

MARCH



All activities and congregate lunches currently offered at the **Senior Resource and Community Center** in White Cloud



Vegetable and Fruit served with every meal.


Menu is subject to change.

ACTIVITIES & MEALS CALENDAR



Please no Outside Food or Drink.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00am: Enhance Fitness Class (White Cloud Only) 11:30am: Lunch Served  Celebrating March Birthday's with a special lunch treat!
				French Toast Sticks with Meat
4 10:00am: Enhance Fitness Class (White Cloud Only) 11:30am: Lunch Served	5 11:30am: Lunch Served  Fredrick Meijer Gardens Trip	6 10:00am: Enhance Fitness Class (White Cloud Only) 11:00am: Live Music with Mark and Friends 11:30am: Lunch Served	7 11:00am: Free Blood Pressure Checks 11:30am: Lunch Served 12:30pm-1:00pm: BINGO	8 10:00am: Enhance Fitness Class (White Cloud Only) 11:30am: Lunch Served <div>Sign-up Deadline for Whitecaps Baseball Game Trip</div>
Bean and Ham Soup	Meatloaf	Chicken Salad Croissant	Hard Shell Beef Tacos	Seasoned Chicken Thighs

11	12	13	14	15
10:00am: Enhance Fitness Class (<i>White Cloud Only</i>) 11:00am: Senior Snippet: Estate Planning 11:30am: Lunch Served	10:00am: Golden Arts 11:30am: Lunch Served	10:00am: Enhance Fitness Classes 10:45am-11:30am: Senior Snippet: Funeral Planning 11:30am: Lunch Served 12:30pm-1:00pm: BINGO	11:00am: Live Music by Steve Troyer 11:30am: Lunch Served	11:30am - 1:00pm: COA Open House 11:30am: Baked Potato Bar Lunch served (No To-go's offered this day)
Meat Lasagna	Pizza	Chef Selection	Stuffed Chicken Breasts	Baked Potato with all the fixings
18	19	20	21	22
10:00am: Enhance Fitness Classes 11:15am: TRIVIA 11:30am: Lunch Served	11:00am: Live Music by Ted 11:30am: Lunch Served	10:00am: Enhance Fitness Classes 10:45am-11:30am: Senior Snippet: Funeral Planning 11:00am: Free Blood Pressure Checks 11:30am: Lunch Served	11:30am: Lunch Served 12:30pm-1:00pm: BINGO	10:00am: Enhance Fitness Classes 11:00am: Live Music by Whirlin' Wind 11:30am: Lunch Served
Cheese Burger	Chili	Salisbury Steak	Chicken and Waffles	Sliced Turkey with cream cheese, cranberry sauce on a pretzel bun
25	26	27	28	29
10:00am: Enhance Fitness Classes 10:30am-11:00am: Creative Corner 11:30am: Lunch Served	11:15am: TRIVIA 11:30am: Lunch Served	10:00am: Enhance Fitness Classes 11:30am: Lunch Served 12:30pm-1:00pm: BINGO	11:30am: Lunch Served	COA CLOSED  <i>Happy Easter from the COA!</i>
Cheesy Chicken	Biscuit Breakfast Bake	Ham Dinner	Baked Ziti	