



Town of Florence  
 Dorothy Nolan Senior Center  
 330 North Pinal Street  
 Main 520-868-7622  
<http://www.florenceaz.gov>

# March 2020

M - F 8 - 4



| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| <p><b>2</b><br/> <b>8:00 \$2 Pancakes and Sausage</b><br/>           9:30 Cards and Games<br/>           9:30 Hand Weights with Rhoda<br/>           10:00 Wii<br/>           12:15 Coolidge Shopping</p>                                  | <p><b>3</b><br/>           8:00 Community Garden<br/>           9:30 Exercise with Rhoda<br/>           9:30 Cards and Games<br/>           10:00 Healthy Bingo-Steward Health Care<br/>           10:00 Wii</p>    | <p><b>4</b><br/> <b>8:00-10:00 \$2 Biscuits and Gravy</b><br/>           9:00 Music by Heremalene<br/> <b>9:30 Cards &amp; games</b><br/>           9:30 Hand Weights with Rhoda<br/>           10:00 Grief Suport</p>  | <p><b>5</b><br/> <b>8:30-12 AARP Taxes</b><br/> <b>10:30 Spring Training</b><br/>           10:00 Dollar Store<br/>           12:15 Bingo-</p>    | <p><b>6</b><br/>           9:30 Exercise with Rhoda<br/>           9:30 Cards and Games<br/>           9:30 Music with Rudy<br/>           10:00 Wii</p>    |
| <p><b>9</b><br/> <b>8:00 \$2 Pancakes and Sausage</b><br/>           9:30 Cards and Games<br/>           9:30 Hand Weights with Rhoda<br/>           10:00 Wii<br/>           1:00 Kids Cook</p>     | <p><b>10</b><br/>           8:00 Community Garden<br/>           9:30 Cards and Games<br/>           9:30 Healthy Eating- Lou<br/>           9:30 Exercise with Rhoda<br/>           10:00 Wii<br/>           4:00 Dinner Club<br/> <i>*Last day to register for St. Patty's luncheon</i></p>   | <p><b>11</b><br/> <b>8:00-10:00 \$2 Biscuits and Gravy</b><br/> <b>9:00-2:00 AARP Smart Driver Course</b><br/>           9:00 Music by Heremalene<br/>           9:30 Hand Weights with Rhoda<br/>           10:00 Grief Suport<br/>           10:00 Mexican Train Dominos<br/> <b>12:30-2:30 Acoustic Jam Sessions</b></p>  | <p><b>12</b><br/> <b>8:30-12 AARP Taxes</b><br/>           10:00 Alzheimers Support Group<br/>           10:45 Extension Food Program<br/>           11:30 Celebrate Birthdays<br/>           12:15 Bingo-<br/>           12:15 Anthem Shopping</p>   | <p><b>13</b><br/>           9:30 Cards and Games<br/>           9:30 Music with Rudy<br/>           10:00 Wii</p>   |
| <p><b>16</b><br/> <b>8:00 \$2 Pancakes and Sausage</b><br/>           9:30 Cards and Games<br/>           9:30 Hand Weights with Rhoda<br/>           10:00 Wii<br/>           12:15 Coolidge Shopping<br/>           1:00 Kids Cook</p>   | <p><b>17</b><br/> <b>Happy St. Patrick's Day</b><br/>           8:00 Community Garden<br/>           9:30 Exercise with Rhoda<br/>           10:00 Wii<br/> <b>10:00 Complete Hospice-Terri</b><br/> <b>11:30 St. Patty's Day Luncheon</b><br/> <b>1:00 Bunko</b></p>   | <p><b>18</b><br/> <b>8:00-10:00 \$2 Biscuits and Gravy</b><br/>           9:00 Music by Heremalene<br/>           9:30 Hand Weights with Rhoda<br/> <b>9:30 Cards &amp; games</b><br/> <b>10:00 Uno, Dos, Tres-Beginners Spanish Class</b><br/>           10:00 Grief Support Group</p>                                      | <p><b>19</b><br/> <b>8:30-12 AARP Taxes</b><br/>           10:00 Dollar Store<br/>           10:30 Angel care Inservice<br/>           12:15 Bingo-sponsored by Oasis</p>    | <p><b>20</b><br/> <b>9:00 Tucson 4th Ave Spring Street Fair</b><br/>           9:30 Exercise with Rhoda<br/>           9:30 Cards and Games<br/>           9:30 Music with Rudy<br/>           10:00 Wii</p>   |
| <p><b>23</b><br/> <b>8:00 \$2 Pancakes and Sausage</b><br/>           9:30 Cards and Games<br/>           10:00 Wii<br/> <b>11:00 Town Rumors- NAU Volunteering</b></p>   | <p><b>24</b><br/>           8:00 Community Garden<br/>           9:30 Healthy Eating- Lou<br/>           10:00 Wii</p>   | <p><b>25</b><br/> <b>8:00-10:00 \$2 Biscuits and Gravy</b><br/>           9:00 Music by Heremalene<br/>           9:30 Cards and Games<br/>           10:00 Grief Suport<br/>           10:00 Uno, Dos, Tres-Beginners Spanish Class<br/> <b>12:30-2:30 Acoustic Jam Sessions</b></p>   | <p><b>26</b><br/> <b>8:30-12 AARP Taxes</b><br/>           10:30 Hot Topics<br/>           12:15 Bingo-<br/>           12:15 Anthem Shopping</p>    | <p><b>27</b><br/>           9:30 Exercise with Rhoda<br/>           9:30 Cards and Games<br/>           9:30 Music with Rudy<br/>           10:00 Wii</p>    |
| <p><b>30</b><br/> <b>8:00 \$2 Pancakes and Sausage</b><br/>           9:30 Hand weights with Rhoda<br/>           9:30 Cards and Games<br/>           10:00 Wii</p>    | <p><b>31</b><br/>           8:00 Community Garden<br/>           9:30 Exercise with Rhoda<br/>           10:00 Wii</p>    |  <p>May your troubles be less<br/>         and your blessings be more<br/>         And nothing but happiness<br/>         come through your door</p>   |   |  |



# Town Of Florence Dorothy Nolan Senior Center

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|--|--|--|---|--|
| <p>2<br/>MONGOLIAN BEEF<br/>BROWN RICE<br/>ROASTED BUTTERNUT<br/>SQUASH<br/>CINNAMON APPLESAUCE</p>                | <p>3<br/>LENTIL SOUP<br/>KALE CRUNCH<br/>CARROT-RAISIN SALAD<br/>SEASONAL FRUIT</p>              | <p>4<br/>POT ROAST<br/>BABY BAKERS AND CARROTS<br/>GREEN BEANS<br/>WW BREAD/ BUTTER<br/>BANANA</p>             | <p>5<br/>CHEESE ENCHILADAS<br/>W/ SPINACH TOPPING<br/>REFRIED BEANS<br/>GREEN SALAD/ DRESSING<br/>BAKED PEACHES</p> | <p>6<br/>CHILI<br/>CORN BREAD/ BUTTER<br/>BROWNIE<br/></p>    |
| <p>9<br/>CHILI CON CARNE<br/>STEAMED CARROTS<br/>CORNBREAD<br/>MUFFIN/BUTTER<br/>TROPICAL FRUIT</p>                | <p>10<br/>ROASTED TURKEY/ GRAVY<br/>MASHED YAMS<br/>PEAS W/ ONIONS<br/>AMBROSIA</p>              | <p>11<br/>MEATLOAF/ GRAVY<br/>MASHED POTATOES<br/>MIXED VEGETABLES<br/>BANANA CHOCOLATE<br/>PUDDING</p>        | <p>12<br/>GINGER CHICKEN THIGHS<br/>BROWN RICE<br/>BOK CHOY<br/>BIRTHDAY CAKE</p>                                   | <p>13<br/>SPAGHETTI<br/>GREEN SALAD<br/>CHERRY CRISP<br/></p> |
| <p>16<br/>CHICKEN MARSALA<br/>CAULIFLOWER RICE<br/>KALE CRUNCH<br/>APPLESAUCE<br/>OATMEAL CRANBERRY<br/>COOKIE</p> | <p>17<br/><b>CORN BEEF AND CABBAGE<br/>CARROTS AND RED POTATOES<br/>WHIPPED LIME DELIGHT</b></p> | <p>18<br/>PASTA W/ MEAT SAUCE<br/>GREEN BEANS<br/>WARM BRUSSELS SPROUTS<br/>SALAD<br/>PEARS</p>                | <p>19<br/>CHICKEN TORTILLA SOUP<br/>MARINATED BEET SALAD<br/>CORN MUFFIN/ BUTTER<br/>PEACH CRUMBLE</p>              | <p>20<br/><b>SENIOR DAY</b><br/></p>                          |
| <p>23<br/>SWEDISH MEATBALLS<br/>LEMON-HERBED QUINOA<br/>GLAZED CARROTS<br/>MANGO-PINEAPPLE SALAD</p>               | <p>24<br/>HONEY MUSTARD CHICKEN<br/>CHEESY POTATOES<br/>GREEK SALAD<br/>APRICOTS</p>             | <p>25<br/>TERIYAKI BEEF<br/>BROWN RICE PILAF<br/>ASIAN VEGETABLES<br/>SEASONAL FRUIT<br/>BIRTHDAY CUPCAKES</p> | <p>26<br/>BEEF MINESTRONE SOUP<br/>ROASTED BUTTERNUT<br/>SQUASH<br/>DINNER ROLL/BUTTER<br/>TROPICAL FRUIT</p>       | <p>27<br/>TACO SALAD<br/>CALABACITAS<br/>COOKIE<br/></p>    |
| <p>30<br/>BEEF STEW<br/>POTATOES/CARROTS<br/>ROASTED RADISHES<br/>DINNER ROLL/ BUTTER<br/>PEACHES</p>              | <p>31<br/>TURKEY PAPRIKASH<br/>GREEN BEANS<br/>GREEN SALAD/ DRESSING<br/>PINEAPPLE CUBES</p>     |  |   |  |

**\*\* 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 Tuesday at 3:30pm for the following week. Suggested donation is \$4.00. Please be at the center by 11:00 for your meal**