5:30 Latino Discussion Group</p> <p>BAKED CHICKEN OR CHX RANCH SALAD MORNINGSTAR VEGGIE BURGER (VO)</p>
<p>13</p> <p>9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 Memoir Writing 10:30 Knit One, Purl 2 11:00 Social Worker 11:30 Ping Pong 12:30 Wii Games 12:30 Computer Lab 1:00 Billiards 1:00 PLATO (2) 1:30 PLATO</p> <p>SALISBURY STEAK IN GRAVY VEGGIE NOODLE CASSEROLE (VO)</p>	<p>14</p> <p>9:00 Gentle Exercise 10:00 Computer Lab 11:00 Ping Pong 12:00 MTA Brown Bag – Pamela Olson Phillips 1:00 PLATO</p> <p>SCALLOPED POTATOES W/HAM* SCALLOPED POTATO CASSEROLE (VO)</p>	<p>15</p> <p>9:00 Rediscover Literature 9:00 Simple Strength 10:00 PLATO 11:30 Ping Pong 12:00 Native Peoples of N America 12:30 Computer Lab 12:30 Wii Games 1:00 Billiards 1:30 Spanish Conversation 1:30 PLATO (2)</p> <p>MEAT BALLS IN GRAVY OR CHEF'S SALAD VEGGIE MEATBALL (VO)</p>
<p>20 FIRST DAY OF SPRING</p> <p>9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 PLATO 11:00 Social Worker 11:30 Ping Pong 12:30 Wii Games 12:30 Computer Lab 1:00 Billiards 1:00 PLATO (2) 1:30 PLATO 5:00 Inside/Outside Wellness</p> <p>MEAT SAUCE OVER W.W. PENNE PASTA VEGGIE SPAGHETTI SAUCE (VO)</p>	<p>21</p> <p>9:00 Gentle Exercise 10:00 Jewelry Share Shop 10:00 Computer Lab 11:00 Ping Pong 1:00 Movie: Hell or High Water 1:00 PLATO</p> <p>TURKEY & CHEESE ON CROISSANT CHEESE ON CROISSANT (VO)</p>	<p>22</p> <p>9:00 Rediscover Literature 9:00 Simple Strength 10:00 Massage 10:00 PLATO 11:30 Ping Pong 12:00 Native Peoples of N America 12:30 Computer Lab 12:30 Wii Games 1:00 Billiards 1:30 PLATO (2) 1:30 Spanish Conversation</p> <p>BEEF STEW OR TACO SALAD VEGETARIAN STEW (VO)</p>
<p>27</p> <p>9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 PLATO 10:00 Memoir Writing 10:30 Knit One, Purl 2 11:00 Social Worker 11:30 Ping Pong 12:30 Wii Games 12:30 Computer Lab 1:00 Billiards 1:00 PLATO (2) 1:30 PLATO</p> <p>CHICKEN ALFREDO OVER WW FETTUCINE VEGGIE ALFREDO (VO)</p>	<p>28</p> <p>9:00 Gentle Exercise 10:00 Impact of ACA Repeal 10:00 Computer Lab 11:00 Ping Pong 12:15 Red Hat Mamas 1:00 Jim Hetzel-Music Salute 1:00 PLATO</p> <p>SLOPPY JOE ON BUN VEGGIE SLOPPY JOE (VO)</p>	<p>29</p> <p>9:00 Rediscover Literature 9:00 Simple Strength 10:00 PLATO 11:30 Ping Pong 12:00 Native Peoples of N America 12:30 Computer Lab 12:30 Wii Games 1:00 Billiards 1:30 PLATO (2) 1:30 Spanish Conversation</p> <p>CHILI VEGGIE CHILI (VO)</p>

THURSDAY	FRIDAY
<p>2</p> <p>9:00 Gentle Exercise 10:00 Blood Pressure Screening 10:00 Computer Lab 10:00 Chair Yoga 10:00 PLATO (2) 11:00 LBDM / Li Chiao-Ping 11:30 Ping Pong 1:00 Senior Showcase Band 1:00 Billiards 1:30 PLATO</p> <p>BEEF STEW VEGETARIAN STEW (VO)</p>	<p>3</p> <p>9:00 Gentle Exercise 10:00 Ballroom Basics for Balance 10:00 PLATO 11:30 Ping Pong 12:30 Wii Games 12:30 Open Computer Lab 1:00 Billiards 1:00 PLATO</p> <p>TUNA SALAD SANDWICH EGG SALAD SANDWICH (VO)</p>
<p>9</p> <p>9:00 Gentle Exercise 10:00 Preschool Crafts 10:00 Computer Lab 10:00 Chair Yoga 10:00 PLATO (2) 11:00 LBDM / Li Chiao-Ping 11:30 Ping Pong 1:00 Senior Showcase Band 1:00 Gay & Gray Discussion 1:00 Billiards 1:30 PLATO 4:00 Duren Art Exhibit</p> <p>ROAST BEEF W/GRAVY VEG MEATBALLS IN GRAVY (VO)</p>	<p>10</p> <p>9:00 Gentle Exercise 9:00 AARP Tax Aide 10:00 Ballroom Basics for Balance 10:00 Haircuts 10:00 PLATO 10:00 Aging Well Through Social Connections 11:30 Ping Pong 12:00 SOS Senior Council 12:30 Wii Games 12:30 Open Computer Lab 1:00 Fabric Art 1:00 Billiards 1:00 PLATO</p> <p>LEMON BAKED FISH VEGGIE CHEESE BAKED POTATO (VO)</p>
<p>16</p> <p>9:00 Gentle Exercise 10:00 Computer Lab 10:00 Chair Yoga 10:00 PLATO (2) 11:00 LBDM / Li Chiao-Ping 11:30 Ping Pong 1:00 Senior Showcase Band 1:30 PLATO 2:30 AMP Kick-off 5:00 LGBT Social – Transgender Healthcare</p> <p>HAM & SWISS ON RYE CHEESE SANDWICH ON RYE (VO)</p>	<p>17 ST. PATRICK'S DAY</p> <p>9:00 Gentle Exercise 9:00 AARP Tax Aide 10:00 PLATO 10:00 Consumer Fraud 10:00 Ballroom Basics for Balance 11:30 Ping Pong 12:30 Wii Games 12:30 Open Computer Lab 1:00 Fabric Art 1:00 PLATO 1:00 Billiards</p> <p>CORN BEEF; VEGGIE PATTY (VO) BREADED FISH (LENT)</p> 
<p>23</p> <p>9:00 Gentle Exercise 10:00 Computer Lab 10:00 PLATO (2) 10:00 Chair Yoga 11:00 LBDM / Li Chiao-Ping 11:30 Ping Pong 1:00 Gay & Gray Discussion 1:00 Senior Showcase Band 1:30 PLATO 2:30 AMP</p> <p>MEATLOAF* VEGETARIAN STEW (VO)</p>	<p>24</p> <p>9:00 Gentle Exercise 9:00 AARP Tax Aide 10:00 PLATO 10:00 Ballroom Basics for Balance 11:30 Ping Pong 12:30 Wii Games 12:30 Open Computer Lab 1:00 PLATO 1:00 Fabric Art 1:00 Billiards</p> <p>BREADED FISH W/TARTAR SAUCE VEGGIE CHILI (VO)</p>
<p>30</p> <p>9:00 Gentle Exercise 10:00 Computer Lab 10:00 PLATO (2) 10:00 Chair Yoga 11:00 LBDM / Li Chiao-Ping 11:30 Ping Pong 1:00 Gay & Gray Discussion 1:00 Senior Showcase Band 1:30 PLATO 2:30 AMP</p> <p>PORK CUTLET W/GRAVY* VEGGIE CHEESE SAUCE (VO)</p>	<p>31</p> <p>9:00 Gentle Exercise 9:00 AARP Tax Aide 10:00 PLATO 10:00 Ballroom Basics for Balance 11:30 Ping Pong 12:30 Wii Games 12:30 Open Computer Lab 1:00 PLATO 1:00 Fabric Art</p> <p>TUNA NOODLE CASSEROLE NOODLE CASSEROLE (VO)</p>

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