



Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Aerobics with Terri 10:00 Let's Play Cards in the main hall 10:05 Yoga with Amy 11:00 American Sign Language 11:05 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	9:00 Advanced Strength Training with Judi 10:15 Strength Training with Judi 11:00 Journaling Your Journey 1:30 Line Dancing with Kathy	9:00 Aerobics with Terri 10:00 Tap with Terri 10:00 Let's Play Cards in the main hall 10:00 Mah Jongg 11:00 Yoga Class with Mary Lou 12:45 Tai Chi Work Out w/Spencer G.	9:00 Tai Chi with Spencer G 9:00 Advanced Strength Training w/Judi 10:15 Strength Training with Judi 10:15 *Dance-A-Chair with Carol (*Funded by NCOFA) 1:00 Crochet & Knit w/The Happy Hookers	9:00 Aerobics with Terri 10:00 Ballet w/Terri 10:00 Mah Jongg
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Committee Meeting Schedule</u> 3-04 Friendly Visitor Meeting at 11:00am 3-07 Activities Meeting at 1:30pm 3-14 S.A.C. Meeting at 10:00am 3-25 Hospitality Meeting at 10:00am	<u>Caregiver's Support Group with Ruth from 5:00pm-6:30pm on Monday 3-11-19 &amp; 3-25-19</u>	<u>Daytime Caregivers Support Group with Dawn from 1:00pm-2:00pm on Wednesday 3-13-19</u>	<u>LECOB Food Pantry is available every Wed. &amp; Fri. from 11am until 3pm</u> Providing nonperishable food to seniors in need. Please contact our social worker Beth at 922-1770 ext. 305 for more information regarding our pantry	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano music by Joan w/sing along 1:00 Table Bingo
4	5	6	7	8
10:30 Activity Hour with Jennifer 11:00 Friendly Visiting Meeting with Mary 1:00 Name your Game with C. Prisco (Dominos, Uno and other games)	10:00 Watercolor Group in conference room 11:45 <b>Mardi Gras Celebration</b> with Fun Facts followed by a traditional Mardi Gras style Lunch 1:00 Super Bingo	11:30 Social Service Update with Beth 12:15 Bus takes members to Stop & Shop	10:30 Baking Demo with Mary -Irish Soda Bread 11:30 Chair Yoga w/Mary Lou 1:00 Meditation with Brad 1:30 Activities Meeting	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano music by Joan w/sing along 1:00 Ballroom Dancing with Vladimir 1:00 Table Bingo
11	12	13	14	15
10:00 Plant Grass Seed for Easter & Passover Celebration centerpieces 10:30 Activity Hour with Jennifer 1:30 Friendly Visit to Excel at Woodbury 5:00 Caregiver's Discussion Group w/Ruth	10:00 Watercolor Group in conference room 11:00 Staying Strong & Independent with Physical Therapy Specialist & Students from N.Y.I.T. 1:00 Tuesday Bingo	10:30 Women of the Ages 11:00 Brunch will be served-No Lunch today 12:15 Bus takes members to Stop & Shop 1:00 Daytime Caregivers Support Group 1:00 Help set up main hall for St. Patrick's Celebration	10:00 S.A.C. Meeting 10:30 Grumpy Old Men 11:30 <b>St. Patrick's Day Celebration</b> w/Entertainment by Tony Grant (Ticket reservations required-donation requested) 1:00 Meditation with Brad	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano Music by Joan w/sing along 1:00 Table Bingo
18	19	20	21	22
10:30 Activity Hour with Jennifer 1:00 Name your Game with C. Prisco (Dominos, Uno and other games)	10:00 Watercolor Group in conference room 11:15 Musart Music with Alice & Students 12:45 National Let's Laugh Day 1:00 Tuesday Bingo 6:30 <b>Open Mic Night w/Barbara &amp; Ken</b> until 9pm	11:15 Diabetes with Dr. Yan Yan (Sally) Xie 12:30 Trip to Hicks Nursery for The Spring Flower Show - sign up in the Program Office 12:45 Bus takes members to Stop & Shop	11:15 Healthier Foods Fast w/Robyn *Cornell Cooperative 11:30 Chair Yoga w/Mary Lou 1:00 Craft Group with Sue 1:00 Meditation with Brad	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano Music by Joan 12:45 <b>BirthDay Day</b> Celebration 1:00 Ballroom Dancing with Vladimir
25	26	27	28	
10:00 Hospitality Meeting 10:30 Activity Hour with Jennifer 1:00 Friendly Visit to Harbor House 5:00 Caregiver's Discussion Group w/Ruth	10:00 Watercolor Group in conference room 11:30 Piano Music by Shirley 1:00 Tuesday Bingo	10:30 Women of the Ages 11:45 <b>Virtual Trip to Maine</b> w/Fun Facts Followed by a traditional New England Style Lunch	11:00 Grumpy Old Men 1:00 Jewelry Making with Lee Ann - donations accepted for materials	<u>Save The Date</u> <b>Easter &amp; Passover Celebration</b> on Thursday 4-18-19 at 11:15am  with Traditions of Easter & Passover with Mary & Beth followed by Lunch at 12 noon



# March Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch reservations are necessary to insure our kitchen staff prepares enough lunches for our members	Make your reservations before 2pm the day before otherwise you will be put on the waiting list for lunch and have to wait until all others have been served	Please read the menu carefully before selecting either a Hot or Cold entrée when making your reservations	We are asking all of our members to come in and enjoy the delicious lunches prepared daily by our chef & kitchen staff	1 Salmon Cake with dill sauce, vegetable cous cous, carrots, juice, wheat bread and dessert  or Egg Salad on wheat
4 Manicotti with Pomodoro sauce, spinach, juice, garlic bread and dessert  or Tuna salad on wheat	5 <u>Mardi Gras Celebration</u> Louisiana Style Ribs, hush puppies, Red chard w/caramelized onions, corn bread and King's cake for dessert <u>No cold lunch today</u>	6 Cheeseburger on bun with lettuce & tomato, coleslaw, baked beans and dessert  or Egg salad on wheat	7 Chicken & Broccoli with fried rice, Stir fry vegetables, egg roll and dessert  or Tuna salad on wheat	8 Crab Cake with dill sauce, herb roasted potatoes, peas & onions, wheat bread and dessert  or Chicken salad on wheat
11 Baked Ziti with marinara sauce, Beef Barley soup, broccoli, garlic bread and dessert  or Tuna salad on wheat	12 BBQ Boneless Chicken Thigh, sweet potato fries, mixed vegetables, biscuit and dessert  or Tuna Salad on wheat	13 <u>Brunch Day</u> Breakfast Burrito rolled in flour tortilla with salsa, roasted potato, orange juice and fresh fruit <u>No lunch today</u> <u>Brunch served at 11am</u>	14 <u>St. Patrick's Party</u> Corned Beef & Cabbage with potatoes, carrots, Irish soda bread roll and bread pudding for dessert  <u>No cold lunch today</u>	15 Herb Roasted Tilapia, baked potato, peas & carrots, wheat bread and dessert  or Turkey on wheat
18 Lasagna Roll Up with marinara sauce, tossed salad, juice, Italian bread and dessert  or Tuna salad on wheat	19 Breaded Chicken Cutlet with fruit chutney, vegetables cous cous, Asian style slaw, biscuit and dessert  or Turkey on wheat	20 Grilled Chicken over Caesar salad with croutons, Broccoli soup, juice and dessert  or Egg salad on wheat	21 Turkey Chili with beans over brown rice, tossed salad, juice, crackers and dessert  or Chicken salad on wheat	22 <u>Birthday Day</u> Shrimp Scampi over Linguini, broccoli, juice, Italian bread and birthday cake for dessert  <u>No cold lunch today</u>
25 Spaghetti & Meatballs with marinara sauce, Italian blend veggies, juice, garlic bread and dessert  or Tuna salad on wheat	26 Chicken Fajitas on flour tortilla with peppers & onions, rice & beans, spinach and dessert  or Egg Salad on wheat	27 <u>Virtual Trip to Maine</u> Beer Battered Cod Fish with tartar sauce, Corn Chowder, Poutine, biscuit and dessert  <u>No cold lunch today</u>	28 Chicken Pot Pie with vegetables and puff pastry crust, tossed salad, juice and dessert  or Turkey on wheat	29 Personal Pizza, Minestrone soup, juice, crackers and dessert  or Tuna salad on wheat

**PLEASE NOTE:** Menu is subject to change without notice and cannot be customized to order.  
**RESERVATIONS REQUESTED — YOUR MEAL DONATION IS GREATLY APPRECIATED — THANK YOU!**  
*No person will be denied a service because of inability to contribute.*



## St. Patrick's Day Celebration



on Thursday 3-14-19  
starting at 11:30am



with Corned Beef & Cabbage Lunch at 12 noon  
Followed by Entertainment by Tony Grant

*Please make your reservations  
in the Program Office*

### Brain Games Questions:

- Q.1 - Where was the 1962 World's Fair?
- Q.2 - What dog is named for a Mexican state?
- Q.3 - Whose 44-ounce baseball bat was called *Black Betsy*?
- Q.4 - What European country numbers 26 cantons?
- Q.5 - What part of the body goes to sleep when you experience taresthesia?
- Q.6 - Who made George Washington's false teeth?
- Q.7 - Who narrated *The Untouchables* for \$25,000 an episode?
- Q.8 - How many sides does a snowflake have?

(Answers on newsletter center page)