



March 2012 Activities



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Every Monday & Wednesday: 1:00 Hand & Foot 2:00 Dominoes</p>	<p>Fridays: Bingo at 1:15 pm At 2:00 pm Chicken Foot Dominoes</p>	<p>Bring a Friend. Always something to do At The Wayne Senior Center</p>	<p>1 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>2 Walking/Quilting/Cards/Pool 11:30 & 12:45 Ides of March - Rockin' Woody's Variety Show 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>5 Morning Walking Quilting Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>6 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>7 Morning Walking Quilting 9:00 & 1:00 Pool 11:30 Ray Petersen, Accordion 3:00 Birthday Celebration Cards</p>	<p>8 Morning Walking Quilting 1:00 Cards Afternoon Bridge Club</p>	<p>9 Walking/Quilting/Cards/Pool Century Club Movie 12:05 Dinner 1:15 Bingo Chicken Foot Dominoes, H&F</p>
<p>12 Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 12:45 Library Corner Rita McLean, "Cranes" 1:00 Chicken Foot Dominoes</p>	<p>13 Morning Walking Quilting Cards Afternoon Bridge Club 2:00 Toe Nail Clinic with Anne Hoeman, PA</p>	<p>14 Walking / Quilting / Cards 9:00 & 1:00 Pool 1:00 Hand & Foot</p>	<p>15 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>16 Walking/Quilting/Cards/Pool St Patrick's Day Party 11:30 "A Bit of Irish" Music 3:00 Irish Sandwiches 1:15 Bingo 2:00 Dominoes Hand & Foot</p>
<p>19 Walking/Quilting/Cards 9:00 & 1:00 Pool 11:30 Connie Webber, Piano 1:00 Board Meeting 1:00 Hand and Foot 1:00 Chicken Foot Dominoes</p>	<p>20 Walking /Quilting / Cards 12:45 Donna's Day "Let the Games Begin" Afternoon Bridge Club 5:30 pm Public Hearing at City Council Meeting</p>	<p>21 Walking/Quilting/Cards/Pool 9:30-12:00 Health Clinic Blood Pressure & Sugar By Mary Nichols, RN 11:30 Cyril Hansen, Organ 1:00 Hand & Foot</p>	<p>22 Walking / Quilting Cards Afternoon Bridge 3:00 - 7:00 pm Wellness Fair - City Auditorium Call for Van Service</p>	<p>23 Walking/Quilting/Cards 9:00 & 1:00 Pool 11:30 & 12:45 "Spotlight on Promise" - Phil P & ??? 1:15 Bingo Dominoes</p>
<p>26 Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Hand and Foot 1:00 Chicken Foot Dominoes "Steps to Health" by County Extension Educator</p>	<p>27 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>28 Morning Walking Quilting 9:00 & 1:00 Pool 12:45 "Alzheimers" by Diane Horft Cards</p>	<p>29 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>30 Walking/Quilting/Cards/Pool 1:15 Bingo, Dominoes Hand & Foot 11:30 Hawaiian Luau Music 12:40 Hawaiian Travel Video 3:00 Tropical Fruit/Macaroon</p>



March 2012 Menu



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	
Menus Subject to Change By Dietitian	Bring a Friend. Always something to do At The Wayne Senior Center	2% Milk, Skim Milk, Water, and Coffee are offered with every meal.	1 Roasted Pork Loin Fresh Roasted Red Potatoes With Skins Creamed Frozen Peas WW Fresh Bread & Promise Hot Cinnamon Apples	2 Beef Lasagna Fresh Broccoli Salad WW Fresh Bread & Promise Cottage Cheese with Canned Peaches	
	5 Turkey Stack with Turkey Gravy Mashed Potatoes with Skins Frozen Broccoli WW Fresh Bread & Promise Canned Apple Sauce	6 Swiss Steak with Gravy, Stewed Tomatoes & Onions Scalloped Potatoes Beets WW Dinner Roll & Promise Frozen Strawberries	7 Sliced Beef Roasted Russet Potatoes With Skins Frozen Key Largo Blend Veg WW Dinner Roll & Promise Canned Mandarin Oranges	8 Creamed Chicken over Biscuit Cauliflower Shredded Lettuce with Carrots & Dorothy Lynch Promise Apricot Halves	9 Tator Tot Casserole with Frozen Green Beans Frozen Peas & Carrots WW Fresh Bread & Promise Canned Peaches over Cottage Cheese
	12 Chicken Fried Steak With Country Gravy Mashed Potatoes with Skins Frozen Corn WW Dinner Roll & Promise Orange Jell-O w/ Carrots And Pineapple	13 Meatloaf with Tomato Sauce Fresh Baked Potato Frozen Green Beans WW Dinner Roll & Promise Canned Pears	14 Sliced Ham Sweet Potato Frozen Peas WW Fresh Bread & Promise Canned Pineapple	15 Grilled Chicken with Cream Of Chicken Soup Frozen Prince William Veg. Fresh Lettuce Salad with Tomatoes & Ranch Dressing WW Fresh Bread & Promise Canned Apricot Halves	16 Beef Taverns Baked Beans Fresh Cole-Slaw Corn with Red Peppers Hamburger Bun & Promise Canned Mandarin Oranges
	19 Tuna Casserole Dilled Frozen Carrots Shredded Lettuce with Carrots, Cheese, & Dorothy Lynch WW Fresh Bread & Promise Canned Fruit Cocktail	20 Beef Tips with Mushroom Soup & Onions on Noodles Frozen Peas & Pearl Onions Fresh Coleslaw WW Dinner Roll & Promise Canned Peaches	21 Ham Salad Sandwich on WW Bread Homemade Pea Salad Homemade Tomato Soup w/ Stewed Tomatoes Crackers & Promise Blueberry Pie	22 Sliced Turkey with Gravy Roasted Red Potatoes Frozen Green Beans WW Dinner Roll & Promise Canned Pineapple Chinks	23 BBQ Beef Sandwich Baked Beans Potato Salad Bun & Promise Mandarin Fluff
	26 Beef Stroganoff on Noodles Frozen Prince Williams Veg. Fresh Vegetable Salad Cottage Cheese w/ Pineapple Slices on Lettuce Leaf Dinner Roll & Promise	27 Polish Dog w/ Kraut Creamed Frozen Peas Pineapple, Carrot, Raisin & Mayo Salad WW Fresh Bread & Promise Vanilla Pudding w/ Mangoes & Marshmallows	28 Baked Chicken w/ Cream of Chicken Soup Ranch Roasted Potatoes with Skins Frozen Mixed Vegetables WW Fresh Bread & Promise Canned Tropical Fruit	29 Hamburger Goulash with Stewed Tomatoes, Celery, Onions & Tomato Sauce Scalloped Potatoes w/ Parsley WW Dinner Rolls & Promise Lime Jell-O w/ Canned Mandarin Oranges	30 Chicken Salad Sandwich w/ Pineapple, Celery, WW Bread Potato Cheese Soup Sliced Fresh Cucumbers in Sauce Crackers & Promise Frozen Strawberries in Juice