

Director - Julie Ruttinger

Cook- Carole Jones

MARCH 2019

SERVING LUNCH at 11:30

OPEN 8:30 - 2:30

ONSTED SENIOR CITIZEN CENTER AT THE AMERICAN LEGION 467-6917

| MONDAY | WEDNESDAY | THURSDAY |
|--|---|---|
| 4 | 6 | 7 |
| 9:30 GENTLE EXERCISE 10:30 BLOOD PRESURE CHECK 10:30 CARDS, GAMES & PUZZLES 12:30 VEGGIE MOBILE | 9:00 GENTLE EXERCISE 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZLES 12:15 BINGO/CRAFTS | 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES 12:30 GOVENOR'S TEA/ CROSWELL |
| 11 | 13 | 14 |
| 9:30 GENTLE EXERCISE 10:00 STRETCH & BALANCE 12:30 VEGGIE MOBILE | 9:00 GENTLE EXERCISE 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZLES 12:15 Patti- Throm Pace | 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES 12:15 John Valenti ~ Slinger ST PATRICK'S |
| 18 | 20 | 21 |
| 9:30 GENTLE EXERCISE 10:00 STRETCH & BALANCE 12:30 VEGGIE MOBILE 12:15 Steffanie Riggs -Talking w/ DR | 9:00 GENTLE EXERCISE 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZLES 12:15 Erin Bohlen Place for MOM | 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES |
| 25 | 27 | 28 |
| 9:30 GENTLE EXERCISE 10:00 STRETCH & BALANCE 10:30 BOARD MEETING 12:30 VEGGIE MOBILE | 9:00 GENTLE EXERCISE 10:00 BIBLE STUDY 12:00 CARDS AND GAMES 12:15 BINGO/CRAFTS | 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES |

NUTRITION NOTES:

March is National Nutrition Month and I want to encourage everyone to be mindful as you savor flavors. Our lives have gotten so busy that we are eating while driving, watching television, checking status' on our phone, sending emails and sometimes even in bed. I am guilty of eating on the run and sometimes even skipping meals and eating at late hours to satisfy that hunger. Studies show that when we plan our eating times, slow down to eat, share a meal with others and pay attention to what food tastes like, we tend to be more satisfied and eat less. I encourage you to enjoy the experience of eating but be mindful of why we feed ourselves, remembering that food is intended to fuel our bodies and simply provide adequate nutrition.



- 3/7 GOVENOR'S TEA /CROSWELL
- 3/13 PATTI - THROM PACE
- 3/14 John Valenti -Singer St Pat's Music
- 3/18 Steffanie Riggs - Taling w/your Dr.
- 3/25 BOARD MEETING

Wishing you wellness,
 ♥ Cassie, Nutrition Director