

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Quiche Lorraine (bacon), Mixed Vegetables, Applesauce, Whole Grain Roll & Butter, Milk</p> <p>9:15am Tai Chi (\$5) 10:30am Mall Walkers* 10:30am-12pm Cash for Gold* 1:30pm Art Club 1:45pm Bingo for Bucks</p> <p style="text-align: right;">3</p>	<p>Sweet & Tangy Cranberry Boneless Chicken Thigh, Brown Rice, Broccoli, Pudding, Milk</p> <p>9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:00am Stamp Club* 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Zumba (\$4)</p> <p style="text-align: right;">4</p>	<p>Vegetarian 3 Bean Chili, Green Salad, Fruit Cup, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 1pm Rummikub 1pm Babe Ruth Presentation*</p> <p style="text-align: right;">5</p>	<p>Ground Beef Stroganoff, Egg Noodles, Steamed Green Beans, Cookie, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 9:30-10:45am BP Screenings 10am-2pm GMU SLP Students* 11am Help Yourself to Healthy Living: March forward w/ Your Nutrition * 12:30pm Bridge or Skip-Bo 1:30pm Tone & Balance (\$4) 2pm Off-site Movie Matinee @ Arbour Sq*</p> <p style="text-align: right;">6</p>	<p>Baked Lemon Fish, Brown Rice, Vegetable Medley, Whole Grain Roll & Butter, Cookie, Milk</p> <p>10am Wii Sports or Jeopardy 12:30pm Table Toppers* 1pm The Happy? Ya! Ya! Crew- National Cereal Day* 1:30pm Stretch & Tone (\$4)</p> <p style="text-align: right;">7</p>
<p>Cheeseburger on Whole Grain Bun, Lettuce, Tomato, Baked Beans, Mandarin Oranges, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Club 1:45pm Bingo for Bucks</p> <p style="text-align: right;">10</p>	<p>Sausage, Peppers, & Onions Served w/ Roasted Potatoes & Tomato Sauce, Fruit, Milk</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Zumba (\$4)</p> <p style="text-align: right;">11</p>	<p>Chicken & Broccoli over Pasta Alfredo, Garden Salad, Brownie, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 1pm Rummikub 1pm Decoupage Shamrocks w/ Cindy</p> <p style="text-align: right;">12</p>	<p>Special Lunch \$10 Lemon Dill Salmon, Roasted Potatoes, Herbed Vegetable Medley, Irish Scone, Dessert</p> <p>9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 12-1:30pm Special St Paddy's Day Lunch w/ Celebration DJ's (\$10)* 12:30pm Bridge/Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p style="text-align: right;">13</p>	<p>Crab Cake, Sweet Potato Fries, Mixed Vegetable, Fruit, Milk</p> <p>10am Wii Sports or Jeopardy 10am Prevent T2 Program (pre-registered participants) 11am State Rep. Scheuren Office Hour** 1pm The Happy? Ya! Ya! Crew- National Pi Day* 1:30pm Stretch & Tone (\$4)</p> <p style="text-align: right;">14</p>
<p>Whole Grain French Toast Sticks, Scrambled Eggs w/ Cheese, Turkey Sausage, Peaches, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Club 1:45pm Bingo for Bucks</p> <p style="text-align: right;">17</p>	<p>Chicken Marsala, Brown Rice, Green Beans, Whole Grain Roll & Butter, Mandarin Oranges, Milk</p> <p>9am Breakfast Club @ Valentino's Bistro* 9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Zumba (\$4)</p> <p style="text-align: right;">18</p>	<p>Mixed Greens w/ Grilled Chicken, Pears, Pecans, & Cranberries, Cheddar Biscuit, Fruit Cup, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am Cabbage & Noodles Cooking Class w/ Teri Wassel* 1pm Rummikub 1pm Hip Pain w/ Total Performance PT*</p> <p style="text-align: right;">19</p>	<p>Sloppy Joe, Whole Grain Bun, French Fries, Garden Salad, Pineapple, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 12:30pm Advisory Council ** 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p style="text-align: right;">20</p>	<p>Baked Haddock, Long Grain Rice Pilaf, Winter Vegetable Blend, Cookie, Milk</p> <p>10am Wii Sports or Jeopardy 12:30pm Spring Equinox Karaoke Hour* 1pm The Happy? Ya! Ya! Crew- National Countdown Day #321* 1:30pm Stretch & Tone (\$4)</p> <p style="text-align: right;">21</p>

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Pot Pie in Puff Pastry, Green Salad, Fruit, Milk 9:15am Tai Chi (\$5) 1:30pm Art Club 1:45pm Bingo for Bucks	BBQ Pulled Pork Stuffed Sweet Potato, Green Beans, Cookie, Milk 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Zumba (\$4)	Roasted Vegetable Pizza, Soup Du Jour, Mandarin Oranges 8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 1pm Rummikub 1pm Women's History Month Trivia* 4pm Dinner Outing @ Franconia Heritage*	Roast Beef, Mashed Potatoes, Carrots, Roll & Butter, Applesauce, Milk 9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 12:30pm Bridge or Skip-Bo 1pm PA Health & Wellness Bday Celebration & Program* 1:30pm Tone & Balance (\$4)	Salmon Crouquette, Tartar Sauce, Rice Pilaf, Carrots & Peas, Peaches, Milk 9:30am Veteran's Coffee Catch-up* 10am Wii Sports or Jeopardy 1pm The Happy? Ya! Ya! Crew- National Something on a Stick Day* 1:30pm Stretch & Tone (\$4)
24	25	26	27	28

Quiche Lorraine (bacon), Mixed Vegetables, Applesauce, Whole Grain Roll & Butter, Milk 9:15am Tai Chi (\$5) 1:30pm Art Club 1:45pm Bingo for Bucks
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This Month We Celebrate:



Mardi Gras

Women's History Month
 Tuesday, March 4: Mardi Gras
 Wednesday, March 5: Ash Wednesday (Christianity)
 Thursday, March 13 - Friday, March 14: Holi (Hinduism)
 Thursday, March 13 - Friday, March 14: Purim (Judaism)
 Monday, March 17: St. Patrick's Day
 Thursday, March 20: Spring Equinox
 Saturday, March 29 - Sunday, March 30: Eid al-Fitr (Islam)



SPRING



Happy Purim



Eid al-Fitr MUBARAK

Orange with * Indicates special programming with additional information available at our front desk or online

Blue with ** Indicates Resources & Services with additional info available at our front desk or online

Detailed descriptions for all of our regular and recurring programming can be found on our website: www.ghnps.org or scan the QR code for quick access



Scan me