




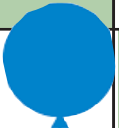






March 2018

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Elastic Band exercise 10:30 Wii Bowling 3:00 Bible Study	2 10:00 Cardio Drumming 11:00 Church Bulletin 3:00 Coffee hour 	3 9:00 Bus leaves for Rummage Sale 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee
4 4:00 Vespers Church Service 6:00 Bingo	5 9:00 Meijer's Shopping 3:00 Movie & Popcorn	6 10:00 Chair Yoga video 10:00 Wii Bowling 1:00 Errand Run	7 10:00 Balance Ball exercise 2:15 Bingo 3:30 Tom Embry entertains	8 10:00 Elastic Band exercise 10:30 Wii Bowling 3:00 Rosary/Communion	9 10:00 Cardio Drumming 11:00 Church Bulletin 1:00 Euchre Pam Brown's Birthday 	10 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee
11 Daylight Savings begins 4:00 Vespers Church Service 6:00 Bingo 	12 10:00 Chair Exercise 3:00 Movie & Popcorn	13 10:00 Chair Yoga video 10:00 Wii Bowling 1:00 Errand Run	14 10:00 Balance Ball exercise 2:15 Bingo 	15 10:00 Elastic Band exercise 10:30 Catholic Mass 1:00 Wii Bowling 3:00 Bible Study	16 Visit Ireland 10:00 Cardio Drumming 11:00 Church Bulletin 12:00 Eleanor Russell 3:30 Ice Cream Social 	17 St. Patrick's Day 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee
18 4:00 Vespers Church Service 6:00 Bingo	19 10:00 Chair Exercise 10:30 Trivia Game 3:00 Movie & Popcorn Conrad Scholl's Birthday 	20 Spring Begins! 10:00 Chair Yoga 10:00 Wii Bowling 1:00 Errand Run Visit Holland 	21 9:00 Girls Day Out: Jackson Shopping 2:15 Bingo	22 9:00 Elastic Band exercise 9:30 Wii Bowling Tourney 3:00 Rosary/Communion	23 10:00 Cardio Drumming 11:00 Church Bulletin 1:00 Euchre 3:00 Birthday Party 	24 College Students visit 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee Dorothy Carlson's Birthday 
25 Palm Sunday 4:00 Vespers Church Service 6:00 Bingo	26 10:00 Chair Exercise 2:30 Bingo Buck Store	27 10:00 Chair Yoga video 10:00 Wii Bowling 1:00 Errand Run	28 10:00 Balance Ball exercise 2:15 Bingo	29 10:00 Elastic Band exercise 10:30 Wii Bowling 3:00 Bible Study Sam Clark's Birthday 	30 Good Friday 10:00 Cardio Drumming 11:00 Church Bulletin 1:00 Euchre 2:00 Easter Egg Hunt	31 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee

March 2018

Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>On your birthday you get to pick what's for lunch!</i>						
4 Roast beef, redskin mashed potatoes, mixed veg., sliced pickled beets, pie	5 Goulash, dinner roll, pea & cauliflower salad, oatmeal peanut butter cookie	6 Ham & bean soup, corn bread, romaine salad, sour cream sugar cookie	7 Cream chip beef, Texas toast, peas, cottage cheese, gingersnap spice cake	8 Chicken florentine, redskin potatoes, corn, Greek pastat salad, lemon cheesecake bars	9 Pam's birthday choice Lasagna, broccoli, garlic bread, spinach salad, fantasy cake	10 Grilled chicken breast, country rice, diced beets, macaroni salad, jello
11 Turkey, mashed potatoes & gravy, mixed veg., dinner roll, sour kraut salad, pie	12 Chicken cacciatore, spaghetti noodles, cauliflower, 3 bean salad, jello pastel cookie	13 Loaded baked potatoes, hamburger/onion/mushroom, broccoli & cheese, jello salad, apple crisp	14 Chicken & knocchi soup, half sandwich, Waldorf salad, Watergate cake	15 Salmon, wild rice, green beans, sweet & sour tomatoes, lemon brownie	16 Let's visit Ireland Corned beef, redskin potatoes, cabbage & carrots, Irish soda bread, cucumber salad, cupcakes	17 BBQ chicken legs, mac & cheese, mixed veg., dinner roll, potato salad, peanut butter revival barsa
18 Pork roast, mashed potatoes, peas, tossed salad, pie	19 Conrad's birthday choice Meatloaf baked potatoes, peas, coleslaw, coconut cream pie	20 Let's visit Holland Stampot w/rookworst, mashed potatoes, carrots, snert (split pea soup), Dutch apple pie	21 Chicken pot pie, banana bread, spring time salad, strawberries & cream cake	22 Smothered chicken, garlic mashed potatoes, mixed veg., cottage cheese w/fruit, silver white cake	23 Cod, wild rice, diced beets, spinach salad, molasses cookie	24 Dorothy C. birthday choice Hamburger deluxe, chips, green beans, potato salad, pecan pie
25 Ham au gratin potatoes, veg. blend, dinner roll, carrot raisin salad, pie	26 Tomato soup, grilled cheese, tuna pasta salad, peanut butter pie	27 Taco salad, best ever chocolate cake!	28 Garlic parmesan turkey meatballs, redskin potatoes, peas, coleslaw, jello	29 Sam's birthday choice Beef & noodles, mashed potatoes, corn, salad, chocolate cream pie	30 Talapia, wild rice, carrots, jello salad, orange buttermilk cake	31 Stuffed cabbage rolls, mashed potatoes, mixed veg., dinner roll, carrot raisin salad, peach cobbler