






Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 9:00 Sip & Solve 9:00 Coffee, Tea & Company 9:30-10:00 Golden Beats! 10:30 \$1 LCR 10:30-11:30 Basic Step Line Dancing 11:30-12:00 Lunch Break 12:00-1:00 Line Dancing 12:00 Pictionary</p>	<p>2 9:00 Sip & Solve 9:30 Kitchen Academy ~Tea Cucumber Sandwiches 9:30 Independent Art 10:15 Kerplunk Game! 11:30-12:00 Lunch Break 12:00 Ladder Golf 12:00 Qigong</p>	<p>3 9:00 Sip & Solve 9:00 Coffee, Tea & Company 9:30-10:00 Golden Beats! 10:30 Visit with Jolynn Holtzman 10:30-11:30 Basic Step Line Dancing 11:30-12:00 Lunch Break 12:00 Wii Games 12:00-1:00 Line Dancing</p>	<p>4 9:00 Sip & Solve 9:00-10:00 CBS with Jean 10:00 Arts & Crafts ~Floral Lanterns \$4 a person 10:15 Card Games 11:30-12:00 Lunch Break 12:00-1:30 Penny BINGO</p> 
<p>7 9:00 Sip & Solve 9:00-10:00 CBS with Jean! 10:00 Blood Pressure Checks 10:30 Health & Wellness ~GCCC Herb Garden 11:30-12:00 Lunch Break 12-1:30 Penny BINGO</p>	<p>8 9:00 Sip & Solve 9:00 Coffee, Tea & Company 9:30-10:00 Golden Beats! 10:30 Penny LCR 10:30-11:30 Basic Step Line Dancing 11:30-12:00 Lunch Break 12:00-1:00 Line Dancing 12:00 Pictionary</p>	<p>9 9:00 Sip & Solve 9:15-10:00 Strength Training 9:30 Independent Art 10:15 Baby Picture Contest! 10:15 Bible Study 11:30-12:00 Lunch Break 12:00 Qigong 12:00 Golden Angels</p>	<p>10 (Bagged Lunches Day!) 9:00 Sip & Solve 9:00 Coffee, Tea & Company 9:30-10:00 Golden Beats! 10:30 Balloon Tennis w/ Prizes 10:30-11:30 Basic Step Line Dancing 11:30-12:00 Lunch Break 12:00 Wii Games 12:00-1:00 Line Dancing</p>	<p>11 9:00 Sip & Solve 9:00-10:00 CBS with Jean 10:00-11:15 Arts & Crafts ~Diamond Dot Creations 10:00 SPRING FLING DANCE! 11:30-12:00 Lunch Break 12:00-1:30 Penny BINGO</p>
<p>14 9:00 Sip & Solve 9:00-10:00 CBS with Jean! 10:00 Blood Pressure Checks 10:30 Health & Wellness ~The Practice of Grounding 11:30-12:00 Lunch Break 12-1:30 Penny BINGO</p>	<p>15 9:00 Sip & Solve 9:00 Coffee, Tea & Company 9:30-10:00 Golden Beats! 10:30 Chocolate LCR 10:30-11:30 Basic Step Line Dancing 11:30-12:00 Lunch Break 12:00-1:00 Line Dancing 12:00 Easter Triathlon!!</p>	<p>16 9:00 Sip & Solve 9:15-10:00 Strength Training 9:30 Independent Art 9:30 Socrates Café 10:15 Now You Have It Game 11:30-12:00 Lunch Break 12:00 Armchair Travelers 12:00 Qigong</p>	<p>17 9:00 Sip & Solve 9:00 Coffee, Tea & Company 9:30-10:00 Golden Beats! 10:00-12:00 EASTER SOCIAL! 11:30-12:00 Lunch Break 12:00 Wii Games 12:00-1:00 Line Dancing</p>	<p>CLOSED IN OBSERVANCE OF GOOD FRIDAY</p> 
<p>21 9:00 Sip & Solve 9:00-10:00 CBS with Jean! 10:00 Blood Pressure Checks 10:30 Health & Wellness ~The Power of Vitamin D 11:30-12:00 Lunch Break 12-1:30 Penny BINGO</p>	<p>22 Earth Day 9:00 Sip & Solve 9:00 Coffee, Tea & Company 9:30-10:00 Golden Beats! 10:30 Earth Day Festival! 10:30-11:30 Basic Step Line Dancing 11:30-12:00 Lunch Break 12:00-1:00 Line Dancing 12:00-1:00 Nail Art</p>	<p>23 9:00 Sip & Solve 9:15-10:00 Strength Training 9:30 Independent Art 10:15 CUP WARS!! 10:15 Bible Study 11:30-12:00 Lunch Break 12:00 Qigong 12:00 Golden Angels</p>	<p>24 9:00 Sip & Solve 9:00 Coffee, Tea & Company 9:30-10:00 Golden Beats! 10:30 Family Feud 10:30-11:30 Basic Step Line Dancing 11:30-12:00 Lunch Break 12:00 Wii Games 12:00-1:00 Line Dancing</p>	<p>25 9:00 Sip & Solve 9:00-10:00 CBS with Jean 10:00-11:15 Arts & Crafts ~Diamond Dot Creations 10:15 Chair Volleyball 11:30-12:00 Lunch Break 12:00-1:30 Penny BINGO</p>
<p>28 9:00 Sip & Solve 9:00-10:00 CBS with Jean! 10:00 Blood Pressure Checks 10:30 Health & Wellness ~How to Detox 11:30-12:00 Lunch Break 12-1:30 Quarter BINGO</p>	<p>29 9:00 Sip & Solve 9:00 Coffee, Tea & Company 9:30-10:00 Golden Beats! 10:30 Gift Basket LCR 10:30-11:30 Basic Step Line Dancing 11:30-12:00 Lunch Break 12:00-1:00 Line Dancing 12:00 Pictionary</p>	<p>30 9:00 Sip & Solve 9:15-10:00 Strength Training 9:30 Independent Art 10:15 HUMAN SLOTS! 11:30-12:00 Lunch Break 12:00 Bocce Ball 12:00 Qigong</p>	<p>"Spring is nature's way of saying, 'Let's party!'" - Robin Williams</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Cheese Omelet w/ Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice</p>	<p>2</p> <p>Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1 Cookie</p>	<p>3</p> <p>1c Cabbage Roll Casserole 1c Tossed Salad w/ Dressing 1/2c Carrots 1 White Bread Seasonal Fresh Fruit</p>	<p>4</p> <p>Baked Crab Cake 1c Tomato Basil Soup 1/2c California Blend Vegetables 1 Wheat Bread 1/2c Applesauce</p>
<p>7</p> <p>3oz Baked Meatloaf w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit</p>	<p>8</p> <p>3oz Balsamic Chicken 1/2c Rosemary White Beans 1/2c Tomatoes & Zucchini 1 Garlic Breadstick 1/2c Pineapple Tidbits</p> <p></p>	<p>9</p> <p>4oz Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Peas 1 Hamburger Bun Oatmeal Cream Pie</p>	<p>10</p> <p>BAGGED LUNCHES</p> <p></p>	<p>11</p> <p>Vegetable Lasagna 1c Tossed Salad w/ Egg 1/2c Green Beans 1 Dinner Roll 1 Cookie</p>
<p>14</p> <p>3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Gelatin</p>	<p>15</p> <p>3oz Kielbasa w/ 1oz Sauerkraut 1/2c Homemade Haluski 1/2c Carrots 1/2c Applesauce</p> <p></p>	<p>16</p> <p>Roast Beef Sandwich (3oz Roast Beef w/ 1 slice Mozzarella Cheese) 1c Cream of Cauliflower Soup 1 Hamburger Bun 1/2c Blushed Pears</p>	<p>17</p> <p>Cheeseburger 1/2c BBQ Baked Beans 1 Hamburger Bun 1c Tossed Salad w/ Tomato 1/2c Mandarin Oranges</p>	<p>18</p> <p>Closed in Observance of Good Friday</p>
<p>21</p> <p>3oz Sausage Gravy 1 Biscuit 1 Egg Bite 1/2c Diced Potatoes 4oz Orange Juice</p> <p></p>	<p>22</p> <p>Happy Easter! 3oz Baked Ham w/ Raisin Sauce 1/2c Sweet Potatoes 1/2c Beets 1 Wheat Bread Cookie</p>	<p>23</p> <p>1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Warm Applesauce</p>	<p>24</p> <p>3oz Sweet & Sour Pork 1/2c Brown Rice 1/2c Oriental Blend Vegetables 1 Wheat Bread Fresh Fruit</p>	<p>25</p> <p>Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Fresh Fruit</p>
<p>28</p> <p>3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>	<p>29</p> <p>Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Italian Bread 1/2c Mixed Fruit Salad</p>	<p>30</p> <p>Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple</p>	<p><i>menu subject to change</i></p>	