

March 2025 Activities

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM– Sponsored Bingo Day 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM– Lunch 12:00PM Pleasant City Site Activity 1:00PM Line Dancing	9:00AM- Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:00 AM- Blood Pressure Checks 11:30AM– Lunch 12:00PM Meal in a Mug 1:00PM Cardio Drumming 6:00PM Good Ole Gospel Music Night	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM– Lunch 12:00PM Old Washington Site Activity 12:00PM– Mahjong	10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30 PM- Open Cards 2:00PM St. Patrick’s Craft Class	9:00AM Breakfast Buffet 9:00 AM Library “Pop Up” Book Cart 9:30AM-2:00PM AARP Tax Appointments 10:00AM –Sponsored Bingo 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
10	11	12	13	14
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Bingocize 11:30 Londonderry Site Activity 11:30AM– Lunch 1:00PM Line Dancing	9:00AM- Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00 Chair Yoga 11:00 AM- Blood Pressure Checks 11:30AM– Lunch 11:30 Cumberland Site Activity 12:00PM Meal in a Mug 1:00PM Cardio Drumming 1:00 Alzheimer’s Support Group	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Lunch 12:00PM– Mahjong 1:00PM Cooking for One	10:00AM -Bingo 11:00AM Bingocize 11:30AM– Lunch 12:30 PM- Open Cards	8:15AM Celtic Rush Trip 9:30AM-2:00PM AARP Tax Appointments 10:00AM –Sponsored Bingo 11:30AM– Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
17	18	19	20	21
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM– St. Patrick’s Day Luncheon 1:00PM Line Dancing 2:00 Painting Class	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Meal in a Mug 1:00PM Cardio Drumming	9:00AM Geri-Fit Exercise 9:00AM- Sewing 10:00AM Bingo 11:30AM Lunch 12:00PM Mahjong	10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 4:00-5:00PM Grab –N– Go 4:00 PM Monthly Senior Dinner 7:30PM Lions Club Show	9:30AM-2:00PM AARP Tax Appointments 10:00 AM - 3:00 PM- Food Commodity Pick Up 10:00AM –Sponsored Bingo 11:30AM Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
24	25	26	27	28
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM– Lunch 1:00PM Line Dancing	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Byesville Site Activity 12:00PM Meal in a Mug 1:00PM Cardio Drumming 4:00PM Byesville Monthly Dinner	9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM Bingo 11:00AM Coffee with Cardinal Place 11:30AM Birthday Party & Luncheon 12:00PM Mahjong	10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30PM Open Cards 1:00PM Greeting Card Making Class	9:30AM-2:00PM AARP Tax Appointments 10:00AM –Sponsored Bingo 11:00AM Lunch Bunch at the Forum 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
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8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Guest Speaker 11:30AM– Lunch 1:00PM Line Dancing				

March 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Swiss Steak Dutch Potatoes Green Beans Mixed Fruit Dinner Roll/Margarine Choice of Milk	4 Hamburger Gravy Mashed Potatoes Broccoli Florets Diced Pears Choice of Bread/Margarine Pound Cake Choice of Milk	5 Chicken Parmesan w/ Spaghetti Noodles Tossed Salad w/Dressing Yellow Squash Sliced Peaches Garlic Knot Roll Choice of Milk	6 Pulled Pork Roasted Sweet Potatoes Lima Beans Mandarin Oranges Choice of Bread/Margarine Oreo Cookie Parfait Choice of Milk	7 Lemon Pepper Fish Diced Potatoes Buttered Peas Fresh Banana Choice of Bread/Margarine Choice of Milk
10 Pizza Burger w/Bun Potato Wedges Warm Apples Celery w/Peanut Butter Choice of Milk	11 Chicken Divan Red Skinned Potatoes Spinach Fruited Orange Jell-O Choice of Bread/Margarine Choice of Milk	12 Chef Salad w/Turkey Ham & Egg/Dressing Three Bean Salad Craisins Blueberry Muffin Choice of Milk	13 Salisbury Steak w/Gravy Garlic Mashed Potatoes Carrots Sliced Strawberries Dinner Roll/Margarine Dutch Apple Pie Choice of Milk	14 Baked Mac & Cheese Italian Blend Vegetables Cinnamon Spiced Pears 100% Fruit Juice Breadstick/Margarine Peanut Butter Cookie Choice of Milk
17 Corned Beef Yukon Gold Potatoes Seasoned Cabbage Fresh Orange Pistachio Pudding Choice of Bread/Margarine Choice of Milk	18 Meatloaf Au Gratin Potatoes Steamed Baby Carrots 100% Fruit Juice Lemon Jell-O Knot Roll/Margarine Choice of Milk	19 Italian Marinated Pork Chop Cheesy Potatoes California Blend Vegetables Tropical Fruit Dinner Roll/Margarine Choice of Milk	20 Sweet & Sour Chicken w/ Rice Asian Blend Vegetables Baked Pineapple Casserole Cucumber Salad Choice of Bread/Margarine Choice of Milk	21 Penne Pasta w/ Marinara Sauce Cauliflower Apricots Cottage Cheese Garlic French Bread Choice of Milk
24 Honey Garlic Chicken Smashed Red Potatoes Brussel Sprouts Blueberries Dinner Roll/Margarine Choice of Milk	25 Baked Ham Scalloped Potatoes Steamed Broccoli w/ Cheese Ambrosia Salad Choice of Bread/Margarine Choice of Milk	26 Tomato Basil Soup w/ Crackers Pimento Cheese w/Bun Pickled Beets Fresh Pear Sugar Cookie Choice of Milk	27 Shredded Beef & Noodles Mashed Potatoes w/Beef Gravy Carrot Slices Pineapple Chunks Banana Nut Muffin/ Margarine	28 Vegetable Lasagna Tossed Salad w/Dressing Cream Corn Fruit Cocktail Garlic Breadstick Choice of Milk
31 Sloppy Joe w/Bun Tater Tots Mixed Vegetables 100% Fruit Juice Choice of Milk	We invite you to join us for lunch at the Guernsey County Senior Center from 11:30 am until 1:00 pm Monday – Friday. The Byesville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday & Thursday, Cumberland 11:30-1:00 pm, Tuesday & Friday, Londonderry site serves at 11:30 on Monday—Friday, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. Dine-In or Grab & Go Options Available. If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at www.GuernseySenior.org . <i>*Menu subject to change depending on item availability.</i>			