

The Center Calendar of Events: MARCH 2024

Mon	Tue	Wed	Thu	Fri
<p>The Center is open Monday-Friday</p> <p>From <u>8:30am-4:30pm</u></p>				<p>1 Workshop with MU Extension (9:30am-11:30am)</p> <p>Bingo (12-1pm)</p> <p><u>Women's Group (1-2pm)</u></p>
<p>4 Movie Monday: Marvel's The Avengers</p> <p>MSP Museum (12:00pm)</p> <p>Moovin N'Groovin</p>	<p>5 YMCA Outing (9:45-10:45am)</p> <p>Importance of Medication (12:00-12:15pm)</p>	<p>6 <u>Healthy Living Group (9:45-10:00am)</u></p> <p>Calvary's Gift Outing (10:15am)</p> <p>Cards Tournament (12:00pm)</p>	<p>7 <u>Self-Control Group (9:45am-10:00am)</u></p> <p>Thursday Ted Talk</p> <p>Walmart Outing (12:30pm-1:30pm)</p>	<p>8 Workshop with MU Extension (9:30am-11:30am)</p> <p>Bingo (12-1pm)</p> <p><u>Women's Group (1-2pm)</u></p>
<p>11 Movie Monday: Dune (Part 1)</p> <p>Dollar General Outing (12:00pm)</p> <p>Moovin N'Groovin</p>	<p>12 YMCA Outing (9:45-10:45am)</p> <p>1st Choice Presentation (10:00am)</p>	<p>13 <u>Healthy Living Group (9:45-10:00am)</u></p> <p>Five Below Outing (12:00pm)</p>	<p>14 <u>Alleviating Anxiety Group (9:45-10:00am)</u></p> <p>Thursday Ted Talk</p> <p>Walmart Outing (12:30pm-1:30pm)</p>	<p>15 Healthcare Home with Jannie and Christine</p> <p>Luck of the Irish Party (12-1pm)</p> <p><u>Women's Group (1-2pm)</u></p>
<p>18 Movie Monday: The Great Gatsby</p> <p>March Madness Team Picks</p> <p>Capital Mall Outing (12:00pm)</p>	<p>19 YMCA Outing (9:45-10:45am)</p> <p>Town Hall</p> <p>Basic Cleaning Routines (12:00-12:15pm)</p>	<p>20 <u>Healthy Living Group (9:45-10:00am)</u></p> <p>Kohl's Shopping Outing (10:00am)</p> <p>MARCH BIRTHDAY PARTY</p>	<p>21 <u>Dealing with Depression (9:45-10:00am)</u></p> <p>Thursday Ted Talk</p> <p>Walmart Outing (12:30pm-1:30pm)</p>	<p>22 Catholic Charities Resource Fair (10am-11:30am)</p> <p>Bingo (12-1pm)</p> <p><u>Women's Group (1-2pm)</u></p>
<p>25 Movie Monday: Avengers - Age of Ultron</p> <p>Dollar Tree Outing (12:00pm)</p> <p>Moovin N'Groovin</p>	<p>26 YMCA Outing (9:45-10:45am)</p> <p>How to Follow a Diet (12:00-12:15pm)</p>	<p>27 <u>Healthy Living Group (9:45-10:00am)</u></p> <p>House of Bargains Outing (10:15am)</p> <p>Easter Party (12:00pm)</p>	<p>28 <u>Benefits of Kindness Group (9:45-10:00am)</u></p> <p>Thursday Ted Talk</p> <p>Walmart Outing (12:30pm-1:30pm)</p>	<p>29 March Madness: Game Viewing (9:30am-11:30am)</p> <p>Five Below Outing (10:15am)</p> <p><u>Women's Group (1-2pm)</u></p>



March 2024

What's Happening?

- March is blooming with fun activities! Shake off winter blues with our uplifting mental health groups and enjoy the first hints of spring on our revitalizing outings.
- **Egg-cellent activities, sweet treats, and maybe even a visit from the Easter Bunny awaits at our festive Easter Party on March 27th!**

Activities and Events

- Women's Group (1-2pm on Fridays)
- Cards Tournament (March 6th)
- Healthcare Home (March 15th)
- 1st Choice Presentation (March 12th)

AND MORE....



March Quick Facts

March, named for the Roman god of war, boasts the birthdays of influential figures like Albert Einstein (March 14th) and Alexander Graham Bell (March 3rd).

This exciting month also marks the vernal equinox, the official start of spring in the Northern Hemisphere!



What's on your mind?

If you have suggestions or requests please let us know. You can leave a suggestion in the suggestion box located in the office lobby and The Center or let a staff member know.

We want to hear from you!

The Center Lunch Calendar: MARCH 2024

Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;"><u>Lunch is everyday from 11:30am-11:50am</u></p> <p style="text-align: center;">All lunches cost two dollars or 4 Volunteer Tickets</p> <p style="text-align: center;">(Please call or sign up at the Center by 10:30 to receive lunch)</p>				<p>1 Meat Lovers Pizza</p> <p>Garden Salad</p> <p>Fresh Fruit</p>
<p>4 Tuna Salad Sandwich</p> <p>Vegetable Soup</p> <p>Fruit Cocktail</p>	<p>5 Soft Shell Tacos</p> <p>Spicy Pinto Beans</p> <p>Salsa and Chips</p> <p>Fruit</p>	<p>6 Chili and Crackers</p> <p>Coleslaw</p> <p>Applesauce</p>	<p>7 Sack Lunch</p>	<p>8 Salami Sandwich</p> <p>Veggie Sticks/ Dip</p> <p>SF Pudding Cup</p>
<p>11 Ham and Swiss on Wheat</p> <p>Chicken Noodle Soup</p> <p>Fresh Fruit</p>	<p>12 Chicken Fajitas</p> <p>Yellow Rice</p> <p>Garden Salad</p> <p>Pineapple</p>	<p>13 Country Fried Steak</p> <p>Mashed Potatoes/Gravy</p> <p>Green Beans</p>	<p>14 Sack Lunch</p>	<p>15 Cheese Burgers</p> <p>Baked Beans</p> <p>Applesauce</p>
<p>18 Egg Salad Sandwich</p> <p>Minestrone Soup</p> <p>Sliced Pears</p>	<p>19 Beef Enchiladas</p> <p>Black Beans</p> <p>Avocado Salad</p>	<p>20 Chicken Nuggets</p> <p>Macaroni and Cheese</p> <p>Sweet Peas</p>	<p>21 Sack Lunch</p>	<p>22 Sausage Pizza</p> <p>Caesar Salad</p> <p>Fruit Salad</p>
<p>25 Bologna Sandwich</p> <p>Winter Veggie Soup</p> <p>SF Jello w/Fruit</p>	<p>26 Taco Soup</p> <p>Tortilla Chips</p> <p>Queso Dip</p>	<p>27 Ham Steaks</p> <p>Scallop Potatoes</p> <p>Vegetable Medley</p> <p>Applesauce</p>	<p>28 Sack Lunch</p>	<p>29 Sloppy Joe Sandwich</p> <p>Tater Tots</p> <p>Fruit Cocktail</p>