























Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>VIRTUAL SUPPORT GROUPS:</u></p> <p><u>Grandparents Raising Grandkids</u> Every Wednesday 1-2:30pm</p> <p><u>Adult Children Of Aging Parents</u> 3rd Wednesday of the Month 7-8:30pm</p> <p><u>Caregivers Group</u> Every Monday 1-2:30pm</p> <p>Call 631-728-1235 for more information</p>	<p><u>Everyday Activities</u></p> <p><u>9:30-Current Events</u> <u>11:00-Exercises</u> <u>11:30-Lecture</u> <u>12:00-Lunch</u> <u>1:00- Game, Craft or Music</u></p> 	<p><u>1 Four Cheese Chicken Penne</u> <u>8:30</u> Continental Breakfast & Music- Classical Christmas <u>9:30</u> Current Events <u>11:00</u> Exercise <u>11:30</u> What's So Special About March <u>1:00</u> Left, Right Center</p>	<p><u>2 Swedish Meatballs</u> <u>8:30</u> Hot Breakfast & Music-Country Music <u>9:30</u> Current Events <u>11:00 BIRTHDAY PARTY DAY</u></p>  <p><u>1:00</u> Exercise</p>	<p><u>3 Sole Florentine</u> <u>8:30</u> Continental Breakfast & Music-Country <u>9:30</u> Current Events <u>11:00</u> Exercise <u>11:30</u> Guess Who? Clara Burton <u>1:00</u> Music</p> 
<p><u>6 Coconut Chicken Word of the Week- "Leprechaun"</u> <u>8:30</u> Continental Breakfast & Music- Show Tunes <u>9:30</u> Current Events <u>11:30</u> Did You Ever Play Monopoly <u>1:00</u> Lion Craft</p> 	<p><u>7 Eggplant Parmesan</u> <u>8:30</u> Hot Breakfast & Music-1970's <u>9:30</u> Current Events <u>11:00</u> Exercise <u>11:30</u> Discussion- Salem Witch Trials <u>1:00</u> Bingo</p>	<p><u>8 Meatloaf</u> <u>8:30</u> Continental Breakfast & Music- Classical <u>9:30</u> Current Events <u>11:00</u> Exercise <u>11:30</u> Guess Who? Babe Ruth <u>1:00</u> Shuffleboard</p> 	<p><u>9 Turkey Burger</u> <u>8:30</u> Hot Breakfast & Music-Frank Sinatra <u>9:30</u> Current Events <u>11:30</u> Discussion- US Paper Money <u>1:00</u> Leprechaun Hat Craft</p> 	<p><u>10 Popcorn Shrimp</u> <u>8:30</u> Continental Breakfast & Music- Jazz Standards <u>9:30</u> Current Events <u>11:30</u> Discussion- Daylight Savings <u>1:00</u> Music</p> 
<p><u>13 Stuffed Peppers Word of The Week- "Daylight Savings"</u> <u>8:30</u> Continental Breakfast & Music- Show Tunes <u>9:30</u> Current Events <u>11:30</u> Guess Who? Liza Minelli <u>1:00</u> Tissue Paper Shamrock</p> 	<p><u>14 Shrimp in Pink Cream Sauce</u> <u>8:30</u> Hot Breakfast & Music-1960's <u>9:30</u> Current Events <u>11:00</u> Discussion- The Hula Hoop <u>1:00</u> Name That Word Game</p>	<p><u>15 Chicken Milano</u> <u>8:30</u> Continental Breakfast & Music- The Andrews Sisters <u>9:30</u> Current Events <u>11:00</u> Exercise <u>11:30</u> Discussion- Ides of March <u>1:00</u></p> 	<p><u>16 Beef Stew</u> <u>8:30</u> Hot Breakfast & Music- Jazz <u>9:30</u> Current Events <u>11:00</u> Exercise <u>11:30</u> Guess Who? Jerry Lewis <u>1:00</u> Dancing Leprechaun Craft</p> 	<p><u>17 Boston Baked Codfish</u> <u>8:30</u> Continental Breakfast & Music- Classical <u>9:30</u> Current Events <u>11:00</u> Exercise <u>11:30</u> Discussion- St. Patrick's Day <u>1:00</u> Music</p> 
<p><u>20 Apple Glazed Ham Word of The Week- "Spring"</u> <u>8:30</u> Continental Breakfast & Music- Show Tunes <u>9:30</u> Current Events <u>11:30</u> Discussion- Spring <u>1:00</u> Long Dog Craft</p>	<p><u>21 Stuffed Rigatoni</u> <u>8:30</u> Hot Breakfast & Music-1950's <u>9:30</u> Current Events <u>11:00</u> Exercise <u>11:30</u> Discussion- Alcatraz <u>1:00</u> Ladderball</p>	<p><u>22 Chicken Caprina</u> <u>8:30</u> Continental Breakfast & Music- Classical Christmas <u>9:30</u> Current Events <u>11:00</u> Exercise <u>11:30</u> Discussion- Selma March <u>1:00</u> St. Patrick's Day Bingo</p> 	<p><u>23 Shepherd's Pie</u> <u>8:30</u> Hot Breakfast & Music-Holiday Hits <u>9:30</u> Current Events <u>11:00</u> Exercise <u>11:30</u> Guess Who? Joan Crawford <u>1:00</u> Spring Pinwheel Craft</p> 	<p><u>24 Flounder Newburg</u> <u>8:30</u> Continental Breakfast & Music-Country <u>9:30</u> Current Events <u>11:00</u> Exercise <u>11:30</u> Discussion- Exxon Valdez <u>1:00</u> Music</p> 
<p><u>27 Chicken Puttanesca Word of The Week- "Elephants"</u> <u>8:30</u> Continental Breakfast & Music- Show Tunes <u>9:30</u> Current Events <u>11:30</u> Discussion- Alaska's Tsunami <u>1:00</u> Elephant Paper Plate Craft</p> 	<p><u>28 Sage Pork Roast</u> <u>8:30</u> Hot Breakfast & Music-1940's <u>9:30</u> Current Events <u>11:00</u> Exercise <u>11:30</u> Guess Who? Robert Frost <u>1:00</u> Ring Toss</p> 	<p><u>29 Four Cheese Chicken Penne</u> <u>8:30</u> Continental Breakfast & Music- Classical Christmas <u>9:30</u> Current Events <u>11:00</u> Exercise <u>11:30</u> Discussion- Singing in the Rain <u>1:00</u> Horse Racing Game</p> 	<p><u>30 Swedish Meatballs</u> <u>8:30</u> Hot Breakfast & Music-Country Music <u>9:30</u> Current Events <u>11:00 BIRTHDAY PARTY DAY</u> <u>1:00</u> Out Like a Lamb Craft</p> 	<p><u>31 Sole Florentine</u> <u>8:30</u> Continental Breakfast & Music-Country <u>9:30</u> Current Events <u>11:00</u> Exercise <u>11:30</u> Discussion- Potato Chip <u>1:00</u> Music</p> 



MARCH 2023
CONGREGATE MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Four Cheese Chicken Penne – Yellow Squash – Garlic Spinach – Orange Juice – Multigrain Bread – Tapioca Pudding & Milk	2 Swedish Meatballs – Wax Beans – Sweet Peas – Mashed Potatoes – French Roll – Fresh Grapes & Milk	3 Sole Florentine w/Spinach & Swiss – Asparagus – Carrots – Orange Juice – Wild Rice – Wheat Bread – Brownie & Milk
6 Coconut Chicken – Fresh Broccoli – Orange Juice – Steamed Red Potatoes – Rye Bread – Mixed Melon & Milk	7 Eggplant Parmesan – Roasted Rutabaga – Capri Blend – Bow Tie Pasta – Italian Bread – Lemon Pound Cake & Milk	8 Homemade Meatloaf w/Mushroom Gravy – Split Pea & Ham Soup – Asparagus – Roasted Potatoes – Multigrain Bread – Mandarin Oranges & Milk	9 Turkey Burger – Roasted Zucchini w/Mushrooms – Spinach – Apple Juice – Wheat Bun – Cheese Cake w/Fresh Berries & Milk	10 Popcorn Shrimp – Brussels Sprouts – Carrots – Cous Cous – Assorted Roll – Fresh Cut Fruit & Milk
13 Stuffed Peppers w/Tomato Sauce – Steamed Cauliflower – Lima Bean Sauté – Wheat Bread – Fresh Orange & Milk	14 Shrimp in a Pink Cream Sauce – Broccoli – Orange Juice – Carrots – Cavatelli Pasta – Sourdough Bread – Oatmeal Raisin Cookies & Milk	15 Chicken Milano w/Mushroom Gravy – Garlic Green Beans w/Mushrooms – Corn Sauté – Pumpernickel Bread – Fresh Pear & Milk	16 Hearty Beef Stew – Cranberry Juice – Brussels Sprouts – Noodles – Wheat Bread – Blondie & Milk	17 Corned Beef & Cabbage – Carrots – Red Potatoes – Irish Soda Bread – Carrot Cake & Milk 
20 Apple Glazed Ham – Brussel Sprouts – Apple Juice – Scallop Potatoes – French Roll – Peach Crisp & Milk	21 Stuffed Rigatoni Bolognese – Normandy Blend – Baked Yellow Squash – Italian Bread – Clementine & Milk	22 Chicken Caprina – Fresh Broccoli – Peas & Carrots – Orzo – Dinner Roll – Pineapple Chunks & Milk	23 Shepherd's Pie – Cauliflower – Roasted Zucchini – Sourdough Bread – Fresh Orange & Milk	24 Flounder Newburg – Garlic Spinach – Grape Juice – Sweet Potato – Wheat Berry Bread – Tropical Fruit & Milk
27 Chicken Puttanesca – Kale – Apple Juice – Polenta – Italian Bread – Mixed Fruit Cobbler & Milk	28 Sage Pork Roast – Red Cabbage – Cauliflower – Buttered Noodles – Wheat Bread – Sliced Peaches & Milk	29 Four Cheese Chicken Penne – Yellow Squash – Orange Juice – Garlic Spinach – Multigrain Bread – Tapioca Pudding & Milk	30 Swedish Meatballs – Wax Beans – Sweet Peas – Mashed Potatoes – French Roll – Fresh Grapes & Milk	31 Sole Florentine w/Spinach & Swiss – Asparagus – Orange Juice – Wild Rice – Wheat Bread – Brownie & Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Please inform Center staff if you have a food allergy

GRAB 'N GO MEALS – PRE-REGISTRATION REQUIRED

Alternative Entrée:

NOT AVAILABLE FOR GRAB 'N GO

Week of March 1 & 27
Week of March 6
Week of March 13
Week of March 20

Hot: Pizza
Hot: Ham & Cheese on a Croissant
Hot: Shrimp Po Boy
Hot: Cheese Quesadilla

Cold: Cranberry Apple Chicken Salad Plate
Cold: Cottage Cheese & Fruit Plate
Cold: Egg Salad Plate
Cold: Turkey & Cheese on Rye

Thought of the Month:

“May the luck of the Irish lead to happiest heights,
And the highway you travel be lined with green lights.”