

Director - Julie Kulka

Asst. Diector Shirley Metternick

# MARCH 2023

SERVING LUNCH at 11:30

**OPEN 8:30 - 2:30**

## ONSTED SENIOR CITIZEN CENTER AT THE AMERICAN LEGION 467-6917

MONDAY	WEDNESDAY	THURSDAY
1	9:30 GENTLE EXERCISE  CARDS, GAMES & PUZZLES Golf	2
6	9:30 GENTLE EXERCISE  CARDS, GAMES & PUZZLES VEGGIE MOBILE	9
13	20 9:00 GENTLE EXERCISE  12:00 CARDS, GAMES & PUZZLES Golf	16
20	9:00 GENTLE EXERCISE  CARDS AND GAMES BINGO /Treat	23
27	9:30 GENTLE EXERCISE  CARDS, GAMES & PUZZLES	30

**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.

*Wishing you wellness,*

♥ *Connie Nutrition Director*

