SENIOR CENTER OF



**GREEN COVE SPRINGS** 

## MARCH ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>~</b> ~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	Ol Billiards All Day Penny Bingo 10:00 AM Bingo 12:45 PM HEALTHY FOOD 11:30 AM RED SHIRT FRIDAY			
04 <sub>Billiards</sub> All Day Bingo 10:00 AM PingPong 1:00 PM	05 <sub>Billiards</sub> All Day Arts & Crafts 9:00 AM Dominos 9:00 AM Bingo-cize 12:45 PM	06 <sub>Billiards</sub> All Day Bingo 10:00 AM Board Games 12:30 PM	07 Billiards All Day Dominos 9:00 AM Arts & Crafts 9:00 AM Line Dancing 10:00 AM Bible History 12:30 PM	08 Billiards All Day Penny Bingo 10:00 AM Bingo 12:45 PM AM. CANCER SOCY. 11:30 AM BRING A FRIEND RED SHIRT FRIDAY
11 Billiards All Day Bingo 10:00 AM PingPong 1:00 PM SALT SMART 11:30 AM	12 <sub>Billiards</sub> All Day Dominos 9:00 AM Arts & Crafts 9:00 AM Bingo-cize 12:45 PM	13 Billiards All Day Bingo 10:00 AM Board Games 12:30 PM	14 Billiards All Day Dominos 9:00 AM Arts & Crafts 9:00 AM Line Dancing 10:00 AM Bible History 12:30 PM HOSPICE/PALATIVE 11:30 AM	15 Billiards All Day Penny Bingo 10:00 AM Bingo 12:45 PM EED SHIRT FRIDAY
18 Billiards All Day Bingo 10:00 AM PingPong 1:00 PM DEVOTED 11:30 AM	19 <sub>Billiards</sub> All Day Arts & Crafts 9:00 AM Dominos 9:00 AM Bingo-cize 12:45 PM	20 <sub>Billiards</sub> All Day Bingo 10:00 AM Book Club 11:00 AM Board Games 12:30 PM VET. AFF. RESOURCE 11:30 AM	21 <sub>Billiards</sub> All Day Dominos 9:00 AM Arts & Crafts 9:00 AM Line Dancing 10:00 AM Bible History 12:30 PM	22 Billiards All Day Penny Bingo 10:00 AM Bingo 12:45 PM TECH HELP W/ LEAH BRING A FRIEND RED SHIRT FRIDAY
25 Billiards All Day Bingo 10:00 AM PingPong 1:00 PM	26 <sub>Billiards</sub> All Day Dominos 9:00 AM Arts & Crafts 9:00 AM Bingo-cize 12:45 PM	27 <sub>Billiards</sub> All Day Bingo 10:00 AM Board Games 12:30 PM	28 Billiards All Day Dominos 9:00 AM Arts & Crafts 9:00 AM Line Dancing 10:00 AM Bible History 12:30 PM	29 CLOSED

PUZZLES, COLORING & ACTIVITY SHEETS, AND BOARD GAMES ARE AVAILABLE ALL DAY EVERY DAY!

SPECIAL EVENTS

MARCH IST @ 11:30 AM HEALTHY FOOD CHOICES - Presentation MARCH 8TH @ 11:30 AM AMERICAN CANCER SOCIETY - Presentation MARCH 11TH @ 11:30 AM SALT INTAKE NUTRITION - Talk MARCH 14TH @ 11:30 AM HOSPICE AND PALATIVE CARE - Presentation MARCH 18TH @ 11:30 AM MEDICARE EDUCATION - Presentation MARCH 20TH @ 11:30 AM VETERAN AFFAIRS - Resources MARCH 22ND ALL DAY CLAY CO. LIBRARY TECH ASST. - Hands on

### CLIENT BIRTHDAYS

RON WINSTEAD . CARLTON FRAZIER RICK EAST . CHRISTINE FRAZER LOUISE BRIDGEMAN . MARY NOBLE



### MANAGEMENT

JACQUELINE BENNETT Senior Center Supervisor (904) 531 - 5022 JBennett@agingtrue.org

BARBARA JIMENEZ Senior Center Assistant Supervisor (904) 531 – 5025 BJimenez@agingtrue.org

### SENIOR CENTER OF



**GREEN COVE SPRINGS** 

# MARCH LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				01 HAMBURGER PATTY RANCH BEANS SLICED TOMATO / LETTUCE HAMBURGER BUN MIXED FRUIT CRISP MILK
04	05	06	07	08
CHICKEN NOODLE CASSEROLE	SALISBURY STEAK	BARBECUE CHICKEN	TURKEY HAM/WHITE BEANS	SPAGHETTI CASSEROLE
BRUSSELS SPROUTS	WHIPPED POTATOES	BAKED NAVY BEANS	PARSLIED RICE	KERNEL CORN
DILLED CARROTS	CALIFORNIA VEGETABLES	CABBAGE	BROCCOLI	ITALIAN VEGETABLES
WHEAT BREAD	DINNER ROLL	BUN	DINNER ROLL	DINNER ROLL
FRUIT CUP	FRUIT CUP	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT
MILK	MILK	MILK	MILK	MILK
1	12 CHICKEN-BROCCOLI	13	14	15
BEEF ENCHILADA PIE	RICE CASSEROLE	creole meatballs	PORK SAUSAGE	SHEPHERD'S PIE
VELLOW RICE	GREEN PEAS	rotini noodles	LIMA BEANS	CABBAGE W/ POTATOES
FIESTA VEGETABLES	COUNTRY VEGETABLES	herbed green beans	SUMMER VEGETABLES	BROCCOLI
WHEAT BREAD	DINNER ROLL	wheat bread	HOT DOG BUN	DINNER ROLL
FRUIT CUP	FRUIT CUP	fresh fruit	FRESH FRUIT	LIME JELL-O
MILK	MILK	Milk	MILK	MILK
18	19	20	21	22
CHILI W/ BEANS	CHICKEN TACOS	BARBECUE RIB PATTY	SWISS STEAK	SMOTHERED CHICKEN
WHOLE KERNEL CORN	PINTO BEANS	GARLIC POTATOES	PENNE NOODLES	BLACK-EYED PEAS
PARSLIED CARROTS	MEXICAN RICE	CABBAGE	OKRA & TOMATOES	COLLARD GREEENS
CRACKERS	LETTUCE/TOMATO/CHEESE	DINNER ROLL	WHEAT BREAD	WHEAT BREAD
FRUIT CUP	FRUIT CUP	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT
MILK	MILK	MILK	MILK	MILK
25 MEATBALLS W/ GRAVY KERNEL CORN SPRING VEGETABLES DINNER ROLL FRUIT CUP MILK	26 CHICKEN & DUMPLINGS GREEN PEAS GARDEN VEGETABLES DINNER ROLL FRUIT CUP MILK	27 BEEF NOODLE CASSEROLE GLAZED CARROTS GREEN BEANS WHEAT BREAD FRESH FRUIT MILK	28 GLAZED HAM WHIPPED SWEET POTATOES LYONNAISE GREEN BEANS DINNER ROLL OREO COOKIE MILK	29 CLOSED

### CONTACT US

604 Walnut Street Green Cove Springs, FL. 32043 (904) 284 - 3134 Hours of Operations Monday - Friday 9:00 AM till 4:30 PM Saturday - Sunday Office/Center Closed

agingtrue.org/clay-county/
facebook.com/agingtrue

### OTHER LOCATIONS

Keystone Heights 125 N.E. Commercial Circle Keystone Heights, FL. 32656 (352) 473 – 7121 Middleburg 3916 Section Street Middleburg, FL. 32068 (904) 291 – 3520 Orange Park 414 Stowe Avenue Orange Park, FL. 32073 (904) 269 – 4731

### **OTHER SERVICES**

- Meals on Wheels
- Case Management
- Mental Wellness
- Long Term Care
- In-home Services
- Respite Care
- R.E.L.I.E.F. Program
- Adult Daycare Services
- Utility Assistance (EHEAP)

LUNCHES REQUIRE A 2-DAY IN ADVANCE RESERVATION, PLEASE CALL OR STOP IN TO SIGN UP!