

COLCHESTER SENIOR CENTER

MARCH 2014

news

MARDI GRAS!

Tuesday, March 4
12:00 p.m.

Let's bring a little taste of New Orleans to Colchester—lunch includes jambalaya (a mildly spiced rice dish with kielbasa, chicken & vegetables), a tossed garden salad and King Cake for dessert. Enjoy a pancake relay, prizes and more for this Creole holiday celebration. Tickets cost \$6.00 and are on sale through Monday, March 3rd or until sold out.



LUCK O' THE IRISH CELEBRATION

Monday, March 10
12:00 p.m.

On St. Patrick's Day, we're all a "wee bit" Irish! Join us for a special meal by TVCCA. Menu includes Corned Beef and Cabbage, Mashed Potatoes, Baby Carrots, Irish Soda Bread, Irish Tea and dessert. Pierce Campbell will be here to perform his St. Patrick's Day show. His gorgeous vocals and funny sense of humor may have you wondering if he's part leprechaun. Tickets are \$7.00 and on sale through Friday, March 7th.

COOKING FOR ONE

Wednesday, March 12
11:30 a.m.

Andrea Deedy, Registered Dietician from TVCCA will be here to give some great tips for preparing smaller meals. Please pre-register by Monday, March 10th.



THE INS & OUTS OF HOME CARE

Monday, March 17
10:30 a.m.

Come and learn more about home care and the services provided by area agencies with Lori McCarthy from Interim Healthcare. Light refreshments will be served. Please sign up by Friday, March 14th.



POPS N' JAZZ CONCERT

Wednesday, March 19
12:45 p.m.

Students will perform their annual Pops 'n Jazz concert—a favorite for all! A suggested donation of \$5.00 is requested for this trip to Hall High in West Hartford. Space is limited. Please sign up by Monday, March 17th.

TREASURES OF IRELAND TRIP PRESENTATION

Thursday, March 20
6:00 p.m.

Come learn more about this exciting 9-day international trip to Ireland, with travel dates from September 29 through October 7, 2014. Bob Marx from Landmark Tours will be here to review the trip itinerary, answer all of your questions and help you get registered for this once-in-a-lifetime trip!



CELEBRATE EVERYTHING LEFTOVERS LUNCHEON

Tuesday, April 1
12:00 p.m.

Like leftovers?? Join us for this unique celebration where we'll use up all of our odds-and-ends from other parties throughout the year. It will have you wondering what holiday it really is—perfect for April Fools Day! Lunch menu (not leftovers) includes Beef Stroganoff with Noodles, Seasoned Mixed Vegetables, and Strawberry Shortcake, provided by TVCCA. Tap your toes to music by "We Got Rhythm!" Tickets are \$7.00 and on sale beginning Monday, March 10th.

**COLCHESTER SENIOR
CENTER**
95 Norwich Ave.
Colchester, CT 06415

Phone: 860-537-3911

Fax: 860-537-5574

Email: csc@colchesterct.gov

HOURS OF OPERATION

Monday: 8:00 a.m.-4:00 p.m.

Tuesday: 8:00 a.m.-4:00 p.m.

Wednesday: 8:00 a.m.-4:00 p.m.

Thursday: 8:00 a.m.-4:00 p.m.

Friday: 8:00 a.m.-4:00 p.m.

SENIOR CENTER STAFF

Patricia Watts

Director/Municipal Agent

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Becky Sullivan

Program Coordinator

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Steve Mekkelsen

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Louise Plocharczyk

Full-time Driver

Ginny Stephenson

Part-time Driver

Noella Daigle

Out-of-Town Driver

Jane Moreno

Nutrition Site Server

From the Director's Desk

It's probably not shocking to anyone who has seen me with my dark hair, fair skin and freckles, that I've got a wee bit 'o Irish in me...even my name gives it away! During the month of March, it seems as if everyone can connect with their "inner Irishman," whether they're descendants are from Ireland or not. I come by it honestly. My grandmother hailed from County Cork and her brogue gave her away every day of her life, despite the fact that she immigrated at the young age of 17. I often think of the courage it must've taken her to leave her family and country of origin, as a teenager. I'm not sure I could've done the same, but I'm so glad she did. She met and married my grandfather, an American-born Irishman, and went on to have 5 children, the youngest of whom is my father. Her courageous cross-continental move made my life possible.

As we celebrate St. Patrick's Day this month, I wanted to shine a spotlight on a few special programs and events. On Monday, March 10, we look forward to our Luck 'o the Irish Celebration with a traditional boiled dinner of Corned Beef and Cabbage, mashed potatoes, baby carrots, Irish soda bread and Irish tea -- this special meal is provided by TVCCA. Pierce Campbell will be entertaining us all. His lively and amusing St. Patrick's Day show will have us all dancing a "jig"—even if it's from our seats.

On March 11, we will host our young friends from Youth Services in a free St. Patrick's Intergenerational Bingo Game with special prizes and refreshments. This game was originally scheduled to celebrate the New Year, but was postponed due to the weather. Our fingers are crossed that with a little bit of Irish luck this month...the weather won't interfere with our plans this time around.

This year we are promoting an international trip to Ireland, which will be departing September 29-October 7, 2014. "Treasures of Ireland" is a 9-day tour which includes an exceptional itinerary at an affordable price! With stops in Dublin and Killarney and even an overnight stay at Clontarf Castle, there are many exciting points of interest, even an opportunity to kiss the Blarney Stone! Bob Marx from Landmark Tours will be here on the evening of March 20 at 6:00 p.m. He will share a slide presentation, detailing the high points of the trip and answering any questions you might have. Get your passport ready for this fabulous international trip.

Wishing you all a month filled with Irish Treasures...right here in Colchester!

Warmly,

"Saint" Patty

**IMPORTANT
INFORMATION FOR
FITNESS CLASSES**

Beginning in March, we will be simplifying our pricing for our Fitness Classes by selling punch cards for \$25.00. Each card will give you the opportunity to attend 10 sessions of exercise and you may mix-and-match any classes that charge a fee. This applies to Exercise with Gina, Stretchercise and Senior Yoga. Fitness Cards do not expire and may be shared with a spouse. They will be available for purchase, beginning on March 3 in the office.



**INTERGENERATIONAL
ST. PATTY'S BINGO
Tuesday, March 11
2:30 p.m.**

Join us for this special afternoon of St. Patrick's themed bingo with some young friends. We will have special prizes for the winners. This program is co-sponsored by Youth & Social Services and is free for all participants. Refreshments will be served.

**SHOPPING TRIP
Thursday, March 13
12:15 p.m.**

This month's shopping trip will be to Lisbon Landing. Suggested donation is \$5.00 for bus transportation. Please pre-register in the office.

FROM FICTION TO FILM

Join this class, where we gather to discuss a selected book and have a separate viewing and review of the film. The next selection is *Pride & Prejudice* by Jane Austen. Book Review will be March 18 at 10:30 a.m. and Film Viewing and discussion is on March 25 at 9:30 a.m.

**CARD MAKING CLASS
Wednesday, March 26
10:00 a.m.**

Marie Sola from Chestelm Adult Day Center will be here to instruct you on making beautiful spring cards. Beginners welcome! Please sign up by Friday, March 21st.

**GETTING TO KNOW YOU
Wednesday, March 26
12:30 p.m.**

Attend this monthly meeting with Director of Senior Services, Patty Watts. Get answers to your questions, learn about our center and keep well-informed.

**LUNCH BUNCH
Friday, March 28
11:15 a.m.**

This month we'll enjoy cuisine at Town Tavern in East Haddam. The suggested donation is \$3.00 for bus transportation. Please pre-register to attend.

**OSCAR FAVORITES
Fridays at 1:00 p.m.**

March is Academy Awards month, and in honor of our friend Oscar, we will be showing some films that have had nominations this past year. Check the calendar for the films that you won't want to miss!

**BACON ACADEMY
CLASS**

Ever feel like going back to school? Now you can! The Colchester Senior Center is partnering with Bacon Academy to assist with Cathy Maher's Lifespan & Development class. We are in need of a few volunteers who would be interested in going to Bacon Academy to spend time with students in the class, sharing life experiences. Volunteer once or twice per month and get to know a great bunch of kids. Please see Becky to sign up or for more information.

CLASS SCHEDULE

CLASS	DAY & TIME	SESSIONS PER MONTH	FEE
CHORAL GROUP Sing along with your favorite tunes in a relaxed, fun environment Leaders: Becky Sullivan & Roz Etra	TUESDAYS 11:15 A.M.	4 CLASSES	NO FEE
KNITTING & CROCHET Create your own personal projects or contribute to community organizations chosen by the group. Group led.	FRIDAYS 11:00 A.M.	4 CLASSES	NO FEE
LINE DANCING Learn easy-to-follow dance steps set to lively music. Beginners welcome. No experience required. Instructor: Priscilla Clesowich	THURSDAYS 1:00 P.M.	4 CLASSES	NO FEE
OPEN ART STUDIO Enjoy creating art in a relaxed environment. Bring your own supplies. We support/critique each other with our projects. Instructor: Irene Watson	TUESDAYS 10:30 A.M.	4 CLASSES	NO FEE
SIT & BE FIT Chair exercises that focus on all areas of the body. Beginner level. 30 minutes. Leader: Becky Sullivan	WEDNESDAYS, FRIDAYS 10:00 A.M.	8 CLASSES	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Slow/gentle movement. Group led.	TUESDAYS 10:00 A.M.	4 CLASSES	NO FEE
<i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$25.00.</i>			
EXERCISE CLASS Gentle aerobics with a focus on improving flexibility and strength. Instructor: Gina Schriver	MONDAYS, THURSDAYS 9:00 A.M.	9 CLASSES	PRE-PAID CARD
SENIOR YOGA Gentle massage, simple Hatha Yoga postures & deep breathing. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey	THURSDAYS 11:00 A.M.	4 CLASSES	PRE-PAID CARD
STRETCHERCIZE Movement to improve your strength & balance. Instructor: Gina Schriver	MONDAYS, THURSDAYS 10:00 A.M.	9 CLASSES	PRE-PAID CARD

HAPPY BIRTHDAY

Join us to honor people celebrating March birthdays on **March 26 at noon** and enjoy cake provided by our friends at Apple Rehab! If you wish to have your name added or removed from our list, please let Becky know.

3/12 JULIA PIPER
 3/16 NORMA STOLL
 3/18 MARTHA CASADY
 3/19 NORM DUPUIS
 3/20 ANN LINDSEY
 3/26 ROSE STRICKLAND
 3/30 HAROLD WOLTAG
 3/31 KATHERINE KOSIBA

SPECIAL INTEREST GROUPS

BINGO Tuesdays at 1:30 p.m.
 Fridays at 10:00 a.m.

BRIDGE Wednesdays at 12:30 p.m.

MAH JONGG Mondays at 12:30 p.m.

OSCAR FAVORITES-MOVIE MATINEE
 Fridays at 1:00 p.m.

PINOCHLE Tuesdays at 12:45 p.m.

POKENO Thursdays at 9:00 a.m.

RUMMIKUB Fridays at 9:30 a.m.

SCRABBLE Mondays at 10:00 a.m.

SVP Wednesdays at 10:30 a.m.

SENIOR VOLUNTEER PROGRAM

SETBACK Mondays at 12:45 p.m.

UNO Daily at 12:30 p.m.

Wii BOWLING Thursdays at 9:00 a.m.

TRANSPORTATION SERVICES

Bus Transportation is available for seniors living in Colchester. We provide transportation services Monday through Friday to and from the Colchester Senior Center, local and out-of-town medical appointments, grocery shopping, shopping trips and other local outings, as advertised in the newsletter.

We offer curb-to-curb drop off, with the exception of some communities where there is a designated pick-up/drop-off area. We are not able to bring people into their homes, doctor's office, stores or restaurants. Once dropped off, all riders must be able to get to their destination independently or must ride with a companion who is able to safely assist them.

In order to best serve you, we require that in-town transportation reservations are made **BY 12:00 p.m. THE DAY BEFORE**. Please call to make out-of-town medical transportation arrangements as soon as you know the date of your appointment. All rides are on a first-come-first served basis. We do not charge for bus transportation. Donations to help defray the cost of gas and vehicle maintenance are greatly appreciated and may be made in the Colchester Senior Center office.



REGISTRATION POLICIES

Registration for any programs, activities, meals or trips which require payment should be made on **Mondays or Fridays**. Payment is required at the time of sign up. Some meals, trips, classes or programs may have limited availability. Reservations will be made on a first-come-first-served basis, until sold out. If an event/program/trip is sold out, you may request to have your name placed on a wait list to be contacted, if space becomes available. You may call the senior center office to register for any trips, classes or programs that do not require payment during business hours.

LOW VISION SUPPORT GROUP
Thursday, March 20
10:30 a.m.

Sponsored by the Colchester Lions Club, this group is intended for anyone coping with low vision difficulties.

BLOOD PRESSURE CLINIC
Monday, March 10
9:30-10:15 a.m.

Liz Muller, LPN from Chestelm Adult Day Services will be available to check your blood pressure at this monthly clinic.

HEALTH & WELLNESS CORNER

This month we will address the issue of respiratory hygiene and cough etiquette. Colds are caused by viruses, which are droplet spread. With uncovered coughing or sneezing viruses can be transmitted up to 6 feet and survive on objects such as toys, door knobs and even tissues.

Proper hygiene includes covering your nose/mouth when coughing and promptly disposing of used tissues. Washing hands with antibacterial soap or using alcohol-based gels or foams (like Purrell) is also an important practice to lessen the spread of viruses. Let's make proper respiratory hygiene-not viruses-contagious!

Stay warm, safe & healthy!
Paqui D. Motyl, MD
Colchester Backus Hospital
Family Health Center

FREE HEARING CLINIC
Friday, March 14
9:00-10:30 a.m.

Please call 860-537-3911 to schedule an appointment for this free service provided by Certified Audiologist, Elyse Kirschblum of Eastern CT Ear, Nose & Throat.

MAKING MEMORIES

This innovative Recreational Therapy program is designed for seniors facing early signs of memory loss and/or dementia with the goal of helping each participant reach and maintain their optimal level of functioning in a structured and supportive atmosphere.

Making Memories
Program is scheduled at
the Colchester Senior
Center on

Monday 9 a.m.-1 p.m.
Tuesday 9 a.m.-1 p.m.
Wednesday 9 a.m.-1 p.m.

Transportation is available for any participant living in the Town of Colchester. Please call Recreational Therapy Coordinator, Steve Mekkelsen at 860-537-3911 for more information.

This program is supported by Senior Resources Area Agency on Aging with Title III funds made available under the Older Americans Act.

SOCIAL SERVICES

BENEFITS COUNSELING
Mondays
March 10 & 24
12:30-3:30 p.m.

Do you qualify for a Rent Rebate, Energy Assistance, Food Stamps, a Medicare Savings Plan or other helpful programs? Confidential counseling is provided by Loretta Anderson of Senior Resources Area Agency on Aging. Call 860-537-3911 to schedule your appointment.

AARP TAX AIDE PREP

AARP Tax Aide Counselors will be available by appointment on Tuesdays to assist you with your tax preparations. Call 860-537-3911 to schedule an appointment through April 8.

RENTER'S REBATE

Assistance is available for qualified individuals who rent and are 65 years of age and older and those people under 65 years of age who are receiving Social Security Disability benefits. Changes in State legislation mandate that only persons who applied last year and received benefits will be eligible to apply for the upcoming season. We will begin scheduling appointments in March. Call 860-537-3911 for more information.

DINING OPTIONS

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Lunch (provided by TVCCA) is served daily at 12:00 p.m. in the Dining Room of the Colchester Senior Center.

MONDAY BISTRO

Lunches are available at a cost of \$5.00. Menus change weekly and are published in the senior center newsletter. Sign up required by the previous Wednesday. There are no age restrictions on these meals.

COMMUNITY CAFÉ MEALS

Served Tuesday-Friday, these lunches are nutritionally balanced, delicious hot meals. A daily menu is listed on the last page of the newsletter. A suggested donation of \$3.00 is requested, but no one will be turned away based on ability to pay. Please make meal reservations in advance by 10:00 a.m. the day before. These meals are available for people over the age of 60.

MEALS ON WHEELS

Meals can be delivered daily to home-bound residents. To register for this program or inquire about eligibility, please call TVCCA at 860-886-1720 ext. 11.



ANGELO'S BAKERY LUNCH

Wednesday, March 19

12:00 p.m.

Join us for lunch catered by Angelo's Bakery. Menu will include a variety of their delicious stuffed breads, served with a tossed garden salad and a beverage. Cost is \$5.00. Please pre-register by Monday, March 17, so we can order the correct amount.



SUBWAY LUNCH

Monday, March 24

12:00 p.m.

We'll be ordering your choice of a 6-inch sub, chips & cookie from Subway Restaurant. Cost is \$5.00. Please pay and pre-register your order in the senior center office by Friday, March 21st.

VOLUNTEER OPPORTUNITIES

We couldn't offer all that we do without the dedication of our volunteers. Looking for a way that you can help too? Call 860-537-3911 for more information.

FINE ART CLASS INSTRUCTORS: We are looking for volunteers interested in teaching classes or workshops centered around specific mediums of art—watercolors, oil, acrylic, etc.

COMPUTER CLASS INSTRUCTORS: Would you like to teach a class on navigating Facebook or creating a Twitter account? Could you instruct a workshop on Shutterfly or Photoshop? We're looking for instructors for small workshops in these areas (or any others you may have a skill in!).

HOSPITALITY COMMITTEE: Provide assistance to set up and serve special refreshments for programs and help with clean-up afterwards. Occasional baking for special events.

MEALS-ON-WHEELS DRIVERS: Meals on Wheels provides a vital service to the community, delivering meals to home-bound residents; training provided. Requires a vehicle.

DAY TRIPS

CROWN MAPLE SYRUP

Monday, March 31, 8:30 a.m.

Tour includes Crown Maple Syrup Visitor's Center in the historic Hudson River Valley with a "farm to table" luncheon and a tour and tasting at Harney & Sons Fine Teas in Millerton, NY. Cost is \$77.00 per person.

FOXWOODS CASINO

Tuesday, April 8, 9:30 a.m.

Enjoy a full day at one of the state's great casino resorts! Trip includes \$10 meal voucher \$10 bonus slots & coach bus transportation for \$18.00 per person. Sign up date: Friday, March 7 at 10:30 a.m.

TRIBUTE TO CONNIE FRANCIS

Thursday, May 8, 9:45 a.m.

In this new tribute show, Donna Lee and her dynamic band bring new life to the music of "America's Sweetheart of Song". A lovely lunch will be served at the Grand Oak Villa. Cost is \$71.00 per person.

"DAMN YANKEES (THE RED SOX VERSION)"

at the GOODSPEED OPERA HOUSE

Thursday, May 15, 11:00 a.m.

We will enjoy lunch at the Gelston House before heading over to see this wonderful popular musical—with a modern twist! Cost is \$77.00 per person. Space is limited.

OVERNIGHT TRIPS

TREASURES OF IRELAND

September 29-October 7, 2014

Please attend an informational presentation by Landmark Tours on Thursday, March 20th at 6:00 p.m. to learn all about this exciting international travel opportunity!

Trip Itinerary and pricing information is available in the office at the Colchester Senior Center. This trip is open to anyone 18 years or older. For more information, please call 860-537-3911.

COMMISSION ON AGING

Rose Levine, Chair

Gary Siddell, Vice Chair

Susan Choma

Rob Gustafson

Goldie Liverant

Joe Menhart

Jean Stawicki



MEETINGS AT THE COLCHESTER SENIOR CENTER

AARP CHAPTER # 4019

1st Tuesday at 1:30 p.m.

COLCHESTER TRIAD

No Meeting this Month

COMMISSION ON AGING

2nd Monday at 8:30 a.m.

CSC STAFF MEETING

2nd Wednesday at 2:30 p.m.

Parking Instructions: While attending Colchester Senior Center trips, we ask you to park either at the bank or office complex located on either side of our property. This allows adequate parking availability for people coming to other senior center activities. Thank you for your cooperation.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MARCH 2014



*All activities are subject to change

										1	
	2	9:00 Memories 9:00 Exercise 10:00 Stretcherize 10:00 Scrabble 12:30 Mah Jongg 12:45 Setback	3	9:00 Memories 9:00-2:00 AARP Tax Prep 10:00 Tai Chi 10:30 Open Art Studio 11:15 Choral Group 12:00 Mardi Gras Party! 12:45 Pinochle 1:30 AARP Meeting No Bingo <small>Mardi Gras</small>	4	9:00 Memories 10:00 Sit & Be Fit 10:30 SVP 11:00 Bingo Meeting 12:30 Bridge	5	9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage 1:00 Line Dancing	6	9:30 Rummikub 10:00 Sit & Be Fit 10:00 Bingo 10:30 Foxwoods Trip Sign up 11:00 Knitting & Crochet 1:00 Oscar Favorites <i>Captain Phillips</i>	8
 Move your clocks ahead 1 hour! <small>Daylight Saving Time Begins</small>	9	8:30 COA Meeting 9:00 Memories 9:00 Exercise 9:30-10:15 BP Clinic 10:00 Stretcherize 10:00 Scrabble 12:00 Luck o' the Irish 12:30-3:30 Benefits Check 12:30 Mah Jongg 12:45 Setback	10	9:00 Memories 9:00-2:00 AARP Tax Prep 10:00 Tai Chi 10:30 Open Art Studio 11:15 Choral Group 12:45 Pinochle 2:30 Intergenerational St. Patty's Bingo	11	9:00 Memories 10:00 Sit & Be Fit 10:30 SVP 11:30 Cooking for One 12:30 Bridge 2:30 Staff Meeting	12	9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage 12:15 Shopping Trip Kohls/Walmart 1:00 Line Dancing	13	9:00-10:30 Hearing Screenings 9:30 Rummikub 10:00 Sit & Be Fit 10:00 Bingo 11:00 Knitting & Crochet 1:00 Oscar Favorites <i>The Great Gatsby</i>	15
	16	9:00 Memories 9:00 Exercise 10:00 Stretcherize 10:00 Scrabble 10:30 The Ins & Outs of Home Care 12:30 Mah Jongg 12:45 Setback <small>St. Patrick's Day</small>	17	NO TRIAD Meeting 9:00 Memories 9:00-2:00 AARP Tax Prep 10:00 Tai Chi 10:30 Open Art Studio 10:30 Fiction to Film- Book Review 11:15 Choral Group 12:45 Pinochle 1:30 Bingo	18	9:00 Memories 10:00 Sit & Be Fit 10:30 SVP 12:00 Angelo's Bakery Lunch 12:30 Bridge 12:45 Pops n' Jazz Concert at Hall High	19	9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 10:30 Low Vision 11:00 Yoga 12:00 Chair Massage 1:00 Line Dancing 6:00 Treasures of Ireland Presentation	20	9:30 Rummikub 10:00 Sit & Be Fit 10:00 Bingo 11:00 Knitting & Crochet 1:00 Oscar Favorites <i>The Lone Ranger</i>	22
Purim	23	9:00 Memories 9:00 Exercise 10:00 Stretcherize 10:00 Scrabble 12:00 Subway Lunch 12:30-3:30 Benefits Check 12:30 Mah Jongg 12:45 Setback	24	9:00 Memories 9:00-12:00 AARP Tax Prep 9:30 Fiction to Film- Film Review No Tai Chi 10:30 Open Art Studio 11:15 Choral Group 12:45 Pinochle 1:30 Bingo	25	9:00 Memories 10:00 Sit & Be Fit 10:00 Card Making Class 10:30 SVP 12:00 Birthday Party 12:30 Getting to Know You 12:30 Bridge	26	9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage 1:00 Line Dancing	27	9:30 Rummikub 10:00 Sit & Be Fit 10:00 Bingo 11:00 Knitting & Crochet 11:15 Lunch Bunch at Town Tavern 1:00 Oscar Favorites <i>Lee Daniels The Butler</i>	29
	30	8:30 Crown Maple Syrup Trip Departure 9:00 Memories 9:00 Exercise 10:00 Stretcherize 10:00 Scrabble 12:30 Mah Jongg 12:45 Setback	31								

TVCCA COMMUNITY CAFÉ MENU MARCH 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1% milk and whole grain bread are served with each meal. <u>Menu is subject to change with out notice.</u></p>				
<p>3 Meatloaf w/Gravy Mashed Potatoes, Peas & Carrots Apple Crisp \$5.00</p>	<p>4 Baked Ham w/ Pineapple Glaze Mashed Sweet Potatoes Italian Vegetable Medley Cranberry Juice Chocolate Chip Cookie</p>	<p>5 Cheese Ravioli w/ Marinara Sauce Broccoli & Carrots Fruit Cocktail ASH WEDNESDAY</p>	<p>6 Cheeseburger Noodle Casserole Peas Bean Medley Pears w/ Mandarin Oranges</p>	<p>7 Fish Patty Mashed Potatoes Stewed Tomatoes Fresh Fruit</p>
<p>10 Luck o' the Irish Celebration Corned Beef & Cabbage Mashed Potatoes & Baby Carrots Apple Juice & Sugar Cookie Irish Soda Bread \$7.00</p>	<p>11 Stuffed Shells w/ Marinara Peas & Carrots Pears w/ Mandarin Oranges</p>	<p>12 Sloppy Joes w/ Bun Buttered Noodles Chuck Wagon Vegetable Medley Fresh Orange</p>	<p>13 Chicken Paprika Rice Pilaf Green Beans Cupcake & Orange Juice</p>	<p>14 Eggplant Rolette Penne & Marinara Capri Vegetable Medley Pineapple Cup</p>
<p>17 Chicken Marsala Rice Pilaf Green Beans Fudge Brownie \$5.00 <i>Happy St. Patrick's Day</i></p>	<p>18 Chicken Parmesan Seasoned Rice Mixed Vegetables Pineapple Cup</p>	<p>19 Angelo's Bakery Lunch Assorted Stuffed Breads Tossed Garden Salad Beverage \$5.00</p>	<p>20 Western Omelet Roasted Potatoes Chuck Wagon Vegetables Fresh Fruit</p>	<p>21 Baked Cod w/ Tomato Garlic Compote Seasoned Rice Italian Vegetable Medley Peach Cup</p>
<p>24 Subway Boxed Lunch Your choice of 6 inch Grinder, Chips & Cookie \$5.00</p>	<p>25 Beef Stroganoff Buttered Noodles Chuck Wagon Vegetables Fresh Orange</p>	<p>26 Chicken Supreme Seasoned Rice Capri Vegetable Medley Applesauce Cup Birthday Celebration</p>	<p>27 Braised Pork Loin Scalloped Potatoes Broccoli Fruit Cocktail</p>	<p>28 Cheese Manicotti w/ Marinara Sauce Peas & Carrots Grape Juice Oatmeal Cookie</p>
<p>31 Jumbo Beef Hotdog, Baked Beans Potato Salad Chocolate Chip Cookie \$5.00</p>				