

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				**Programs are subject to change Programs are sponsored in part hv 	
3	4 10:00am General Meeting w/ Alma 11:00am Dance Rhythms w/ Rudy 10:00am-Noon Mah Jongg, Bridge and Canasta Play 1:00pm Open Rec	5 10:00am Daily Exercise w/ Mary Grace 10:00am-Noon Mah Jongg, Bridge and Canasta Play 1:00pm Popcorn and a Movie	6 11:00am Daily Exercise w/ Mary Grace 10:00am-Noon Canasta/Bridge and Mah Jongg Play Noon FDNY 1:00pm Open Rec	7 11:00am Daily Exercise w/ Mary Grace 10:00am-Noon Canasta/Bridge and Mah Jongg Play PIZZA PARTY LUNCHEON ****RSVP REQUIRED****	8 11:00am-11:45am Yoga w/Laura 11:00am-Noon Senior Tech Help w/ Alma 1:00pm-3:00pm Mah Jongg and Bridge Play 1:00pm-2:30pm Freestyle Jewelry Making
10	11 10:00am Nutrition w/Dr. Rick 11:00am Dance Rhythms w/ Rudy 10:00am-Noon Mah Jongg, Bridge and Canasta Play 1:00pm Trivia	12 9:30am to Noon BP Screening w/ Nurse Dahlia Noon-Jamaica Hospital "Know Your Numbers" Stress/Heart Health 1:00pm-2:30pm Freestyle Jewelry Making	13 11:00am Daily Exercise w/ Mary Grace 10:00am-Noon Canasta/Bridge and Mah Jongg Play 1:00pm Bingo	14 11:00am Daily Exercise w/ Mary Grace 10:00am-Noon Canasta/Bridge and Mah Jongg Play 1:00pm Reflective Memories w/ Betty- Charades	15 10:30am-11:30am Daily Exercise w/ Mary Grace Noon-3:00pm Saint Patrick's Day Luncheon Rsvp required
17	18 10:00am Health Mgmt w/ Dr. Rick 11:00am Dance Rhythms w/ Rudy 10:00am-Noon Mah Jongg, Bridge and Canasta Play 1:00pm sensory Stimulation The Tray Game	19 10:00am Daily Exercise w/ Mary Grace 10:00am-Noon Mah Jongg, Bridge and Canasta Play 1:00pm Famous Women in History Discussion	20 11:00am Daily Exercise w/ Mary Grace 10:00am-Noon Canasta/Bridge and Mah Jongg Play 1:00pm Popcorn and a Movie	21 11:00am Daily Exercise w/ Mary Grace 10:00am-Noon Canasta/Bridge and Mah Jongg Play 1:00pm Ice Cream Social	22 11:00am-11:45am Yoga w/Laura 11:00am-Noon Senior Tech Help w/ Alma 1:00pm-3:00pm Mah Jongg and Bridge Play 1:00pm-2:30pm Freestyle Jewelry Making
24	25 10:00am Health Mgmt w/Dr. Rick 11:00am Dance Rhythms w/ Rudy 10:00am-Noon Mah Jongg, Bridge and Canasta Play 1:00pm The Origin and Significance of Purim	26 11:00am Dance Therapy w/ Lisa 10:00am-Noon Mah Jongg, Bridge and Canasta Play 1:00pm Popcorn and a Movie	27 10:00am-Noon Canasta/Bridge and Mah Jongg Play 10:45am-11:30am Daily Exercise w/ Mary Grace Leaving Noon Trip The Notebook	28 11:00am Daily Exercise w/ Mary Grace 10:00am-Noon Canasta/Bridge and Mah Jongg Play 1:00pm Reflective Memories w/ Betty 70s Fondue Party	29 10:30am-11:30am Daily Exercise w/Mary Grace 11:00am-Noon Senior Tech Help w/ Alma 10:00am-11:00am Bridge Instruction w/ David Millendorf and Mah Jongg Play 1:00pm Sensory Stimulation The Invention of Coca Cola Taste Test Challenge

Holliswood Older Adult Center March 2024 Menu**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
**Meals are subject to change All meals are served with a vitamin fortified fruit or whole fruit, low fat, 1% milk, and a whole wheat bread or bread product Meals are sponsored in part by 					
3	4	5	6	7	8
	TURKEY MEATBALLS HOMEMADE TOMATO SUACE GARLIC BREAD ITALIAN BLEND VEGGIES	LENTIL STEW WITH CARROTS AND TURNIPS BROWN RICE BRAISED RED CABBAGE	HAWAIIAN CHICKEN CHALLAH BREAD WHITE RICE STEAMED CARROTS	****PIZZA PARTY**** RSVP REQUIRED	HAWAIIAN CHICKEN CHALLAH BREAD WHITE RICE STEAMED CARROTS
10	11	12	13	14	15
	CHICKEN MARSALA WHITE RICE ITALIAN BLEND VEGETABLES	SHEPHERD PIE WITH BEEF AND TURKEY GARDEN SALAD MASHED SWEET POTATOES	SWEET AND SOUR MEATBALLS EGG NOODLES CREAMY SPINACH (DAIRY FREE)	CLASSIC BLACK BEAN STEW BROWN RICE STEAMED GREEN BEANS	CORNED BEEF RED POTATOES CABBAGE MOCK IRISH COFFEE ****RSVP REQUIRED****
17	18	19	20	21	22
	SAUTEED ONIONS AND PEPPERS TURKEY BURGER WHOLE WHEAT PITA CALIFORNIA BLEND VEGGIES ROASTED POTATOES	BEEF MEATLOAF WITH MUSHROOM GRAVY CREAMY SPINACH MASHED SWEET POTATOES	FISH FRANCAISE RICE A RONI STEAMED ZUCCHINI	EGGPLANT ROLLATINI FUSILLI PASTA WITH PARSLEY GARLIC BREAD STEAMED CARROTS	CRANBERRY CHICKEN SWEET NOODLE KUGEL VEGETABLE MIX (NON SATRCHY)
24	25	26	27	28	29
	CHINESE PEPPER STEAK VEGETABLE LO MEIN ORIENTAL VEGETABLES	CALIFORNIA TURKEY MEATLOAF ITALIAN BLEND VEGGIES MASHED SWEET POTATOES	SALMON CAKES WITH DILL LEMON SAUCE ROASTED BUTTERNUT SQUASH STEAMED ZUCCHINI	WHOLE WHEAT BEAN BURRITO BROWN RICE TOSSED SALAD WITH DRESSING	BAKED ASIAN STYLE HONEY CHICKEN CHALLAH BREAD WHITE RICE