March 2024

MENOMONIE AREA

SENIOR CENTER NEWSLETTER



1412 Sixth Street E • Menomonie, WI 54751 • Phone 715.235.0954 • www.menomonieseniorcenter.org

LIKE US ON FACEBOOK @ Shirley Doane Senior Center

NOTE FROM THE DIRECTOR

Happy Spring Everyone!

Officially Spring Arrives on March 19th but it sure feels like it has arrived already here with the weeks of mild weather that we have had. Having an early spring makes the transition easier. I personally am very weather dependent and thus feel much more positivity with less cold temperatures and more sunshine. Yet I must admit there are drawbacks to such unusual weather conditions. Climate change is nothing to be happy about and these record setting temperatures are, without a doubt, mostly due to global warming. But on a positive note, experiencing extreme conditions may make more of us pro-active in finding solutions for generations to come.

So, by all means "Think Spring!" and while we are at it "Think Moderate Temperatures!" And let's all try to minimize greenhouse gases. There is a solution to this looming problem if we will just choose it!

---Donna

SENIOR CENTER WILL BE CLOSED FRIDAY MARCH 29 IN OBSERVANCE OF GOOD FRIDAY-NO ACTIVITIES-NO BINGO

\$ ^^^^^^^

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March exercise schedule...

Chair Yoga Tuesday & Thursday, 8:30 to 9:15a.m. \$3.00 ea. Class - Ongoing classes twice a week

Stronger Seniors Exercise Classes Tuesday, & Thursday FREE Stronger Seniors Intermediate March 5th, 7th, 26th & 28th ONLY 9:45—10:45am

Stronger Seniors Basic Every Tuesday & Thursday, 11:00—11:45am Note: Stronger Seniors Intermediate Regular Schedule Resumes 4/2

Tai Chi Mondays, 9:00—10:30a.m. Free Classes

Open Walking in Gym Mondays, Wednesdays, Fridays Noon-3:00pm



2024 MEMBERSHIP DRIVE 601 MEMBERS JOINED OR RENEWED SO FAR THIS

YEAR

Renewing your membership or joining the center is VITAL

TO OUR SUCCESS!

Thank you for supporting your

Senior Center!

MEMBERSHIP AT THE
MENOMONIE SENIOR CENTER
RUNS ON A CALENDAR YEAR
FROM JANUARY TO DECEMBER
IF YOU HAVE NOT YET RENEWED
OR JOINED, PLEASE
BE SURE TO DO SO TODAY!
Membership Dues Only \$10/Year
THANK YOU!

Insert Pages

- **MARCH CALENDAR / MENU**
- **† DONATIONS & MEMORIALS**
- † EVENTS AND ACTIVITIES /
 RETIRED EDUCATORS
- **PROGRAMS / DAY SERVICES**
- **MARCH MEATLOAF MEAL**
- **PST PAUL SAINTS DAY TRIP**
- TWINS BREWERS DAY TRIP
- † CHANHASSEN BEAUTIFUL DAY TRIP











I cannot believe it is already March! This means Spring is right around the corner. And that means (hopefully)... WARMER & SUNNIER OUTSIDE!!! Here at the Senior Center, warmer weather means more people will venture out to come play cards or participate in other activities. Then we get to see more people! I love to see all the new smiling faces, and I love to see the sun come out. So, all-in-all, I am very excited for Spring.

I leave with you a March-related joke...

Why was the calendar so busy before April?

Because there was so March to do.

With Happy Thoughts,

Jaden Czysz

Thank You to all our members who have joined or renewed their 2024 Membership. Below are those who paid their dues since the last newsletter. This is NOT a cumulative list of all paid members

WELCOME TO OUR NEW MEMBERS!

BERNIE ORFEILD **BETTY FRANK** BILL & DEBBIE HARMAN **BONNIE CHRISTIANSON BONNIE JOHNSON CAROL PITTMAN** CAROL SAXTON **CYNTHIA SCHARF** DARLENE & LARRY BOE **DICK MARTINSON** KAREN MARTINSON DIXIE QUINN **ELDON & JOAN BURSTAD ELIZABETH FISCHER** FLO PERRI GAIL JOHNSON **HELEN ROSEN** JACQ & LYN COLLINS **JANET SPINA** JIM ELSBURY* JO AN DEMI **JUNE BRADFORD** KAREN DONNELLY **LOYD DONNELLY** KATHERINE MCEWEN **KENT MCROBERTS LAILA DAVIS LAURA & ROBERT GIEDE LAVERNE WERNER LINDA TYLEE** LOIS DEEBEE LOIS SIPPLE

LORENE VEDDER MARGI & KEN STAUSS **MARVIN LANSING** MARY ANN BILSE MARY SEMPF MICHAEL KLISH MICKEY WOLFE MIKE BRANDT NANCY KRAFT **NEVA FIEGE NORMAN & JEANNE ELLIG PATRICIA WEBB** PAULA MEIXNER PENNY THIEDE-KLISH **PETE & BETH EDSTROM POLLY ENGLEHORN** LYNN ENGLEHORN RALPH & MARIA VARSHO RAY HERMAN **RON & MARY KALLIO SANDY SCHLEMM SCOTT & NANCY HAYDEN SHARON EMERSON** SHARON SCHAFER STEVE & JOANN KNUTSON SUE ERICKSON **VADA HUSBY VEL MILLER VICKI STRONG * VICKIE KUESTER*** WILLIAM KUESEL YVONNE KUESEL

MARK OUILLING LAWANDA KADINGER ROBERT CROPP KIMBERLY CROPP **GLADYS WALLER** SANDY PONTO **BARBIE & WILL BYLER* ROBERT & DIXIE WALTER*** JEANETTE GAINS **JIM & PAULINE KNUTSON NANCY CARLSEN DONALD & PEGGY SANTEE** KAREN SIEGL **CHARLOTTE HAMILTON** LINDA YOUNG JOHN HALVERSON REXETTA HALVERSON LAURAL LARABEE **IOHN & SHIRLEY BOSTROM BARB NIEMI-ARNTZEN** PAUL ARNTZEN KAY BAUER **DEBRA DRINKMAN NANCY JOHNSON** PATRICIA BAGGETT **RICK & MITZI BOLIN** JANE KINGZETT EILEEN REGISTER CARLA BERSCHEIT* **MARY TURRI CAROLYN MAVES** LISA BOECKER

CINDY OUILLING* DALE QUILLING* RUTH POTTER SHARON DEMAR RON & AGNES WELCH CHRISTIE PITTMAN **RICH & LEONA METZGER GERALD LAUSTED MARLYS LAUSTED** LYNN SAMUELSON SUSAN STAINER LYNDA COCKERAM TIM & ANN CARLILE* JAN O'NEILL WILLIAM & LYNN VINALL LAUREN LIDGERDING MARY ELLEN LIDGERDING **DELORES FALKNER STEVE & DIANE PIONTEK LAURIE DRURY JUENA HOWELLS DONNA COLLINS** JOHN & DEB WESOLEK LYNN DICKMAN INGE VON ESCHEN **CAROL GUNDLACH DEB REGISTER**

SENIOR CENTER MEMBER OF THE MONTH: SHARON ZACHOW

Sharon is a valued member of our senior center and was hired in 2023 to be one of our Day Services Staff members. A UW Stout graduate, Sharon worked for the State of Nebraska as a Vocational Rehabilitation Counselor. After her retirement she returned to Menomonie to be closer to her two daughters, four grandchildren and their families. Sharon has always enjoyed being a part of the Shirley Doane Senior Center. She has participated in many activities throughout the years such as Bus Trips, Presentations, Stronger Seniors and the Dementia Training and Support Group. Sharon's hobbies include Baking, Painting and Crafting. She has also participated in the Menomonie Arts Coming together program.

Thank you Sharon for giving your time and talents here with us! It is always a pleasure!

HAPPY MARCH BIRTHDAYS!



Patricia BaggettI	Howard Hayden9	Ron Kind16	Lee Villenueve24
Diane Edwards I	Dick Morrison 9	Billy Midgett16	Jeanine Young24
Luanne ReckinI	Ed Sutliff 9	Laura Wahl 16	Jerry Cassellius25
Marjorie Zeillinger2	Arlene Ockwood 10	Kathy Block17	Linda DeZurik25
Sara Amen3	Collene DeRaad I I	Patricia Johnson 17	Mildred Packer25
Charlotte Berry3	Marlene Huley I I	Linda Knegendorf 17	Barbara Anderson26
Julie Bloom3	Nancy Meklin I I	Mike Kolstad17	Jean Davis26
Ray Gabert3	Sandra Moehle I I	Gary Meyer 17	Ted DeZurik26
Jeanne Hogseth3	Larry Baumgartner 12	Katherine Rhoades 17	Al Loew26
Joan Johnson3	Don Fenner12	Connie Christie 18	Marilyn Waldbuesser26
Marlin Oebser3	Cheryl Johnson 12	Judy Evenson18	Ruth Kasten27
Dan Weber3	Velma Lindow 12	Judy Head 18	Debra Ostgard27
Carol Seppa4	Nancy Birthman 13	Kathy Thatcher 18	Don Qually27
Elizabeth Fischer5	Shirley Bostrom 13	Michael Davis 19	Kasten Ruth27
Barb Laatsch5	Shirley Fischer 13	Bill Edwards 19	Harold Bauer28
Steve Spletter5	Margaret Parker 13	Paul Moehle 19	Pat Fox28
Linda Robinson6	Jeanette Scheuermann 13	Inge Von Eschen 19	Larry Hanestad29
Paul Arntzen7	Margee Stienecker 13	Annika Koerth20	Gail Johnson29
Donna Chaudoir7	Phyllis Bjork 14	Ginny Anderson21	Peggy Qually29
Peter Huth7	Curt Blodgett 14	Rosemary Waitr22	Donald Santee29
Jerry Lausted7	Terry Brown 14	Vicki Casper22	Pamela Thackeray29
Tim Lindeen7	Ann Cook 14	Lynda Stewart22	Ed Roethke30
Peter Huth7	Anita Larson14	Della Bendtsen23	Carla Berscheit30
Nancy Sandborg7	Sue Stainer 14	James Gellerman23	Betty Clements3 I
Larry Sinz7	Steve Wood 14	Sandy Haesly23	Lyn Collins3 I
Earlene Way7	Leanane Bartz 16	Awanda Insalato24	Brenda Jane31
Lisa Boeker8	Dan Homstad 16	LaWanna McSweeney .24	Diane Leland3 I
Judy Fry9	Jim Hoyt16	Norman MrDutt24	

Shirley Doane Senior Center 2024 Board of Directors

Board President: Tina Tharp Board Vice President: Karen Martinson Board Secretary: Bonnie Christianson Board Treasurer: Shari Homstad Backup Secretary: Rosalie Werner

Carla Berscheit Jane Kingzett Ian Peisa Bill Arndt **Bill Mercer** Karen Siegl



Senior Center Director: Donna Collins Front Office: Karen Snyder & Sara Amen Office Assistant: Jaden Czysz Day Services Manager: Heather Jerrie Day Services Staff: Fran Frank, Barb Welch Carol Bergelin & Sharon Zachow Webmaster: Joe Hagaman

The March Board meeting will be held on March 12, 2024. at 8:30am If you are interested in attending a meeting please let us know one week in advance. via email or phone: seniors@wwt.net

715.235.0954 **Board** meeting minutes are available upon request.

MEET THE 2024 BOARD OF DIRECTORS!



Pictured from left to right: Bottom Row-Karen Martinson-Vice Presdent, Bonnie Christianson-Secretary, Shari Homstad-**Treasurer**

Middle Row: Jan Pejsa, Rosalie Werner, Backup Secretary,

Donna Collins, Director, Jane Kingzett

Top Row: Bill Mercer, Bill Arndt, Tina Tharp, President Not Pictured: Karen Siegl, Jo Gust & Carla Berscheit

Shirley Doane Senior Center

Shirley Doane Senior Center is a 501 (C) (3) non-profit organization supported in part by United Way of Dunn County. The Center supports United Way campaign efforts.

LABEL



Web: menomonieseniorcenter.org 715-235-0954 seniors@wwt.net Menomonie, WI 54751 1412 6th Street East

SENIOR CENTER **MENOMONIE AREA**

March Newsletter

Permit No. 345 12742 IW , sinomons M U.S. Postage Paid Non-Profit Org.

Electronic Service Requested

FOOT & NAIL CLINIC WEDNESDAYS MARCH 6TH, 13TH, 20TH, 27TH 8:30—11:00AM APPOINTMENTS ARE REQUIRED—PLEASE CALL 715-235-0954 \$20.00 Fee

EXPLORING DEVIENTIA CAREGIVING Monday March 25th 10:30am—Noon Free—Please Note the Senior Center's Adult Day Services is an option for those being cared for during these meetings. Please contact the Senior Center at 715-235-0954

WALK & TALK Sponsored by the ADRC Thursday March 7th, 12:30pm @ The Senior Center

WOMEN CONNECTED Sponsored by the ADRC March 13th 11:30 am @ The Senior Center

THE PURPLE PERK Sponsored by the ADRC Monday March 18th 10:00—11:30am @ The Senior Center

MEATLOAF LUNCH DINE-IN Wednesday March 20th, 11:30-12:30 Reservations requested See Insert

TWINS VS BREWERS @ TARGET FIELD July 21st, \$110 Join us for this fun Senior Center day trip with <u>SEATS IN THE SHADE!</u> See Insert

BEAUTIFUL @ THE CHANHASSEN August 21st, \$115 Includes Lunch! Join us for this fun Senior Center day trip

ST. PAUL SAINTS GAME June 19th, \$85 Let the Senior Center take YOU out to a ballgame! See Insert

STRONER SENIORS EXERCISE Tues. & Thurs. thru May 23rd (Note: No Intermediate Classes March 12th through March 22nd)

Intermediate Class
Basic Class

9:45-10:45 A.M. Free 11:00-11:45 A.M. Free

RETIRED EDUCATORS MEETING MARCH LITH

The Dunn County Area Retired Educators' Association will meet Monday, March 11th, 12:00 noon, at the Menomonie Moose Lodge, 720 19th Ave East.

Laura Knudsen, Menomonie Mayo Clinic Registered Dietician, will be the guest speaker. She will discuss nutritional plans such as Mind/Brain, Mediterranean and DASH diets for a healthy lifestyle All retired public school employees, preschool through university, are invited to gather with other retirees for this interesting presentation.

Lunch will be served.

Please call Jean at 715.235.8286 by March 7th to RSVP.

Weather Conditions that Close the Senior Center

Just a reminder that the Shirley Doane Senior Center will be closed for the day because of weather when the Menomonie Schools are closed DUE TO WEATHER.

Most of the local television and radio stations announce these closings, also WEAU posts these closings on-line.

MEMORIALS & DONATIONS GIVEN TO THE SENIOR CENTER IN FEBRUARY 2024

Thank you for your overwhelming generosity!



Memorial Donations:

Dale & Carol Seppa IMO Harlyn Larson

Jovce Solie

IMO James Solie

Ken & Margi Stauss IMO Mary VanNorman

Nancy Johnson

IMO Robert Johnson

Sandy Schlemm

IMO Tony Schlemm

IMO Larry Drinkman

Nancy Ponto Judy Gabriel

John & Barb Evenson

IMO Alice Evenson

Jan O'Neill

IMO Bill O'Neill

Donations:

CVI R

ARC of Dunn County

Endowment Fund

Jerome Jacobs

Julene Sweeny

Mary Ensworth

Karen & Loyd Donelly

William & Yvonne Kuesel

Dick & Karen Martinson

Mary Ann Blise

Vada Husby

Jim Elsbury

Linda Young

Rick & Mitzi Bolin

Vicki Strong

John Mikkelson

SENIOR CENTER MEAL SPONSORSHIPS

With inflation rising and the increase in the cost of food, we are reaching out to our Community Partners, Businesses and Organizations with the opportunity to assist us by becoming a sponsor of one or more of our monthly meals. Sponsorship cost for our January through October meals is \$500 each month. November and December holiday meal sponsorship is \$700 each month. The sponsoring business or organization will be acknowledge in our monthly newsletter, Facebook and on the day of the meal. If interested or if you have questions please contact us at seniors@wwt.net or call 715-235-0954

The Shirley Doane Senior Center is a 501 (c) (3)

All monetary donations to the Menomonie Senior Center may be tax deductible.

Donation verification letters are available upon request.

Thank you so much for helping to support your Senior Center!

Standing in the Gap

An Interactive Discussion for Senior Adults & Their Families

March 13th 2024 10:30am-11:30am @ The Senior Center

A fun & interactive talk with a trained counselor about the gap between challenges & accomplishments in senior living.

Call 715-235-0954 to sign up.







EXPLORING DEMENTIA CAREGIVING

Do you care for someone with dementia?

Join us for care strategies,
resources and support on the
Fourth Monday of every month
10:30am-12:00 noon

@ The Shirley Doane Senior Center, This Month it is on March 25th!

Sponsored by The Aging and Disability Resource Center (ADRC) of Dunn County

The Adult Day Services (ADS) program, located in the Senior Center, is an option for those being cared for during this meeting.

To check availability in the ADS program and to make a reservation contact
The Senior Center at 715-235-0954

ADULT DAY SERVICES

Comfortable, Loving Atmosphere

CARING FOR A LOVED ONE AND FINDING IT HARD TO GET THOSE LITTLE ERRANDS RUN,OR JUST NEED SOME PERSONAL TIME TO YOUSELF?

We can help...

ADULT DAY SERVICES
Monday, Wednesday, Thursday & Friday
10 A.M.—2:30 P.M.

We are reaching out to meet the need for affordable respite care in our community. If you, or someone you know needs this extra help, please stop by any of these days and times to see how we interact with those entrusted to our care.

PLEASE NOTE: THE DAY SERVICES PROGRAM ON TUESDAY IS
NO LONGER TAKING PLACE. ALL DAY SERVICES ARE AVAILABLE MONDAY,
WEDNESDAY, THURSDAY & FRIDAY. IF RESPITE IS NEEDED
FOR THOSE WITH DEMENTIA PLEASE CALL AHEAD
TO RESERVE A DAY & TIME THOSE NEEDING CARE. THANK YOU!

For more information call: 715-235-0954 Or email: seniors@wwt.net

JUST FOR FUN









One of our members, Lois Sipple, went skydiving on her 90th birthday. She decided to share this photo with us. How exciting!! If you want to hear the whole story, come to the Senior Center Office.















We recently had some special Friday BINGO guests!
Looks like they won some fun prizes!





\$8 per ticket

Meatloaf In-House Meal



March 20th, 2024

11:30am-12:30pm

Menu:

Meatloaf
Mashed Potato
Gravy
Vegetables
Dessert

RSVP by

March 15th, 2024

715.235.0954 to reserve your spot!



This meal is sponsored by



Ken McRoberts.
Thank You!!



If you make a reservation & cannot make it, let us know!

Seats are limited.

LET YOUR SENIOR CENTER TAKE YOU OUT TO A BALLGAME!



ST. PAUL SAINTS vs TOLEDO MUD HENS

AT CHS FIELD

10:00 a.m. - 5:30 p.m.

Senior Center Tour \$85 per person Call 235-0954 to reserve today!

10:00 a.m. **Depart Senior Center**

11:30 a.m. **Arrive CHS Field**

11:30am-1:00 pm On your own—\$20 in Saints Bucks are included

for your convenience to enjoy lunch and

beverages at any of the vendors.

1:07p.m. **GAME TIME!!!!**

4:00 p.m. **Depart CHS Field (Approx. Time)**

Arrive back at Senior Center (Approx. Time) 5:30 p.m.

Description:

Join us for our second annual trip to see the Saint Paul Saints play the

Toledo. Heading into their 28th season and fifth at CHS Field, the Saints are known for its "Fun Is Good" motto! Just read the testimonial

below from a guest on a previous trip. You can't miss spending a summer afternoon enjoying a ballgame in SHADY SEATS right behind home plate! Your trip includes \$20 in Saints Bucks to be used for any food or beverage at any of the many delicious vendors. The price is right for a ballgame outing in the summer.

CHS Field is a great ballfield and we promise to have a lot of fun!

"My first visit to a St. Paul Saints game and I was pleasantly surprised! Great seats, lots of food options, great venue and The City of Baseball Museum was interesting. Zany announcers and games. A lot more fun than your typical ballgame! I'll definitely go again!

Final Payment due May 15th, 2024

Shirley Doane Senior Center, 1412 6th Street E, Menomonie, WI 54751, 715-235-0954



LET YOUR SENIOR CENTER TAKE YOU OUT TO A BALLGAME!

1412 Sixth Street • Menomonie • 715.235.0954

TWINS vs BREWERS

AT TARGET FIELD Sunday, July 21st, 2024

10:00 am-5:30 pm

Senior Center Tour \$110 per person Call 235-0954 to reserve today!

WAUNT OF THE SEBALL CLIENT OF THE WENTER OF

ITINERARY:

10:00 a.m. Depart Senior Center 11:30 a.m. Arrive Target Field

11:30—1:00 p.m. On your own to have lunch, buy snacks or just

go to your seat and relax and enjoy the view!

1:10 p.m. **GAME TIME!!!!**

2:30 p.m. Seventh Inning <u>STRETCH</u> (Approximate Time)

4:00 p.m. Depart Target Field (Approx. Time)

5:30 p.m. Arrive back at Senior Center (Approx. Time)

Description: Join us for a "Summer Fun-Day on a Sunday!" What better way to enjoy the warmer weather than to take in a major league Ball Game! Whether you are a Twins or a Brewers Fan this promises to be a delightful day at Target Field. <u>Our excellent seats are in the SHADE for this game</u>.

Day tour price includes your ticket to the game and transportation only. Food, beverages and snacks at the ballpark are NOT included. There are many delicious food choices to be had at Concession areas located close to your seats!

Elevators available and minimal stairs at our seat locations but plan to do some walking. Hope you will join us on this FUN-DAY!

Final payment due: June 15, 2024

Snacks on the bus are provided courtesy of:

American Lutheran Communities, Menomonie ~ Thank You!!

Shirley Doane Senior Center, 1412 6th Street E, Menomonie, WI 54751, 715-235-0954



SHIRLEY DOANE SENIOR CENTER

Chanhassen Dinner

Theatres Presents:





Beautiful

The Carole King Musical

Wednesday, August 21st, 2024

Itinerary

Senior Center Tour

\$115 per person

Call 235-0954 to reserve

Good seats still available!

9:00 a.m. Bus Departs For the Chanhassen Dinner Theater 10:30 a.m. Arrive Chanhassen Dinner Theaters, Chanhassen, Minnesota I I:00 a.m. Dinner Choices: Chicken Chanhassen, Orange Roughy, Vegetable Lasagna, Vegan Impossi-Loaf, Chicken Tenders, Cranberry Pear Salad, Cajun Pasta Primavera, Grilled Cheeseburger

1:00 p.m. Curtain Time: Beautiful

3:45 p.m. Depart From Chanhassen Dinner Theater (approximate time)

6:00 p.m. Return to Senior Center (latest approximate time)

ABOUT BEAUTIFUL:

The soundtrack of a generation inspired this BROADWAY SMASH HIT! For nearly six years, Beautiful: The Carole King Musical thrilled Broadway audiences with the inspiring true story of Carole King's remarkable journey from teenage songwriter to Rock & Roll Hall of Fame music legend. As a woman in the music industry, King broke barriers and became one of the most prolific songwriters of our time!

Carole King wrote hits for the biggest music acts from The Shirelles to The Righteous Brothers - then recorded her Grammy-winning masterpiece, TAPESTRY. The musical takes you on a joy-filled, emotional ride of a lifetime! Featuring over two dozen hits including "One Fine Day," "The Locomotion," "So Far Away," "Natural Woman," "You've Lost That Lovin' Feelin," and "Will You Love Me Tomorrow," this Tony and Grammy Award-winning musical is filled with the songs you remember and a story you'll never forget. A huge cast of singers and dancers bring more than 24 of her greatest hits to life in a triumphant celebration!

Chanhassen Dinner Theater is known for its delicious food and wonderful performances. Ticket price includes dinner, tickets, transportation and all taxes and gratuities except voluntary driver gratuity.

FINAL PAYMENT DUE JULY 15, 2024



March 2024 Elderly Nutrition Program Menu subject to change ENP Mon-Tue-Thu-Fri In-House Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian meat sauce, Spaghetti noodles, Spinach cranberry salad, Garlic bread sticks, Iced brownie
4 Salisbury steak, Gravy, Parslied potatoes, Stewed tomatoes, Wheat bread, Pineapple tidbits	5 Roast turkey, Mashed potatoes, Turkey gravy, Sliced carrots, Perfect peach cobbler	6 Meat lasagna, Romaine and onion salad, Garlic bread, Mandarin oranges	7 Easy chicken cordon bleu, Cheesy hash browns, Broccoli cuts, Wheat bread, Chilled pears	8 Breaded baked fish, Baked potato, Monte Carlo blend Vegetables, Rice pudding with raisins
11 Breaded pork chop, Buttered new potatoes, Dilled carrots, Wheat bread, Grapes	12 Herb baked chicken, Oven roasted sweet potatoes, Spinach salad, Apple crisp	13 Baked spareribs, Sauerkraut, German potato salad, Perfect pinto beans, Pumpkin bread	14 Roast beef, Mashed potatoes, Brown gravy, Whole kernel corn, Cherry torte bar	15 Crumb topped baked fish, Basil garlic potatoes, Broccoli cuts, Fruit ambrosia salad
18 Corned beef, Boiled potatoes, Cabbage, Rye bread, Pistachio pudding	19 Roast turkey, Mashed potatoes, Turkey gravy, Herbed baby carrots, Wheat bread, Applesauce	20 SENIOR CENTER MARCH MEAL @ 11:30 MEATLOAF MASHED POTATOES VEGETABLES DESSERTS	21 Baked fish fillet, Lemon butter sauce, Twice baked potatoes supreme, Broccoli cuts, Wheat bread, 24 hour fruit salad	Three bean chili with canned beans, Mixed green salad, Cornbread, Angel food cake, Maple whipped cream
25 Open face hot turkey sandwich with gravy, Mashed potatoes, Turkey gravy, Broccoli, Apple slices	26 Baked ham & pineapple, Scalloped potatoes, Pinto beans & bacon, Creamy frosted white cake	27 Old fashioned meatloaf, Baked potato, Sour cream, Creamy corn casserole, Frosted pumpkin bar	28 Deluxe chicken pot pie, Herbed baby carrots, Dinner roll, Cherry cobbler	MEAL SITES CLOSED