


March 2018 Activities



Monday, March 5 9:00 Walkercise 9:30 Hatha Yoga 12:30 LUNCH 6pm 1st Monday Dinner at Pennsburg U.C.C. and TOL Senior Center		Tuesday, March 6 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 12:30 Woman's Club - Bridge 1:00 Mahjong		Wednesday, March 7 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle		Thursday, March 1 10:00 WOW 11:00 Tai Chi 12:30 BP/Health Checks 12:30 LUNCH—BLT and Soup (National Pig Day) 1:00 Canasta		Friday, March 2 12:30 LUNCH 1:00 Mexican Train Dominos	
Monday, March 12 9:00 Walkercise 9:30 Hatha Yoga 10:30 Bible Study 12:30 LUNCH		Tuesday, March 13 10:00 WOW 11:00 Tai Chi 11:00 Hearing Screenings 12:30 LUNCH 1:00 Woman's Club - Country Cards 1:00 Mahjong		Wednesday, March 14 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle 1:00 Coloring with a Purpose with Julie Longacre		Thursday, March 15 10:00 WOW 11:00 Tai Chi 12:30 BP/Health Checks 12:30 LUNCH 1:00 Book Club 1:00 Canasta 1:00 Soups On! Cooking Demo		Friday, March 16 12:30 LUNCH— Wear green and get lunch for \$1 1:00 Mexican Train Dominos	
Monday, March 19 9:00 Walkercise 9:30 Hatha Yoga 12:30 LUNCH		Tuesday, March 20 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Mahjong		Wednesday, March 21 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle		Thursday, March 22 10:00 WOW 11:00 Tai Chi 12:30 BP/Health Checks 12:30 LUNCH 1:00 Canasta		Friday, March 23 12:30 LUNCH 1:00 Mexican Train Dominos	
Monday, March 26 9:00 Walkercise 9:30 Hatha Yoga 10:30 Bible Study 12:30 LUNCH 1:00 Country Cards		Tuesday, March 27 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Mahjong		Wednesday, March 28 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle		Thursday, March 29 10:00 WOW 11:00 Tai Chi 12:30 BP/Health Checks 12:30 LUNCH 1:00 Canasta		Friday, March 30 Center Closed No MOW delivery	

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				Thursday, March 1	Friday, March 2
				PIZZA BURGER Italian green beans & peppers Potato wedges Hamburger roll Peaches	3 CHEESE PASTA BAKE Carrots, black beans and Sugar snap peas, corn Bread Fresh orange
Monday, March 5	Tuesday, March 6	Wednesday, March 7	Thursday, March 8	Friday, March 9	
GRILLED HONEY BBQ CHICKEN Baked beans Broccoli and carrots Whole wheat bread Pears	BEEF STRIPS W/BURGUNDY WINE SAUCE Carrots Rosemary roasted potatoes Roll Chunky applesauce Grape juice	CHICKEN CORDON BLEU Yellow corn Brussels sprouts Whole wheat bread Fresh pear	WHOLE GRAIN ROTINI W/ TURKEY BOLOGNASE Brandied peaches Broccoli & cauliflower Marble muffin	BAKED FISH W/TOMATO PEPPER OLIVE CAPERS Squash, carrot, broccoli Brown rice pilaf Bread Pineapples Apple juice	
Monday, March 12	Tuesday, March 13	Wednesday, March 14	St. Patrick's Day Meal	Friday, March 16	
SWEET & SOUR MEAT-BALLS Green beans almondine Brown rice w/bell peppers Whole wheat bread Fruit cocktail	PANKO CRUSTED FISH Tomatoes w/zucchini Scalloped potatoes White roll Mandarin oranges	PINEAPPLE CHICKEN STIRFRY Stir-fry vegetables Brown fried rice Roll Pears	SHEPHERD'S PIE Brussels sprouts Carrots, Dinner Roll Sweet Dessert Apple Juice	MEXICAN OMELET (w/ peppers, tomato, onions) Homefries Hot dog roll Fresh orange 	
Monday, March 19	Tuesday, March 20	Wednesday, March 21	Thursday, March 22	Friday, March 23	
BAKED ZITI W/SPINACH Cinnamon apples Italian blend vegetables Chocolate chip cookie	SLICED BEEF with PEPPER CREAM SAUCE Roasted beets & carrots Chopped kale & spinach Rye bread Tropical fruit salad Orange juice	HERB ROASTED CHICKEN LEG w/gravy Collard greens Buttery grits Bread Peaches	TURKEY ALA KING Peaches w/crisp topping Wide noodles Pumpkin bread Cinnamon applesauce	CRABCAKE & MAC&CHEESE Stewed tomatoes Winter blend veggies White bread Fresh apple	
Monday, March 26	Tuesday, March 27	Wednesday, March 28	Thursday, March 29	Friday, March 30	
IRISH BEEF STEW Sugar snap peas and mushrooms Bowtie pasta w/gravy Bread Pineapples	BREADED CHICKEN STRIPS Sweet potato cubes Broccoli Roll Fruit cocktail	MEATLOAF W/MUSHROOM GRAVY Green beans and carrots Whopped potatoes & cauliflower Bread Blueberry muffin Apple juice	SUNDAY ROASTED CHICKEN Peas & onions Mashed sweet potatoes Bread Pudding	CENTER CLOSED NO MEALS ON WHEELS DELIVERY	