

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p style="text-align: center;">MARCH 2016</p>	<p style="text-align: right;">1</p> 9:00 am...Senior Strength I 10:00 am...Senior Strength II 1:00 pm...Chorus	<p style="text-align: right;">2</p> 9:00 am...Chair Yoga 10:00 am...Knitting 10:00 am...Beginners Bridge 10:00 am...Line Dancing 12:30 pm...Bridge 1:15 pm...Shopping at Shaw's	<p style="text-align: right;">3</p> 9:00 am...Senior Strength I 10:00 am...Senior Strength II 10:30 am...Blood Pressure 11:00 am...AARP Tax Assistance 1:00 pm...Bingo 1:15 pm...Shopping at Shaw's	<p style="text-align: right;">4</p> 9:00am... Zumba Gold 9:00 am...Benefit Rep 10:00 am...Scrabble Club 1:00 pm...Flowers f/Everyone 1:00 pm...Yoga	
	<p style="text-align: right;">7</p> 9:00 am...Chair Yoga 10:15 am... Artist in You 11:00 am...Arm Chair Travel 12:30 pm...Ladies' Bridge 12:30 pm...Mah Jongg 1:00 pm...Alzheimer's Support 6:45 pm...Duplicate Bridge	<p style="text-align: right;">8</p> 9:00 am...Senior Strength I 10:00 am...Senior Strength II 10:00 am...Current Events 1:00 pm...Ladies' Bridge 1:00 pm...Chorus	<p style="text-align: right;">9</p> 9:00 am...Chair Yoga 10:00 am...Knitting 10:00 am...Beginners Bridge 10:00 am...Line Dancing 12:30 pm...Bridge 1:15 pm...Shopping at Shaw's	<p style="text-align: right;">10</p> 9:00 am...Senior Strength I 10:00 am...Senior Strength II 10:30 am...Blood Pressure 11:00 am...AARP Tax Assistance 1:00 pm...Bingo 1:15 pm...Shopping at Shaw's	<p style="text-align: right;">11</p> 9:00am... Zumba Gold 9:00 am...Benefit Rep 10:00 am...Scrabble Club 1:00p m...Yoga
	<p style="text-align: right;">14</p> 9:00 am...Chair Yoga No Artist in You 12:30 pm...Ladies' Bridge 12:30 pm...Mah Jongg 6:45 pm...Duplicate Bridge	<p style="text-align: right;">15</p> 9:00 am...Senior Strength I 10:00 am...Senior Strength II 1:00 pm...Chorus	<p style="text-align: right;">16</p> 9:00 am... Chair Yoga 10:00 am...Knitting 10:00 am... Beginners Bridge 10:00 am...Line Dancing 12:30 pm...Bridge 1:15 pm...Shopping at Shaw's	<p style="text-align: right;">17</p> 9:00 am...Senior Strength I 10:00 am...Senior Strength II 10:30 am...Blood Pressure 11:00 am...AARP Tax Assistance 1:00 pm...Bingo 1:15 pm...Shopping at Shaw's	<p style="text-align: right;">18</p> 9:00 am...Zumba Gold 9:00 am...Benefit Rep 10:00 am...Scrabble Club 10:00 am...RIPTA 1:00pm... Yoga
	<p style="text-align: right;">21</p> 9:00am...Chair Yoga No Artist in You 12:30pm...Ladies' Bridge 12:30pm...Mah Jongg 6:45pm...Duplicate Bridge	<p style="text-align: right;">22</p> 9:00 am...Senior Strength I 10:00 am...Senior Strength II 10:00 am...Current Events 1:00 pm...Ladies' Bridge 1:00 pm...Chorus	<p style="text-align: right;">23</p> 9:00 am... Chair Yoga 10:00 am...Knitting 10:00 am... Beginners Bridge 10:00 am...Line Dancing 12:30 pm...Bridge 1:15 pm...Shopping at Shaw's	<p style="text-align: right;">24</p> 9:00 am...Senior Strength I 10:00 am...Senior Strength II 10:30 am... Blood Pressure 11:00 am...AARP Tax Assistance 1:00 pm...Bingo 1:15 pm...Shopping at Shaw's	<p style="text-align: right;">25</p> 9:00 am...Zumba Gold 9:00 am...Benefit Rep 10:00 am...Scrabble Club 1:00 pm...Yoga
	<p style="text-align: right;">28</p> 9:00 am...Chair Yoga 10:15 am...Artist in You 12:30 pm...Ladies' Bridge 12:30 pm...Mah Jongg 1:00 pm...Egret's Landing Café 6:45 pm...Duplicate Bridge	<p style="text-align: right;">29</p> 9:00 am...Senior Strength I 10:00 am...Senior Strength II 1:00 pm...Chorus	<p style="text-align: right;">30</p> 9:00 am... Chair Yoga 10:00 am...Knitting 10:00 am...Beginners Bridge 10:00 am...Line Dancing 12:30 pm...Bridge 1:15 pm...Shopping at Shaw's	<p style="text-align: right;">31</p> 9:00 am...Senior Strength I 10:00 am...Senior Strength II 10:30 am... Blood Pressure 11:00 am...AARP Tax Assistance 1:00 pm...Bingo 1:15 pm...Shopping at Shaw's	

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>MARCH</h1> <h1>2016</h1>	<p>1 Turkey Rice Soup Veal Parmesan Seasoned Pasta Italian Blend Vegetables Fresh Fruit <i>(Meatloaf on Italian)</i></p>	<p>2 Beef Barley Soup Chicken Leg Quarter Oven Roasted Potatoes Wax Beans with Pimentos Butterscotch Pudding <i>(Seafood Salad on Marble)</i></p>	<p>3 Tomato & Rice Soup Shepherd's Pie w/Ketchup Mixed Vegetables Diced Peaches <i>(Chicken Salad on a Roll)</i></p>	<p>4 Vegetable Soup Crab Cake Seasoned Rice Broccoli Slaw Chocolate Chip Cookies <i>(Ham Salad on a Roll)</i></p>
<p>8 Chili Soup Knockwurst with Mustard Boiled Potatoes Asparagus Mandarin Oranges <i>(Chicken Loaf on Roll)</i></p>	<p>8 Chicken Soup Pork Loin with Gravy Stuffing Mixed Vegetables Lemon Pudding <i>(Egg Salad on Multi Grain)</i></p>	<p>9 Venus de Milo Soup Marinated Grilled Chicken Peppers and Onions Mashed Potatoes Ice Cream <i>(Tuna on Rye)</i></p>	<p>10 Chicken Rice Soup French Meat Turnover Brussel Sprouts Baked Lays Chips Fresh Fruit <i>(Turkey and Cheese on Oatmeal)</i></p>	<p>11 White Chowder Tuna on Croissant Pasta Salad Marinated Beets and Onions Tapioca Pudding <i>(Ham and Cheese on Croissant)</i></p>
<p>14 Chicken Noodle Soup Sloppy Joe on Hamburg Roll Potato Log Mixed Vegetables Pear Half <i>(Shrimp Salad on a Roll)</i></p>	<p>15 Lentil Soup Chicken Cordon Bleu Zucchini Rice Pilaf Pudding <i>(Bologna and Cheese on Wheat)</i></p>	<p>16 Beef Vegetable Soup Veal with Mushroom Gravy Seasoned Spinach Fresh Fruit <i>(Chicken Salad on Pumpernickel)</i></p>	<p>17 <u>Happy Birthday</u> Split Pea Soup Corned Beef with Mustard Seasoned Boiled potatoes Cabbage & Carrot Medley Frosted Cupcake <i>(Tuna on Rye)</i></p>	<p>18 Pasta Fagioli Italian Sausage on a Roll Seasoned Shells Peppers and Onions Spumoni Ice Cream <i>(Egg Salad on a Roll)</i></p>
<p>21 Onion Soup with Croutons Salisbury Steak with Gravy Mashed Potatoes California Blend Vegetables Peanut Butter Cookies <i>(Chicken Salad) on Wheat)</i></p>	<p>22 Beef Gumbo Soup Italian Style Chicken Cutlet Macaroni and Cheese 3-Bean Salad Fruit Cocktail <i>(Hot Dog on Bun)</i></p>	<p>23 Egg Drop Soup Pulled Pork on a Roll Baked Beans Cole Slaw Apple Sauce <i>(Turkey and Cheese on a Roll)</i></p>	<p>24 Chicken Soup Turkey with Gravy Apple Cornbread Stuffing Sliced Carrots Hoodsie Cup <i>(Ham and Cheese on Marble)</i></p>	<p>25 Cream of Broccoli Soup Breaded Baked Fish Red Bliss Mashed Potatoes Capri Blend Vegetable Fresh Fruit <i>(Meatloaf on Wheat)</i></p>
<p>28 Lentil Soup Baked Ham with Glaze Sweet Potatoes Green Beans Coffee Cake <i>(Roast Beef on a Bulky</i></p>	<p>29 Tossed Salad Beef Stroganoff Buttered Noodles Sliced Carrots Fresh Fruit <i>(Italian Tuna on Rye)</i></p>	<p>30 Minestrone Soup Stuffed Chicken with Gravy Rice Pilaf Mixed Vegetables Lemon Pudding <i>(Seafood Salad on Pumpernickel)</i></p>	<p>31 Chicken Soup Low Sodium Hot Dog on a Bun Cole Slaw BBQ Baked Beans Apricot Half <i>(Hamburger on a Roll)</i></p>	<p><i>Reservations required by noon the day before</i></p> <p><i>Meals are served at 11:45</i></p> <p><i>Cost: \$3.00</i></p>