

West Shore Senior Center

Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Baked Crab Cakes Cheesy Potatoes Peas Wheat Bread Cottage Cheese & Peaches</p>
<p>4 Lemon Dijon Pork Loin Buttered Pasta California Blend Wheat Bread Pineapple Tidbits</p>	<p>5 Cheese Omelet w/Ham, Peppers, Onions Sausage Patty Breakfast Potatoes English Muffin w/Jelly Apple Juice</p>	<p>6 Pasta & Meatballs Pasta w/Marinara Tossed Salad w/Tomato Garlic Breadstick Mixed Fruit Salad</p>	<p>7 Pepper Steak w/Onions & Peppers Whipped Potatoes Diced Carrots Wheat Bread Blushed Pears</p>	<p>8 Creamy Egg Salad Sandwich Lettuce & Tomato Tomato Soup w/Crackers Whole Wheat Bread Cinnamon Applesauce</p>
<p>11 Cheeseburger Stroganoff Green Beans Breadstick Fresh Fruit</p>	<p>12 BBQ Pork Ribette Creamy Coleslaw Green Beans Sandwich Roll Seasonal Fresh Fruit</p>	<p>13 Chicken Cobb Salad (Diced Chicken, Egg, Bacon Bits, Cheddar, over Mixed Greens Pickled Diced Beets Dinner Roll Cake</p>	<p>14 Winter Beef Stew Mixed Vegetables Cornbread Apple Crisp</p>	<p>15 Saint Patty's Day Party</p>
<p>18 Stuffed Pepper w/Sauce Garlic Whipped Potatoes Coin Carrots White Bread Pudding</p>	<p>19 Honey Rosemary Chicken Buttered Noodles Brussel Sprouts White Bread Peaches</p>	<p>20 Ballpark Franks Baked Beans Potato Salad Hotdog Bun Seasonal Fruit</p>	<p>21 EASTER MEAL Roast Beef w/Gravy Whipped Potatoes/Chives Corn Dinner Roll Cake</p>	<p>22 Tuna Salad Sandwich w/lettuce & tomato Cream of Potato Soup White Bread Fresh Orange</p>
<p>25 Glazed Ham w/Pineapple Sauce Whipped Sweet Potatoes Green Beans Diner Roll Seasonal Fresh Fruit</p>	<p>26 Grilled Chicken Salad (Chicken, Cheddar, over Mixed Greens w/Tomato Bean Cup Dinner Roll Gelatin</p>	<p>27 Burgundy Glazed Meatballs Rice Roasted Brussel Sprouts Wheat Bread Pears</p>	<p>28 CLOSED Movie and Pizza party</p>	<p>29 CLOSED GOOD FRIDAY</p>

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Menu

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp
4 8:30 Dominoes/Games 11:00 Chair Yoga	5 8:30 Dominoes/Games 9:00 Billiards 9:00 AARP 12:00 BoomWhackers Class	6 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	7 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:30 Tai Chi w/Juli - \$3/pp	8 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp
11 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 Crafts with Judy, Sally and Loretta	12 8:30 Dominoes/Games 9:00 Billiards 10:00-12:00 HSOA Workshop 12:00 BoomWhackers Class	13 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	14 Birthday Celebration! 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:30 Tai Chi w/Juli - \$3/pp	15 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp
18 8:30 Dominoes/Games 11:00 Chair Yoga	19 8:30 Dominoes/Games 9:00 Billiards 9:00 AARP(Refresher) 10:00-12:00 HSOA Workshop 12:00 BoomWhackers Class	20 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	21 CLOSED Drive thru Easter Meal	22 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp
25 8:30 Dominoes/Games 11:00 Chair Yoga 12:30 Movie	26 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class	27 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	28 CLOSED Movie and Pizza Party	29 CLOSED GOOD FRIDAY

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Activity Calendar

April 2024

<p>1 8:30 Dominoes/Games 11:00 Chair Yoga</p>	<p>2 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class</p>	<p>3 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps</p>	<p>4 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:30 Tai Chi w/Juli - \$3/pp</p>	<p>5 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp</p>
<p>8 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 Crafts with Judy, Sally and Loretta</p>	<p>9 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class</p>	<p>10 CLOSED CAMP EDER</p>	<p>11 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:30 Tai Chi w/Juli - \$3/pp</p>	<p>12 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp</p>
<p>15 8:30 Dominoes/Games 11:00 Chair Yoga</p>	<p>16 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class</p>	<p>17 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps</p>	<p>18 Birthday Celebration 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:30 Tai Chi w/Juli - \$3/pp</p>	<p>19 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp</p>
<p>22 8:30 Dominoes/Games 11:00 Chair Yoga</p>	<p>23 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class</p>	<p>24 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps</p>	<p>25 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:30 Tai Chi w/Juli - \$3/pp</p>	<p>26 CLOSED DOUBLING GAP</p>
<p>29 8:30 Dominoes/Games 11:00 Chair Yoga</p>	<p>30 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class</p>	<p>28 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps</p>	<p>29 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:30 Tai Chi w/Juli - \$3/pp</p>	<p>30 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp</p>

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Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10 CLOSED CAMP EDER	11	12
15	16	17	18	19
22	23	24	25	26 CLOSED DOUBLING GAP
29	30			