

## MARCH 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>All Sponsored classes are subject to change.</b></p>	<p><b>Lunch/ Almuerzo</b> 12pm-1pm DAILY</p> <p><b>HABLAMOS ESPAÑOL</b> Must be the age of 60 and over to register</p>	<p><b>1</b> 10AM- Work it (Cycling class ) 12PM Lunch/Almuerzo 1PM Coloring Class 2PM Dominoes (Leisure Games)</p>	<p><b>2</b> 10AM- Word Search Puzzle 12PM- Lunch/Almuerzo 1PM-Chair Zumba ( Tommy) 2PM- Dominoes (Leisure Game)</p>	<p><b>3</b> 10AM- Ball it out (Wii Bowling) 12PM- Lunch/Almuerzo 1PM- Coloring Class 2PM Dominoes (Leisure Game)</p>	
	<p><b>6</b> 10AM- Treadmill (Phys.Ed) 11AM- Hidden Picture Puzzles 12PM- Lunch/Almuerzo 1PM- Technology 2PM- Painting</p>	<p><b>7</b> 10AM- Ball it out (Wii Bowling) 11AM- Treadmill 12PM- Lunch/Almuerzo 1PM- Ritmo Latino (Maryorie) 2PM- Board Games</p>	<p><b>8</b> 10AM- Ball it Out (Wii Bowling) 10:30AM Work it (Cycling class) 12PM- Lunch/Almuerzo 1PM- Coloring Class 2PM- Dominoes ( Leisure Games)</p>	<p><b>9</b> <u>Pantry Distribution</u> 9:30AM- 11:30 Pantry Distribution 12PM- Lunch/Almuerzo 1PM-Chair Zumba (Tommy) 2PM- Word Search (Puzzle) 3PM- Art &amp; Craft</p>	<p><b>10</b> <u>Art &amp; Craft (Tommy)</u> 10AM- Ball it out (Wii Bowling) 11AM Walk W Ease 12PM- Lunch/Almuerzo 1PM Art &amp; Craft ( Tommy Experience) 2PM Support Group</p>
	<p><b>13</b> 10AM- Treadmill (Phys.Ed) 11AM- Hidden Picture Puzzles 12PM- Lunch/Almuerzo 1PM- Technology 2PM- Painting</p>	<p><b>14</b> 10AM- Ball it Out (Wii Bowling) 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM Coloring class 2PM Dominoes (Leisure Games) 3PM Round Table ( Advisory Board )</p>	<p><b>15</b> <u>St Patrick's Party</u> 10AM- Work it (Cycling class ) 11AM- Health Promotion 12PM- Lunch/Almuerzo 1-3PM St Patrick's Party</p>	<p><b>16</b> 10AM- Word Search ( Puzzle) 11AM- Treadmill 12PM- Lunch/Almuerzo 1PM- Chair Zumba (Tommy) 2PM Art &amp; Craft</p>	<p><b>17</b> 10AM- Ball it out (Wii Bowling) 11AM Walk W Ease 12PM- Lunch/Almuerzo 1PM- Art &amp; Craft 2PM- Dominoes (Leisure Game)</p>
	<p><b>20</b> 10AM- Treadmill (Phys.Ed) 11AM- Hidden Picture Puzzles 12PM- Lunch/Almuerzo 1PM- Technology 2PM- Painting</p>	<p><b>21</b> 10AM- Ball it Out (Wii Bowling) 11AM- Treadmill 12PM- Lunch/Almuerzo 1PM- Ritmo Latino (Maryorie) 2PM- Board Games</p>	<p><b>22</b> 10 AM Work it ( Cycling Class) 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM- Arthritis Painting Reliever/Canvas Painting ( Kathy) 2PM Dominoes (Leisure Games)</p>	<p><b>23</b> 10AM- Word Search ( PUZZLES) 11AM- Treadmill 12PM- Lunch/Almuerzo 1PM- Chair Zumba (Tommy) 2PM Painting</p>	<p><b>24</b> 10AM- Ball it out (Wii Bowling) 11AM- Walk W Ease 12PM- Lunch/Almuerzo 1PM 3PM- Bingo</p>
	<p><b>27</b> 10AM- Treadmill (Phys.Ed) 11AM- Hidden Picture Puzzles 12PM- Lunch/Almuerzo 1PM- Technology 2PM – Painting</p>	<p><b>28</b> 10AM- Ball it Out (Wii Bowling) 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM- Ritmo Latino ( Maryorie) 2PM- Board Games</p>	<p><b>29</b> 10AM- Work it (Cycling class ) 11AM- Ball it Out (Wii Bowling) 12PM- Lunch/Almuerzo 1PM Coloring class 2PM Dominoes (Leisure Games)</p>	<p><b>30</b> 10AM- Word Search ( PUZZLES) 11AM- Treadmill 12PM- Lunch/Almuerzo 1PM- Chair Zumba (Tommy) 2PM Painting</p>	<p><b>31</b> 10AM- Ball it out (Wii Bowling) 11AM- Walk W Ease 12PM- Lunch/Almuerzo 1PM 3PM- Bingo</p>

**MARCH 2023 MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BBQ Pulled Pork Garlic Mashed Potatoes Sautéed Spinach Orange	2 Sweet Potato Coconut Curry Fish Brown Rice (1/2 Cup) Sautéed Green Beans Apple	3 Salisbury Steak w/ Mushroom Sauce Pasta (1/2 Cup) Cooked Cabbage w/ Shredded Carrots Banana
6 Pernil (Roasted Pork Shoulder) Steamed Peas Sweet Baked Yams Apple	7 BBQ Chicken Yellow Rice Sautéed Green Beans Banana	8 Cornmeal Crusted Fish Cooked Cabbage w/ Carrots Home fries w/ Peppers & Onions Orange	9 Vegetarian Chicken Stew Perfect White Rice Steamed Spinach Apple	10 Curry Chicken Instant Mashed Potatoes Steamed Carrots & Green Beans Banana
13 Spanish Style Beef Stew Brown Rice (1/2 Cup) Sautéed String Beans (1/2 Cup) Apple	14 Baked Chicken Thighs Baked Sweet Potato Broccoli w/ Toasted Garlic Banana	15 Baked Fish w. Mushrooms & Peppers Rice Pilaf Caribbean Style Cabbage w. Carrots Orange	16 Pork Roast w/ Mango Chutney Bowtie Pasta (1/2 Cup) Steamed Spinach Apple	17 Vegetable Lasagna Baby Carrots w/ Parsley Banana
20 Italian Sausage Penne Pasta (1/2 Cup) Sautéed Green Beans Apple	21 Lentil Stew w/ Carrots & Turnips Yellow Rice Sautéed Spinach Orange	22 Smothered Pork Chops Homemade Mashed Potatoes Vegetable Mix (non-starchy) Banana	23 Curry Chicken Perfect White Rice Cooked Cabbage w/ Carrots Apple	24 Lemon Pepper Fish Pasta (1/2 Cup) Steamed Broccoli Banana
27 Jerk Chicken Rice & Beans Mixed Vegetables (Starchy) Apple	28 Turkey Chili w/ Sweet Potatoes & Corn Steamed Green Beans Banana	29 Beef and Broccoli Bowtie Pasta (1/2 Cup) Steamed Sliced Carrots Orange	30 Stewed Beans Perfect White Rice Arugula Salad w/ Balsamic Vinaigrette California Blend Apple	31 Chicken w/ Oyster Sauce Oriental Blend Vegetables Smashed Red Potatoes Banana