
















March, 2019

M-F 8-4

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> March 1st-Spring Training March 15th St Patrick Days Celebration March 22nd Tucson 4th Ave Street Fair Give-A-Lift Program, Neighbors helping Neighbors call Carolyn Ballard at (520) 868-7648 for more information. 				1 9:30 Cards & Games 9:30 Music by Rudy 10:00 Wii 10:30 Spring Training Trip 12:15 Movie and Popcorn 
4 9:30 Cards and Games 9:00 Hand Weights 10:00 Coffee Tyme Players 10:30 Wii 12:15 Coolidge Shopping  	5 8:00 Community Garden 9:30 Cards and Games 10:00 Healthy Bingo-Steward Health Choice 	6 Rudy's Riddle 8:00 Biscuits and Gravy-\$2 9:00 Music with Hermalene 9:30 Cards and Game 9:45 Non-Denom Bible Study 10:00 Grief Support 12:00 Knit and Crochet Club 4:00 Dinner Club - LOLA Empanadas	7 8:00 CAHRA 8:00 AARP Taxes 9:30 Cards & Games 10:00 Dollar Store 10:45 EFP-Esmeralda 12:15 Bingo  	8 9:30 Cards & Games 9:30 Music by Rudy 9:30 Rides to yard Sale-sign up in advance 10:00 Creation and Libations 12:15 Movie & Popcorn  
11 9:30 Cards and Games 9:00 Hand Weights 10:00 Coffee Tyme Players 10:30 Wii 	12 8:00 Community Garden 9:00 My Healthy Eating w/Lou 9:30 Cards and Games 10:30 Blood Pressures FFD	13 Rudy's Riddle 8:00-10:00 Biscuits & Gravy-\$2. 9:00 Music with Hermalene 9:30 Cards and Games 9:45 Non-Denom Bible Study 10:00 Grief Support Group 12:00 Knit/Crochet Club	14 8:00 AARP Taxes 9:30 Cards and Games 10:00 Alzheimers Support Group 11:30 Celebrate Birthdays 12:15 Anthem Shopping 12:15 Bingo	15 9:30 Cards & Games 9:30 Music with Rudy 10:00 St. Patrick's Day Celebration 
18 9:00 Hand Weights 9:30 Cards and Games 10:00 Coffee Tyme Players 10:30 Wii 12:15 Coolidge Shopping	19 8:00 Community Garden 9:30 Cards and Games 10:00 Arts with Doris 1:00 Bunko 	20 Rudy's Riddle 8:00-10:00 Biscuits & Gravy 9:00 Music with Hermalene 9:45 Non-Demon Bible Study 10:00 Grief Support 12:00 Knit/Crochet Club	21 8:00 AARP Taxes 8:30 CAHRA 9:00 TRIAD 9:30 Card & Games 10:00 No Fall - B/P 10:30 Angel Care-In-Service 10:00 Dollar Store 12:15 Bingo 	22 9:00 Tuscon 4th Ave Street Fair 9:30 Cards & Games 9:30 Music by Rudy 12:15 Movie & Popcorn
25 9:00 Hand Weights 9:30 Cards and Games 10:00 Coffee Tyme Players 10:30 Wii 	26 8:00 Community Garden 9:00 Dental Clinic 9:00 My Healthy Eating w/Lou 9:30 Cards and Games 11:00 Town Rumors-Carolyn Ballard 12:15 Jewelry w/Doris 	27 Rudy's Riddle 9:00 Biscuits & Gravy 9:00 Music with Hermalene 10:45 NonDem Bible Study 10:00 Grief Support 12:00 Knit and Crochet	28 8:00 AARP Taxes 9:30 Cards and Games 10:30 Hot Topics 12:15 Bingo 12:15 Anthem Shopping 	29 9:30 Music by Rudy 9:30 Cards & Games 12:15 Movie & Popcorn

GIVE-A-LIFT PROGRAM
Carolyn Ballard (520) 868-7648

1
CHILI CHEESE
DOG
TATOR TOTS
FRUIT



4
 PINEAPPLE CHICKEN
 BROWN RICE
 ROASTED BRUSSELS
 SPROUTS
 PLUMS
 OATMEAL COOKIES

5
 SLOPPY JOE
 ROASTED POTATOES
 BROCCOLI SALAD
 HAMBURGER BUN
 PEARS

6
 LASAGNA ROLLS WITH
 MARINARA SAUCE
 ROASTED CAULIFLOWER
 GREEN SALAD/DRESSING
 BAKED PEACHES

7
 NAVY BEAN SOUP
 SAVORY CARROTS
 DINNER ROLL/BUTTER
 TROPICAL FRUIT

8
**GRILLED TURKEY &
 CHEESE SANDWICH**
CHIPS
**JELLO W/
 FRUIT**




11
 MEATLOAF
 MASHED POTATOES/GRAVY
 PEAS AND CARROTS
 APPLESAUCE

12
 BBQ CHICKEN
 GARLIC ROASTED
 POTATOES
 3 BEAN SALAD
 BLUEBERRY
 COBBLER CAKE

13
 POT ROAST
 CARROTS/POTATOES
 GREEN BEANS
 W/W BREAD
 BANANA \\
 CHOCOLATE PUDDING

14
 CHICKEN W/YOGURT
 SAUCE
 TABBOULEH SALAD
 SAUTEED SPINACH
 W/W PITA BREAD
 SEASONAL FRUIT

15
**CORNE BEEF &
 CABBAGE**



CARROTS/POTATOES
WHIPPED LIME DESSERT


18
 SALISBURY STEAK WITH
 MUSHROOM/ONION GRAVY
 EGG NOODLES
 CALIFORNIA VEGGIES
 MANO-PINAPPLE SALAD
 OATMEAL COOKIE

19
 ROASTED TURKEY/GRAVY
 SWEET POTATOES/APPLES
 PEAS W/ONIONS
 AMBROSIA

20
 CHEESE OMELET WITH
 DENVER SAUCE
 ROASTED POTATOES
 SAUTEED SPINACH
 FRESH ORANGE

21
 CHILI CON CARNE
 STEAMED CARROTS
 CORN BREAD/BUTTER
 TROPICAL FRIT

22
SENIOR DAY




25
 BEEF STEW
 POTATOES AND CARROTS
 HARVARD BEETS
 DINNER ROLL/BUTTER
 PEARS

26
 CHICKEN THIGHS WITH
 GINVER SAUCE
 BROWN BASMATI RICE
 BOK CHOY
 CHERRY CRISP

27
 CHICKEN MARSALA
 ROASTED CAULIFLOWER
 RICE
 GREEN BEANS
 W/W BREAD/BUTTER
 CINNAMON APPLESAUCE

28
 HAMBURGER
 ROASTED GARLIC
 POTATOES
 BLACK-EYED PEAS
 TOMATO/LETUCE
 W/W BUN
 PEARS

29
GRILLED CHICKEN BREAST
CHEESY
POTATOES
GREEN BEANS
FRUIT



** ALL MEALS ARE SERVED WITH 8 OUNCES OF MILK**

** NUTRITIONAL INFORMATION IS AVAILABLE AT THE SENIOR CENTER

Thank You for your donations. Meals are provided in part by Pinal Gila Council Older Americans Act and The Town of Florence Under the Americans with Disabilities Act, Town of Florence must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity

Lunch is served at 11:30. Must make reservations by Wednesday for the following week. Suggested donation is \$4.00. Please be at the center by 11:00 for your meal

