

# MARCH CALENDER OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Everyone's Irish On March 17th.</p>		<p>1 LINE DANCING 8-11 LUNCH 11:30 BRIDGE 12:30 CARROLL HEALTH CARE BINGO 12:00</p>	<p>2 TIA CHI 11:00 LUNCH 11:30 COMMUNITY HOSPICE BINGO 12:00</p>	<p>3 EXERCISE 11:00 LUNCH 11:30 GOLDEN SNEAKERS 9:00</p>
<p>6 EXERCISE 11:00 LUNCH 11:30 GOLDEN SNEAKERS 9:00</p>	<p>7 QUILTERS TAI CHI 11:00 LUNCH 11:30</p>	<p>8 LINE DANCING 8-11 LUNCH 11:30 BRIDGE 12:30 BINGO W/JACKIE 12:30</p>	<p>9 TAI CHI 11:00 LUNCH 11:30 CRAZY MESSIES ART CLASS 10:00</p>	<p>10 EXERCISE 9:00 LUNCH 11:30 GOLDEN SNEAKERS 9:00</p>
<p>13 EXERCISE 11:00 LUNCH 11:30 GOLDEN SNEAKERS 9:00</p>	<p>14 QUILTERS TAI CHI 11:00 LUNCH 11:30 BLOOD PRESSURE VISISTING NURSES 11:00</p>	<p>15 <u><b>BIRTHDAY DINNER</b></u> LINE DANCING 8-11 LUNCH /BIRTHDAY DINNER 12:00 BRIDGE 12:30</p>	<p>16 TAI CHI 11:00 LUNCH 11:30</p>	<p>17 EXERCISE 11:00 LUNCH 11:30 GOLDEN SNEAKERS 9:00 SMILE STATION- NOT COMING THIS MONTH</p>
<p>20 EXERCISE 11:00 LUNCH 11:30 GOLDEN SNEAKERS 9:00</p>	<p>21 QUILTERS TAI CHI 11:00 LUNCH 11:30</p>	<p>22 LINE DANCING 8-11 LUNCH —11:30 BRIDGE 12:30</p>	<p>23 TAI CHI 11:00 LUNCH 11:30</p>	<p>24 EXERCISE 11:00 LUNCH 11:30 GOLDEN SNEAKERS 9:00</p>
<p>27 EXERCISE 11:00 LUNCH 11:30 GOLDEN SNEAKERS 9:00</p>	<p>28 QUILTERS TAI CHI 11:00 LUNCH 11:30</p>	<p>29 LINE DANCING 8-11 LUNCH 11:30 BRIDGE 12:30</p>	<p>30 TAI CHI 11:00 LUNCH 11:30</p>	<p>31 EXERCISE 11:00 LUNCH 11:30 GOLDEN SNEAKERS 9:00</p>

# MARCH MENU

<p><b>CHOICE OF BREAD AND MILK DAILY</b></p> <p>CALL JANICE AT 330-627-7205 WITH ANY NUTRITIONAL QUESTIONS</p>	<p><b>SUGGESTED DONATION \$2.00 DAILY</b></p> <p><b>BIRTHDAY DINNER \$3.00</b></p>	<p><b>1</b>  <b>HAM CABBAGE &amp; POTATOES</b>  <b>COTTAGE CHEESE</b>  <b>CUCUMBER SALAD</b>  <b>PINEAPPLE</b>  <b>CORN BREAD</b>  <b>MARGARINE</b></p>	<p><b>2</b>  <b>COUNTRY FRIED STEAK</b>  <b>MASHED POTATOES/ GRAVY</b>  <b>VEGETABLE</b>  <b>APPLESAUCE</b>  <b>V-8 JUICE</b>  <b>BREAD/MARGARINE</b></p>	<p><b>3</b>  <b>BAKED FISH</b>  <b>GARDEN RICE</b>  <b>CREAMED PEAS</b>  <b>TROPICAL FRUIT BREAD/ MARGARINE</b></p>
<p><b>6</b>  <b>SALISBURY STEAK</b>  <b>MASHED POTATOES/GRAVY</b>  <b>WAX BEANS</b>  <b>APPLE JUICE</b>  <b>BREAD/MARGARINE</b></p>	<p><b>7</b>  <b>SOUPER CHICKEN</b>  <b>BABY BAKERS</b>  <b>SPINACH</b>  <b>PINEAPPLE</b>  <b>BREAD/ MARGARINE</b></p>	<p><b>8</b>  <b>VEGETABLE BEEF SOUP</b>  <b>COTTAGE CHEESE</b>  <b>COLESLAW</b>  <b>PEACHES</b>  <b>CRACKERS</b>  <b>BREAD/ MARGARINE</b></p>	<p><b>9</b>  <b>HAM &amp; SWISS/ BUN</b>  <b>TATER TOTS</b>  <b>VEGETABLES</b>  <b>JUICE</b>  <b>SNACK</b></p>	<p><b>10</b>  <b>MACARONI &amp; CHEESE</b>  <b>TOMATOES &amp; ZUCCHINI</b>  <b>BROCCOLI</b>  <b>BANANA</b>  <b>BISCUIT/ MARGARINE</b></p>
<p><b>13</b>  <b>HAMBURGER</b>  <b>GRAVY</b>  <b>MASHED POTATOES</b>  <b>MIXED</b>  <b>VEGETABLES</b>  <b>CALICO FRUIT</b>  <b>BREAD/MARGARINE</b></p>	<p><b>14</b>  <b>BROCCOLI SOUP</b>  <b>CHICKEN SALAD</b>  <b>CROISSANT</b>  <b>PICKLED BEETS</b>  <b>MANDARIN</b>  <b>ORANGES</b>  <b>CRACKERS</b></p>	<p><b>15 <u>BIRTHDAY DINNER</u></b>  <b>BEEF TIPS W/ MUSHROOM, ONION</b>  <b>NOODLES</b>  <b>BRUSSELLS</b>  <b>SPROUTS</b>  <b>JELLO</b>  <b>FRUIT DESSERT</b>  <b>ROLL/MARGARINE</b></p>	<p><b>16</b>  <b>BBQ CHICKEN</b>  <b>AUGRATIN</b>  <b>POTATOES</b>  <b>GREEN BEANS</b>  <b>BANANA</b>  <b>BREAD/MARGARINE</b></p>	<p><b>17</b>  <b>TACO SALAD</b>  <b>MEXICAN RICE</b>  <b>REFRIED BEANS</b>  <b>APPLESAUCE</b>  <b>TORTILLA CHIPS</b></p>
<p><b>20</b>  <b>CHICKEN BREAST</b>  <b>MASHED POTATOES</b>  <b>GREEN BEANS</b>  <b>PEARS</b>  <b>BREAD/MARGARINE</b></p>	<p><b>21</b>  <b>BEEF STROGANOFF</b>  <b>CARROTS</b>  <b>WARM PEACHES</b>  <b>PERFECTION</b>  <b>SALAD</b>  <b>ROLL/MARGARINE</b></p>	<p><b>22</b>  <b>CHEESY BACON</b>  <b>POTATO SOUP</b>  <b>HOUSE SALAD</b>  <b>FRESH FRUIT CUP</b>  <b>CHEDDAR BISCUIT</b>  <b>MARGARINE</b></p>	<p><b>23</b>  <b>SPAGHETTI &amp; MEATBALLS</b>  <b>PEAS &amp; ONIONS</b>  <b>BAKED APPLE</b>  <b>V-8 JUICE</b>  <b>GARLIC BREAD</b></p>	<p><b>24</b>  <b>CHICKEN VEGGIE</b>  <b>STIR FRY</b>  <b>RICE</b>  <b>EGG ROLL</b>  <b>TROPICAL FRUIT</b>  <b>FORTUNE COOKIE</b>  <b>BREAD/ MARGARINE</b></p>
<p><b>27</b>  <b>STUFFED PEPPER</b>  <b>SOUP</b>  <b>COTTAGE CHEESE</b>  <b>ORANGES &amp; PINEAPPLE</b>  <b>SALAD/DRESSING</b>  <b>CRACKERS</b></p>	<p><b>28</b>  <b>COUNTRY FRIED STEAK</b>  <b>MASHED POTATOES/GRAVY</b>  <b>CORN</b>  <b>TROPICAL FRUIT</b>  <b>BREAD/ MARGARINE</b></p>	<p><b>29</b>  <b>CHICKEN</b>  <b>SANDWICH/BUN</b>  <b>LETTUCE/TOMATO</b>  <b>POTATO</b>  <b>WEDGES</b>  <b>BRUSSELLS</b>  <b>SPROUTS</b>  <b>BANANA</b></p>	<p><b>30</b>  <b>SCALLOPED POTATOES W/ KIELBASA</b>  <b>BROCCOLI</b>  <b>WARM APPLESAUCE</b>  <b>COLESLAW</b>  <b>CORNBREAD/ MARGARINE</b></p>	<p><b>31</b>  <b>CREAM CHICKEN</b>  <b>MASHED POTATOES</b>  <b>MIXED</b>  <b>VEGETABLES</b>  <b>PEACHES</b>  <b>BISCUIT/ MARGARINE</b></p>