

NAME:

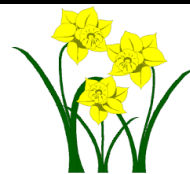
# MARCH 2025 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback <b>12p= Sr Ctr Meeting</b> <b>Guest=Fyzical</b> <b>Therapy &amp; Balance</b>	<b>4</b> 10a=B/P 9:30a=Health Worker 9:30a=Chair Yoga I 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo	<b>5</b> 9:30a=Stretch/Tone 10a=BCH Nutrition <b>10a=Chair Massage</b> 11a=BRASS Crochet <b>12p=Glazey Dayz</b> 12:30p=Sewing	<b>6</b> 10a=BRASS Quilting 10a=Chorus <b>10a=COVID Shots</b> 11a=Poker 11:30a=Café Lunch <b>12:30p=Wisewoman</b> <b>12:30p=Senior Dine</b> <b>Sign Up</b>	<b>7</b> 9:30a=BRASS Chair Strength 11a=Computer Class 10a=Tech Help <b>11a=City Mission Grocery Bag</b> 11a=Paint w/Silvia \$2
<b>10</b> 10a=BRASS Paint \$2 <b>10:30a=Drumming</b> 11a=BRASS Zumba 11a=Setback	<b>11</b> 10a=B/P 9:30a=Chair Yoga I 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo	<b>12</b> <b>9:30a=Wii Bowling League - Here</b>	<b>13</b> 10a=BRASS Quilting 10a=Chorus 11a=Poker 11:30a=Café Lunch	<b>14</b> <b>No Activities</b> <b>\$5/per person pre-paid</b> <b>Party 11a-1p</b>  <small>ST. PATRICK'S DAY PARTY</small>
<b>17</b> 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback	<b>18</b> 10a=B/P 9:30a=Chair Yoga I 10:30a=Chair Yoga II 11:30a=Café Lunch 11:30a=Reflexology 12:30p=Bingo	<b>19</b> 9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet <b>1p=Tai Chi (1 Of 8)</b>  <b>No Sewing</b>	<b>20</b> 10a=BRASS Quilting 10a=Chorus 11a=Poker 11:30a=Café Lunch <b>11:30a=Reiki</b> <b>12:30p=Mandy Dupont</b>	<b>21</b> 9:30a=BRASS Chair Strength <b>9:30a=AARP Driver</b> 11a=Computer Class 10a=Tech Help 11a=Paint w/Silvia \$2 <b>11:45a=OLLI at UCONN</b>
<b>24</b> 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback <b>12:30p=Unity Pham. Lunch &amp; Learn</b>	<b>25</b> 10a=B/P 9:30a=Chair Yoga I 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo	<b>26</b> 9:30a=Stretch/Tone 10a=BCH Nutrition <b>10a=Dolce</b> 11a=BRASS Crochet <b>12:30p=Sewing</b> <b>1p=Tai Chi (2 of 8)</b>	<b>27</b> 10a=BRASS Quilting 10a=Chorus 11a=Poker 11:30a=Café Lunch <b>12:30p=Cheshire House Mobility Test</b>	<b>28</b> 9:30a=BRASS Chair Strength <b>11a=Virtual Reality</b> 10a=Tech Help 11a=Paint w/Silvia \$2 <b>12p=Jessica Dorner Nutrition</b>
<b>31</b> 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback	<b>Wii Bowling daily starting at 9am</b>			





# MARCH 2025 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Café Lunch served 11:30a to 12:30p Tuesday &amp; Thursday</p> <p>All menus are subject to change</p>	<p style="text-align: right;">4</p> <p>Cheese baked Ziti Tossed salad/Ranch Carrots Italian bread Pineapple tidbits</p>		<p style="text-align: right;">6</p> <p>Black bean soup/crx Beef Taco meat Brown Spanish rice Flour Tortilla Fresh fruit</p>	<p style="text-align: center;"><b>Suggested Donation for Seniors \$4.00</b></p>
	<p style="text-align: right;">11</p> <p>Herbed chicken Mac &amp; Cheese Coleslaw Rye bread Diced pears</p>		<p style="text-align: right;">13</p> <p>BBQ Pork riblet/bun Ranch beans Spinach Chocolate pudding Fruit juice</p>	<p style="text-align: center;"><b><u>PLEASE NOTE</u> Aids &amp; Guests are asked to pay \$8.14 for lunch. That is what the WSC pays New Opp for lunch</b></p>
	<p style="text-align: right;">18</p> <p>Sweet &amp; sour chicken Confetti brown rice Broccoli Wheat bread Pineapple tidbits</p>		<p style="text-align: right;">20</p> <p>Florentine soup/crx Tomato basil chicken Garlic Parmesan Orzo Italian bread Fresh fruit</p>	<p style="text-align: center;"><b>We are unable to use our funding to pay for lunch- es of individuals under the age of 60</b></p>
	<p style="text-align: right;">25</p> <p>Honey mustard pork Baked pinto beans Cabbage Wheat bread Fudge brownie Fruit juice</p>		<p style="text-align: right;">27</p> <p>Turkey Chili Corn O'Brien Mixed greens Cornbread muffin Diced Pears</p>	

