

March 2015 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tomato Soup Roasted Chicken Breast Corn Cobblet Pineapple Tidbits Wheat Bread	3 Roast Turkey & Gravy Brussel Sprouts Brown Rice Whole Wheat Roll Applesauce Cranberry Sauce	4 Veal Parmesan Potato Wedges Green Beans Whole Wheat Bun Orange	5 Roast Beef Au Jus Wheat Kaiser Roll Mashed Potatoes Tropical Fruit	6 Baked Tilapia Red Creole Sauce Green Beans Baked Potato Granola Bar
9 Lentil Soup Honey Lemon Chicken White Rice Broccoli Fresh Apple Slices	10 Beef Stew Potatoes Peas & Carrots Whole Wheat Roll Vanilla Pudding Graham Crackers	11 Mixed Fruit Juice Turkey Ala King Egg Noodles Mixed Vegetables Bread Stick Fresh Pear	12 Tossed Salad with Tomato Beef a Roni Seasoned Italian Blend Wheat Breadstick Tapioca Pudding	13 Cranberry Juice Crab Cakes Macaroni & Cheese Stewed Tomatoes Orange
16 Orange Juice Chicken Cacciatore Green Beans Corn Muffin White Rice Pear Halves	17 <i>St. Patrick's Day</i> <i>Cream of Potato Soup</i> <i>Corned Beef & Swiss on Rye</i> <i>Cole Slaw & Russian Dressing</i> <i>Potato Salad</i> <i>Green Fruited Jello</i>	18 <i>Birthday Party</i> <i>Roast Turkey & Gravy</i> <i>Stuffing & Carrots</i> <i>Whole Wheat Roll</i> <i>Fruit Cocktail</i> <i>Cranberry Sauce</i> <i>Cake & Ice Cream</i>	19 Cheeseburger Lettuce & Tomato Cole Slaw Peaches	20 Tossed Salad with Tomato Tuna Noodle Casserole Graham Crackers Pound Cake, Blueberries,& Whipped Topping
23 Minestrone Soup Italian Sausage, Peppers, & Onion Sandwich Oven Browned Potatoes Diced Pears	24 Beef Stroganoff Oriental Blend Vegetables White Rice Whole Wheat Bread Mandarin Oranges	25 Tossed Salad Mushroom Barley Soup BBQ Chicken Sandwich Vegetarian Baked Beans Apple	26 Orange Juice Meatloaf with Gravy Mashed Potatoes Green Beans Vanilla Wafers	27 Chicken Cordon Bleu Honey Mustard Sauce Collard Greens Parslied Noodles Whole Wheat Roll Pineapple
30 Fruit Juice Salisbury Steak Mashed Potatoes Spinach Whole wheat Roll Yogurt with Granola	31 Tomato Soup Roasted Chicken Breast Corn Cobblet Pineapple Tidbits Wheat Bread		Cold lunch menu on page 7. Also available at the Center or online @ www.wcseniors.org . Please sign up for lunches at least 5 days in advance.	Senior Center membership is not required for individuals 60 and older to participate in the congregate meal program. All Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal. There is no cost to you for the meal but you must contact the Senior Center to reserve your meal two days in advance of meal service. A voluntary confidential contribution is appreciated toward the cost of the meal but is not required.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

March 2015 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00 Breakfast 9:00 Pinochle 9:30 Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:30 Bridge 12:45 Bingo/ Reminiscing 12:45 Rhythm of Life	3 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:30 Fall Prevention Program 12:45 Knitting 2:00 French Club	4 8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo 11:15 Silver Sneakers 12:45 Pinochle/Bingo	5 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 iPad Club/Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 12:30 Fall Prevention Program 1:00 Chorus	6 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Bingo/Pinochle/Crafts
9 8:00 Breakfast 9:00 Pinochle 9:30 Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:30 Bridge 12:45 Bingo 12:45 Rhythm of Life 12:45 Garden Club	10 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Planning Council/Nurse 10:30 Current Events/ Computer Q &A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:30 Fall Prevention Program 12:45 Knitting 1:00 AARP Meeting 2:00 French Club	11 8:00 Breakfast 9:00 Pinochle 9:15 Art from the Heart 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:00 MindMatters Lecture 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Sen. Dinniman's Outreach Representative 12:45 Pinochle/Bingo 12:45 Nutrition & Parkinson's Disease	12 8:00 Breakfast 9:30 Low Impact Aerobics 9:30 Bible Study 10:00 Art Appreciation/Ping Pong 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 12:30 Fall Prevention Program 1:00 Chorus	13 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Bingo/Pinochle/Crafts
16 8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:30 Bridge 12:45 Bingo/ Rhythm of Life 12:45 Reminiscing 12:45 Healthy Snacks	17 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Yoga 12:30 Fall Prevention Program 12:45 Knitting 2:00 French Club	18 8:00 Breakfast 9:00 Pinochle 9:15 Art from the Heart 9:30 Rover Information 9:30 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:00 Birthday Party & Entertainment 12:45 Pinochle	19 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Photo Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 12:30 Fall Prevention Program 12:45 Read the Classics Book Club 1:00 Chorus/ Computer Forum 5:00 Potluck Dinner	20 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Bingo/Pinochle/Crafts
23 8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/ Silver Sneakers 12:30 Bridge 12:45 Bingo /Rhythm of Life 12:45 Reminiscing	24 8:00 Breakfast 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Yoga 12:30 Fall Prevention Program 12:45 Knitting Club 2:00 French Club	25 8:00 Breakfast 9:00 Pinochle 9:15 Art from the Heart 9:30 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Pinochle/ Bingo/ Book Club 12:45 Healthy Eating & You	26 8:00 Breakfast 9:30 Low Impact Aerobics/Bible Study 10:30 Healthy Steps in Motion 11:30 Yoga 12:30 Bridge 12:30 Fall Prevention Program 1:00 Chorus	27 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:45 Bingo/Pinochle/Crafts
30 8:00 Breakfast 9:00 Pinochle 9:30 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/ Silver Sneakers 12:30 Bridge 12:45 Bingo/Rhythm of Life/ Reminiscing 12:45 Hydration & Activity	31 8:00 Breakfast 8:30 4 Hour 55 Alive Refresher Class 9:30 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club 2:00 French Club			

Rover Transportation Available

