






March 2020

Seniors Drop-In (1751 Glencaird Street)

<p>2 10:00 Monday Morning Mind & Motion Chair exercises, blood pressure, weight and glucose checks 12:00 Lunch Hot dog, fried onions, green salad, baked beans & root beer pie</p>	<p>4 10:00 Creative Hands Bring your latest project & join us for a morning of creativity and conversation! 12:00 Lunch Roast beef , mashed potatoes & gravy, green beans, & berry crisp with ice cream</p>	<p>6 Drop by for coffee and conversation!  12:00 Lunch Chicken & rice veggie soup, tuna melt & brownie</p>
<p>9 10:00 Monday Morning Mind & Motion Chair exercises, blood pressure, weight and glucose checks 12:00 Lunch Spaghetti & meat sauce, Caesar salad & peach slices</p>	<p>11 10:00 Creative Hands Bring your latest project & join us for a morning of creativity and conversation! 12:00 Lunch Meat loaf, baked potatoe, peas, & chocolate pudding</p>	<p>13 Drop by for coffee and conversation!  12:00 Lunch Roast pork loin roast, mashed potatoes & gravy, carrots & butter tart square</p>
<p>16 10:00 Monday Morning Mind & Motion Chair exercises, blood pressure, weight and glucose checks 12:00 St. Patrick's Day Lunch Corned beef with cabbage and veg & bread pudding </p>	<p>18 10:00 Creative Hands Bring your latest project & join us for a morning of creativity and conversation! 12:00 Lunch Cream of potatoe soup, egg salad sandwich, veggie sticks & lemon square</p>	<p>20 10:00 Spring Has Sprung Bingo Don't forget your nickels!  12:00 Lunch Egg roll, chicken chow mein, Stir fried veg & mandarin jello mist</p>
<p>23 10:00 Monday Morning Mind & Motion Chair exercises Blood pressure, weight and glucose checks 12:00 Lunch Shepherds pie, green salad & spice cake</p>	<p>25 10:00 Creative Hands Bring your latest project & join us for a morning of creativity and conversation! 12:00 Lunch Hot roast beef 'n' gravy sandwich on toast, Caesar salad & apple matrimonial square with ice cream</p>	<p>27 10:00 Easter Craft Session Check the bulletin board to see what we will be crafting! \$2 fee register by March 18th 12:00 Lunch Shake 'n' bake chicken thighs, roasted potatoes, green bean mushroom soup casserole & birthday cake</p>
<p>30 10:00 Monday Morning Mind & Motion Chair exercises blood pressure, weight and glucose checks 12:00 Lunch Sausages with caramelized onions, mashed potatoes & butter, creamed corn & sorbet</p>		

Dogwood Lounge at Saddle Mountain Place

inquire about pre-purchasing lunches for greater savings

250-547-8866

