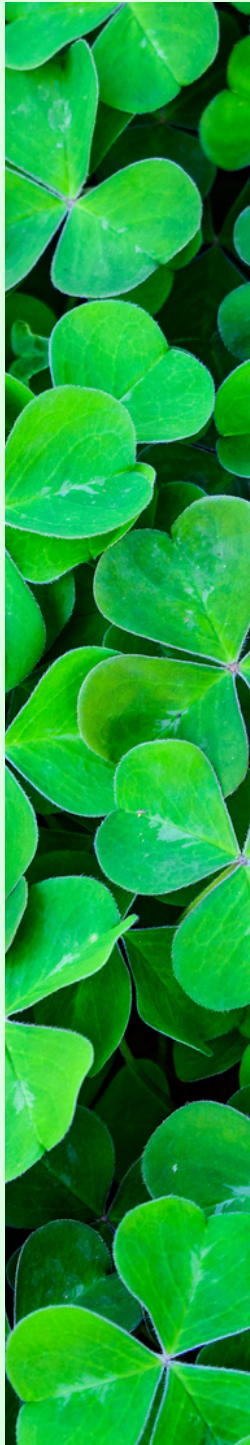


March 2022 Weekly Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-11:30: Ping Pong (NORC Only) 8:45-9:30: Breakfast 8:45-3:15: Billiards, Dominos, Computer Lab, Mahjong 11:30-12:15: Lunch 12-3:15: Ping Pong (Senior Center Hours) 12:30-3:15: Bingo	8:30-11:30 & 1:30-3:30: Gym 8:30-11:30: Ping Pong (NORC Only) 8:45-4:15: Billiards, Dominos, Computer Lab, Mahjong 10:30-11:30: Yoga w/ Susan 11:30-12:15: Lunch 12:15-4:30: Ping Pong (Senior Center Hours) 12:30-3:30: Bingo 12:30-1: Low Impact Healthy Moves w/ CJESL (livestream) 1:15-1:45: SAIL Exercise w/ CJESL (livestream) 1:30-3:30: Jewelry Class w/ Mary (NORC) 3:30-4:15: Dinner 4-4:30: High Impact Healthy Moves w/ CJESL (livestream)	8:30-11:30 & 1:30-3:30: Gym 8:30-11:30: Ping Pong (NORC Only) 8:45-4:15: Billiards, Dominos, Computer Lab, Mahjong 10:30-11:30: Ballroom Dance w/Danny 10:30-11:30: Chinese Computer Class w/ Kristine (NORC) 11:30-12:15: Lunch 12:15-4:30: Ping Pong (Senior Center Hours) 12:30-2:15: Bingo 12:30-1:30: Beaded Arts w/ Mary 1:15-1:45: SAIL Exercise Class by CJESL (livestream) 2:30-4:25: Karaoke 3:30-4:15: Dinner **** 3/15, 11am-12pm: Presentation: Diabetes w/VNSNY	8:30-11:30 & 1:30-3:30: Gym 8:30-11:30: Ping Pong (NORC Only) 8:45-4:15: Billiards, Dominos, Computer Lab, Mahjong 11:30-12:15: Lunch 12:15-4:30: Ping Pong (Senior Center Hours) 12:30-2:30: Bingo 1-2: Move It Move It w/Linda (NORC - Remote Only) 1:15-1:45: SAIL Exercise Class by CJESL (livestream) 2-3: Computer Class w/Jing 3:30-4:15: Dinner	8:30-11:30 & 1:30-3:30: Gym 8:30-11:30: Ping Pong (NORC Only) 8:45-4:15: Billiards, Dominos, Computer Lab, Mahjong 11:30-12:15: Lunch 12:15-5:45: Ping Pong (Senior Center Hours) 12:30-2:15: Karaoke 12:30-1:30: Be Flexible w/Linda 1:15-1:45: SAIL Exercise by CJESL (livestream) 1:30-2:30: Painting w/Linda 2:30-4:25: Bingo 3:30-4:15: Dinner **** 3/10, 11am: Robo Call Vocal Ease Concert 3/17, 1:15pm: St. Patrick's Day Raffles 3/24, 2-4pm: Birthday Party	8:30-11:30 & 1:30-3:30: Gym 8:30-11:30: Ping Pong (NORC Only) 8:45-4:15: Billiards, Dominos, Computer Lab, Mahjong 9-11:45: Chess & Backgammon w/Andres 9:15-10:15: Zumba w/Jiali 10:15-11:15: Chinese Dance w/Jiali 11:30-12:15: Lunch 12:15-4:30: Ping Pong (Senior Center Hours) 12:30-2:15: Bingo 1-2: Beaded Arts w/Mary (NORC) 2:30-4:25: Karaoke 3:30-4:15: Dinner



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

March 2022

Menu

6
BREAKFAST: Pancakes & Egg and Coffee or Tea
LUNCH: Chinese Style Pepper Steak, White Rice, Oriental Blend, Banana

13
BREAKFAST: Bagel & Egg and Coffee or Tea
LUNCH: Baked Cod w/Brown Rice & Pigeon Peas, California Blend, Apple Juice

20
BREAKFAST: Raisin Bran & Egg and Coffee or Tea
LUNCH: Beef Sloppy Joe, Hamburger Bun, Italian Blend, Pears

27
BREAKFAST: Blueberry Muffin, Egg and Coffee or Tea
LUNCH: Baked Salmon w/ Lemon, Tarragon & Thyme, Whole Wheat Spaghetti, Mandarin Orange

7
LUNCH: Baked Asian Style Honey Chicken, Lo Mein, Asian Cabbage, Apple
DINNER: Italian Sausage w/ Sautéed Onions & Peppers, Wheat Spaghetti, California Blend, Mandarin Orange

14
LUNCH: Lemon Chicken w/ Cilantro Lime Rice, California Blend, Apple
DINNER: Meatballs w/ Sofrito, Brown Rice, Broccoli w/ Toasted Garlic, Orange Pineapple Juice

21
LUNCH: Salisbury Steak, Mashed Potatoes, Baby Carrot, Orange
DINNER: Baked Cod w/Yellow Rice & Pigeon Peas, Arugula Salad w/ Balsamic Vinegar, Apple

28
LUNCH: Balsamic Chicken Thighs w/White Rice, California Blend, Banana
DINNER: Ginger Garlic Beef Stew w/ Brown Rice & Pigeon Peas, Apple Juice

1
LUNCH: Spaghetti Carbonara w/Green Peas, Garlic Bread, Broccoli & Red Peppers, Orange Juice
DINNER: Beef Teriyaki w/Lo Mein, Napa Cabbage, Banana

8
LUNCH: Chickpea Stew w/ Half White & Half Brown Rice, Baby Carrots, Orange Pineapple Juice
DINNER: Baked Chicken w/ Mushrooms, Brown Rice, Capri Blend, Applesauce

15
LUNCH: Pernil (Roasted Pork Shoulder), Yellow Rice & Pigeon Peas, Carrots, Orange
DINNER: Hungarian Goulash w/ Beef, Egg Noodles, Cauliflower & Carrots, Orange Juice

22
LUNCH: Chicken & Broccoli w/ White Rice, Steamed Cauliflower, Orange Pineapple Juice
DINNER: Beef Stew w/ Brown Rice, Baby Carrots, Orange Juice

29
LUNCH: Baked Ziti w/ Beef Meatballs, Garlic Bread, Italian Blend, Apple Juice
DINNER: BBQ Pork Chops w/ Baked Mac & Cheese, Steamed Corn on the Cob, Orange

2
LUNCH: Ginger Garlic Stew Beef, Brown Rice, Cauliflower, Apple Juice
DINNER: Baked Fish w/ Sweet & Sour Sauce, Steamed Carrot & Green Beans, Apples

9
LUNCH: Beef & Broccoli w/ White Rice, Steamed Broccoli w/ Soy Sauce, Banana
DINNER: Eggplant Parmesan w/ Ricotta, Garlic Bread, Sautéed Spinach, Peach

16
LUNCH: Sunny Mediterranean Chicken w/ Couscous & Roasted Veggies, Brussels Sprouts, Apple Juice
DINNER: Lentil Chili w/ Brown Rice, Brussels Sprouts, Mandarin Orange

23
LUNCH: Eggplant Parmesan, Italian Blend, Orange Juice
DINNER: Eggplant & Lentil Curry w/ Brown rice, Collard Greens, Cantaloupe

30
LUNCH: Turkey Bean Chili, Brown Rice, Corn & Red Peppers, Fruit Cocktail
DINNER: Baked Fish w/ Garlic Sauce, Egg Noodles, Beet, Arugula & Feta Salad

3
LUNCH: Chicken Thigh Stew w/Ginger & Pumpkin, Yellow Rice & Pigeon Peas, California Blend, Mandarin Orange
DINNER: Stuffed Peppers w/Turkey, Steamed Peas & Carrot, Pineapple Juice

10
LUNCH: Chicken Cacciatore w/Whole wheat Spaghetti, Steamed Peas & Carrots, Applesauce
DINNER: Chinese Style Pepper Steak, Vegetable Fried Rice w/Tofu, Oriental Blend, Pear

17 **St. Patrick's Day**
LUNCH: Corned Beef w/Sautéed Cabbage, Steamed Potato, Soda Bread, Orange Pineapple Juice
DINNER: Italian Style Pork Loin w/ Bowtie Pasta, Capri Blend, Honeydew & Orange

24
LUNCH: Chicken Jambalaya, Cauliflower & Carrots, Apple Juice
DINNER: Turkey Meat Sauce w/ Whole Wheat Spaghetti, Cauliflower & Carrots w/Parsley, Pineapple Juice

31
LUNCH: BBQ Pulled Pork w/Whole Wheat Hamburger Buns, Collard Greens, Honeydew
DINNER: Jerk Chicken w/ Red Bean & Rice, Baby Carrots w/ Parsley, Yellow Plantains, Pears

4
LUNCH: Chicken Noodle Soup, Baked Fish w/ Garlic Sauce, Black Bean & Rice, Roasted Zucchini, Orange
DINNER: Moroccan Chickpea Stew w/ Chard, Brown Rice, Sautéed Bok Choy w/Garlic, Orange

11
LUNCH: Teriyaki Tilapia w/ Roasted, Potatoes & Veggies, Oriental Blend, Orange Juice
DINNER: Honey Mustard Chicken Drumstick, Sweet Mashed Potato, Normandy Blend, Strawberries

18
LUNCH: Fish Cakes, Brown Rice, Prince Edward Blend, Honeydew
DINNER: General Tso's w/ White Rice, Steam Broccoli, Banana

25
LUNCH: Broccoli & Potato Soup, Baked Tilapia w/ Rustic Tomato Sauce, Chickpeas & Rice, California Blend, Pineapple Juice
DINNER: Beef Stroganoff w/ Egg Noodles, Normandy Blend, Fruit Cocktail

****MENU IS SUBJECT TO CHANGE****