



March 2013 Activities



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Every Monday, Wednesday & Friday: 1:00 Hand & Foot 2:00 Dominoes	Fridays: 1:15 Bingo 2:00 Dominoes & Hand & Foot	Bring a Friend! Always something to do At The Wayne Senior Center		1 9:15 FROG Exercises Morning Walking Quilting / Cards Pool 1:15 Bingo 2:00 Chicken Foot Dominoes Hand & Foot
4 9:15 FROG Exercises Morning Walking Quilting Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Chicken Foot Dominoes	5 Morning Walking Quilting Cards Afternoon Bridge Club 12:50 Rita McLean, "Because I Said So"	6 9:15 FROG Exercises Morning Walking Quilting 9:00 & 1:00 Pool Old Farmers' Day 3:00 Birthday Celebration Earl Fuoss' Music	7 Morning Walking Quilting 1:00 Cards Afternoon Bridge Club	8 9:15 FROG Exercises Walking/Quilting/Cards/Pool Century Club Movie 12:05 Dinner 11:30 & 3:00 Cyril's Birthday Music 1:15 Bingo, Dominoes, H & F
11 9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Chicken Foot Dominoes	12 Morning Walking / Quilting Cards Afternoon Bridge Club 12:50 Rita McLean, "Because I Said So" 1:00 Toe Nail Clinic, Anne Hoeman, PA	13 9:15 FROG Exercises Walking / Quilting / Cards 9:00 & 1:00 Pool 1:00 Hand & Foot	14 Morning Walking Quilting Cards Afternoon Bridge Club	15 9:15 FROG Exercises Walking/Quilting/Cards/Pool St Patrick's Day 12:45 "Senior Sounds" Quartet 1:15 Bingo 2:00 Dominoes and H & F
18 9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Board Meeting 1:00 Hand and Foot 1:00 Chicken Foot Dominoes	19 Walking /Quilting / Cards Afternoon Bridge Club	20 9:15 FROG Exercises Walking/Quilting/Cards/Pool 9:30-12:00 Health Clinic By Mary Nichols, RN 11:30 Jane O'Leary's Music 1:00 Hand & Foot	21 Walking / Quilting Cards 12:45 Lena, The Swedish Cleaning Lady Afternoon Bridge	22 9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo Dominoes Hand & Foot
25 9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Hand and Foot 1:00 Chicken Foot Dominoes	26 Morning Walking Quilting Cards Afternoon Bridge Club	27 9:15 FROG Exercises Morning Walking Quilting 9:00 & 1:00 Pool Cards	28 Morning Walking / Quilting Cards Easter Celebration 11:40 Spotlight on Promise 12:45 Merle Ring, Organ "The Easter Parade" Afternoon Bridge Club	29 Closed For Good Friday



March 2013 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Menus Subject to Change By Dietitian</p>	<p>Bring a Friend. Always something to do At The Wayne Senior Center</p>	<p>2% Milk, Skim Milk, Water, and Coffee are offered with every meal.</p>		
<p>4 Swedish Meatballs with Celery Soup & Dill Au Gratin Potatoes Frozen Peas & Pearl Onions WW Fresh Bread & Promise Vanilla Pudding with Canned Peaches & Marshmallows</p>	<p>5 Sliced Turkey Roasted Sweet Potatoes Frozen Broccoli WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>6 Country Beef Steak Country Gravy Mashed Potatoes w/ Skins Frozen Corn WW Fresh Bread & Promise Cherry Jell-O with Canned Pears</p>	<p>7 Fried Pollack Baked Potato Frozen Mixed Vegetables WW Fresh Bread & Promise Tartar Sauce Canned Apricots</p>	<p>1 Chicken Salad w/ Pineapple & Celery on WW Bread Potato Cheese Soup Sliced Fresh Cucumbers in Dill Sauce Crackers & Promise Frozen Strawberries</p>
<p>11 Spaghetti & Meatballs with Spaghetti Sauce Frozen Green Beans Lettuce w/ Carrot Shreds, Cheese & Dorothy Lynch WW Fresh Bread & Promise Canned Peaches</p>	<p>12 Crispy Chicken Baked Potato w/ Butter Honey Glazed Frozen Carrots WW Dinner Roll & Promise Canned Fruit Cocktail</p>	<p>13 Roast Pork Loin Red Roasted Potatoes w/ Skins Frozen Peas & Carrots WW Fresh Bread & Promise Hot Cinnamon Apples</p>	<p>14 Sausage Gravy over Biscuit Mashed Potato w/ Skins Country Gravy Frozen Key Largo Blend Veg. Promise Canned Tropical Fruit</p>	<p>15 Chicken Parmesan Creamed Frozen Peas Fresh Broccoli Salad WW Fresh Bread & Promise Canned Pineapple Tidbits</p>
<p>18 Swiss Steak w/ Gravy, Stewed Tomatoes, & Onion Scalloped Potatoes Beets WW Dinner Roll & Promise Frozen Strawberries</p>	<p>19 Turkey Stack with Turkey Gravy Mashed Potatoes w/ Skins Frozen Broccoli WW Fresh Bread & Promise Cherry Fluff Salad with Marshmallows & Pineapple</p>	<p>20 Sliced Beef Roasted Russet Potatoes with Skins Frzn Key Largo Blend Veg WW Dinner Roll & Promise Apple Pie</p> 	<p>21 Creamed Chicken On Biscuit Frozen Mixed Veg. Shredded Lettuce w/ Carrots & Dorothy Lynch Promise Apricot Halves</p>	<p>22 Tator Tot Casserole with Green Beans Frozen Peas & Carrots WW Fresh Bread & Promise Canned Peaches over Cottage Cheese</p>
<p>25 Chicken Fried Steak with Country Gravy Mashed Potatoes w/ Skins Frozen Corn WW Dinner Roll & Promise Orange Jell-O w/ Carrots & Crushed Pineapple</p>	<p>26 Meatloaf w/ Tomato Sauce Baked Potato w/ Butter Frozen Green Beans WW Dinner Roll & Promise Canned Pears</p>	<p>27 Sliced Ham Sweet Potatoes Frozen Peas WW Fresh Bread & Promise Canned Pineapple with Green Jell-O</p>	<p>28 Grilled Chicken Smothered in Cream of Chicken Soup Frz. Prince William's Veg. Lettuce Salad w/ Tomatoes & Ranch Dressing WW Fresh Bread & Promise Canned Tropical Fruit</p>	<p>29 Closed For Good Friday</p>