



# MARCH 2015 MENU



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<p>2 Chicken Fried Steak Mashed Potato &amp; Skins Country Gravy F. Corn WW Dinner Roll, Promise Orange Jell-O Shred. Carrots &amp; Pineapple</p>	<p>3 Rotisserie Pork Loin Baked Potato &amp; Promise Pork Gravy F. Green Beans WW Dinner Roll Canned Pears</p>	<p>4 Sliced Ham Sweet Potato F. Peas WW Fresh Bread, Promise Canned Pineapple with Green Jell-O Coconut Cream Pie (Center)</p>	<p>5 <i>Smothered Grilled Chicken</i> <i>Cr. Of Chicken Soup</i> <i>Prince Williams Vegetable Stuffing</i> <i>Cucumber Salad</i> <i>WW Fresh Bread &amp; Promise</i> <i>Cherries Fluff Salad</i></p>	<p>6 Taverns on Bun Baked Beans Coleslaw Mandarin Oranges Milk</p>
<p>9 Beef Tips with Mushroom soup &amp; Onions over Mashed Potatoes &amp; Gravy Fr. Green Beans &amp; WW Bread Shredded Lettuce &amp; Carrots Dorothy Lynch, Sliced Peaches</p>	<p>10 Turkey Cutlet Mashed Potatoes with Skins Turkey Gravy F. Key Largo Blend Canned Apricots WW Fresh Bread, Promise</p>	<p>11 Ham Salad Sandwich WW Fresh Bread HM Pea Salad HM Tomato Soup Crackers, Promise Applesauce</p>	<p>12 <i>Tuna Noodle Casserole</i> <i>Rotini Noodles w Peas &amp; Carrots</i> <i>F. Prince William Blend</i> <i>Cottage Cheese</i> <i>WW Fresh Bread, &amp; Promise</i> <i>Cherry Jello with Canned Pears</i></p>	<p>13 Broasted Chicken Quarters Red Roasted Potatoes F. Cauliflower Mandarin Fluff wit Mandarin Oranges WW Fresh Bread</p>
<p>16 Scalloped Potatoes &amp; Ham Three Bean Salad Prince Williams Vegetables Peaches (by Center) Whole Wheat Bread &amp; Promise</p>	<p>17 Polish Dog with Kraut on a Bun, Promise Baked Beans Cucumber Salad Vanilla Pudding with Marshmallows &amp; Fr. Mango</p>	<p>18 Baked Chicken w/Cream of Chicken Soup Ranch Roasted Potatoes F. Mixed Vegetable Frozen Fruit w/Yogurt WW Fresh Bread, Promise Cherry Cheesecake (Center)</p>	<p>19 <i>Baked Italian Pasta</i> <i>With Mozzarella Cheese</i> <i>Dilled Carrots</i> <i>Lettuce Salad w/ Dorothy Lynch</i> <i>Fruit Cocktail w/Orange Jello</i> <i>Garlic Bread Stick, Promise</i></p>	<p>20 Hamburger with WW Fresh Bread Crispy Shredded Hashbrowns Baked Beans Pickles Tropical Fruit</p>
<p>23 Baked Ham Roasted Sweet Potatoes F. Broccoli WW Fresh Bread Mandarin Oranges Promise</p>	<p>24 Swedish Meatballs With Celery Soup &amp; Dill Au gratin Potatoes F. Peas and Pearl Onions Promise Canned Peaches</p>	<p>25 Country Beef Steak Mashed Potatoes w/Skins Country Gravy F. Corn, Promise WW Fresh Bread Cherry Jell-O with Pears</p>	<p>26 Fried Pollack &amp; Tarter Sauce Baked Potato F. Mixed Vegetable WW Fresh Bread Promise Canned Apricots</p>	<p>27 Rotisserie Pork Loin Mashed Potato w/Pork Gravy Dilled Carrots Apple Slices w/Sugar &amp; Cinnamon WW Fresh Bread, Promise</p>
<p>30 Spaghetti and Meatballs Honey Glazed Carrots Shred. Lettuce &amp; Carrots with Cheese, &amp; Dorothy Lynch Canned Peaches Garlic Bread Stick Promise</p>	<p>31 Crispy Chicken Baked Potato Green Beans Wheat Dinner Roll Canned Fruit Cocktail Promise</p>	<p>Birthday celebration Wednesday March 4 at 2:30 with a Shamrock Cake. If you have a birthday in March come and celebrate with us!</p>	<p><i>Don't Forget March 8th.....</i></p> 	<p>All meals are served with Coffee Milk &amp; Water</p>



# March 2015 Activities



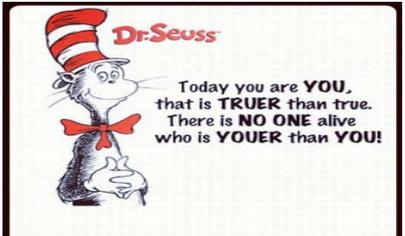
## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<p align="center"><b>2</b></p> <p><b>9:15 Frog Exercises</b> Morning Walking Quilting Pool 9 &amp; 1 Hand &amp; Foot, Pitch</p>	<p align="center"><b>3</b></p> <p>Morning Walking Quilting <b>Card Making Today</b> <b>Afternoon Bridge Club</b> Pitch</p>	<p align="center"><b>4</b></p> <p><b>9:15 Frog Exercises</b> Morning Walking/Quilting &amp; Pool <b>Morning Pitch Group</b> <b>11:30 Ray Peterson Accordion</b> <b>12:45 Assist. Living Update</b> <b>2:30 Birthday Cake</b></p>	<p align="center"><b>5</b></p> <p>Morning Walking Quilting <b>10:30 Downton Abbey</b> Pitch <b>Afternoon Bridge Club</b></p>	<p align="center"><b>6</b></p> <p><b>9:15 Frog Exercises/Walking</b> Quilting <b>Bingo 1pm</b> Hand &amp; Foot Pitch Pool 9 &amp; 1</p>
<p align="center"><b>9</b></p> <p><b>9:15 Frog Exercises</b> Morning Walking Quilting Pool 9 &amp; 1 Hand &amp; Foot Pitch</p>	<p align="center"><b>10</b></p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p align="center"><b>11</b></p> <p><b>9:15 Frog Exercises</b> Morning Walking Quilting Pool 9 &amp; 1 Pitch Hand &amp; Foot</p>	<p align="center"><b>12</b></p> <p>Morning Walking, Quilting <b>10:25 Downton Abbey</b> <b>Afternoon Bridge Club</b> <b>12:45 Burdett Heithold</b> <b>"Keeping the Family Farm"</b> <b>1:15 Individual Consultation</b></p>	<p align="center"><b>13</b></p> <p><b>9:15 Frog Exercises/Walking</b> Quilting <b>Century Club Movie/Drawing</b> <b>Sponsored by Careage</b> <b>Bingo 1pm</b> Hand &amp; Foot, Pitch Pool 9 &amp; 1</p>
<p align="center"><b>16</b></p> <p><b>9:15 Frog Exercises</b> Morning Walking Pool 9 &amp; 1 Quilting Pitch <b>1:00 Board Meeting</b></p>	<p align="center"><b>17</b></p> <p>Morning Walking <b>Afternoon Bridge Club</b> Pitch <b>12:30 Irish Line</b> <b>Dancing, Rita McLean &amp; Friends</b></p>	<p align="center"><b>18</b></p> <p><b>9:15 Frog Exercises/Walking</b> <b>11:30 Connie Webber, Piano</b> <b>9:30-12 Health Screening</b> <b>12:00 Special Luncheon</b> <b>Sponsored by The Oaks</b> Hand &amp; Foot, Pitch</p>	<p align="center"><b>19</b></p> <p>Morning Walking Quilting <b>10:25 Downton Abbey</b> <b>11:40 Spotlight on Promise</b> <b>Afternoon Bridge Club</b> Pitch</p>	<p align="center"><b>20</b></p> <p><b>9:15 Frog Exercises/Walking</b> Pool 9 &amp; 1 Quilting Hand &amp; Foot Pitch <b>Bingo 1pm</b></p>
<p align="center"><b>23</b></p> <p>9:15 Frog Exercises Morning Walking Quilting Pool 9 &amp; 1 Hand &amp; Foot Pitch</p>	<p align="center"><b>24</b></p> <p>Morning Walking Quilting <b>Afternoon Bridge Club</b> Pitch <b>12:45 Nick Nemnitz Family</b> <b>Emergency Preparedness</b></p>	<p align="center"><b>25</b></p> <p><b>9:15 Frog Exercises</b> Morning Walking Pool 9 &amp; 1 <b>12:45 Oak's Day</b></p>	<p align="center"><b>26</b></p> <p>Morning Walking, Quilting <b>10:30 Downton Abbey</b> Pitch <b>Afternoon Bridge Club</b> <b>12:45 Hilda Pearson</b> <b>"What you really Loose"</b> Post Tornado</p>	<p align="center"><b>27</b></p> <p><b>9:15 Frog Exercises/Walking</b> Quilting Pool 9 &amp; 1 <b>Providence Bingo 1pm</b> Hand &amp; Foot Pitch</p>
<p align="center"><b>30</b></p> <p>9:15 Frog Exercises Morning Walking Quilting Pool 9 &amp; 1 Hand &amp; Foot Pitch</p>	<p align="center"><b>31</b></p> <p>Morning Walking Quilting <b>11:30 Patricia Sherry, Piano</b> <b>Afternoon Bridge Club</b> Pitch <b>1:30 Anne Liska, P.A.</b> <b>Toe Nail Clinic</b></p>	<p align="center"><b>Much awaited day March 20th!</b></p>  <p align="center">"Spring is when you feel like whistling even with a shoe full of slush." - Doug Larson Visit GetFunny.net</p>	<p align="center"><b>We love when you support us!</b></p> 	<p align="center"><b>March 2, Happy Birthday Dr. Seuss!</b></p>  <p align="center">Today you are <b>YOU</b>, that is <b>TRUER</b> than true. There is <b>NO ONE</b> alive who is <b>YOUER</b> than <b>YOU!</b></p>