

# Senior Sizzler

# April 2025

## **\*\* Plaistow Recreation \*\***

For more information, please contact the Plaistow Recreation Department.  
Located inside the Norman L. Major Building, 14 Elm Street, Plaistow NH  
603-382-5200\*204, Website: [Plaistow.com/Recreation](http://Plaistow.com/Recreation)

### **Forever Fit with Mary Corsetto**

**Mondays from 10 – 11 AM**

Forever Fit is a fun and energizing fitness program for adults 55+, designed to improve strength, cardio health, and balance in a supportive environment. Classes focus on strength training, heart-boosting cardio, and stability-enhancing balance exercises, while fostering a social atmosphere. Sessions take place each Mondays in April at 10 AM. Participants should wear comfortable clothing, supportive shoes, and bring a smile! Mary T. Corsetto, RYT 200, is a passionate yoga and fitness instructor with over 25 years of experience, dedicated to helping adults of all ages and abilities enhance their well-being through movement and mindfulness. Mary creates a supportive and joyful environment that encourages physical and mental vitality. As a CPR, First Aid, and AED Certified instructor, a Reiki II Practitioner, and an ACE Group Exercise Certified Instructor, she brings expertise, enthusiasm, and compassion to every class, inspiring others to move, breathe, and thrive. Space is limited – Registration Required - \$5.00 per class fee.

### **Homeschool Explorers Club!**

**Tuesdays from 10-12 PM**

Plaistow Recreation is excited to introduce the Homeschool Explorers Club, a weekly adventure for homeschoolers ages 5-10! Held every Tuesday from 10 AM to 12 PM at the Norman L. Major Building, 14 Elm Street, this engaging program offers hands-on activities designed to inspire creativity, discovery, and fun. Led by our Recreation Director, Miss Jenn, children will explore STEM experiments, creative arts, movement games, and brain-boosting puzzles, all while making new friends and trying new things. Free for residents of Plaistow

### **Kickboxing ,Youth and Adult classes are available.**

**Tuesdays from 4:45-7pm**

**This 6-week program starts April 1<sup>st</sup> and offers two class options—one for kids and one for adults and teens.** The class blends Western boxing, Muay Thai, and martial arts, providing a full-body workout that enhances cardiovascular health, strength, balance, muscle tone, and confidence. Whether you're a beginner or experienced, this class is designed for all skill levels. Kickboxing is a great way to cross-train for other sports or simply stay active while learning new techniques in a fun and structured setting. Visit [PlaistowNH.Myrec.com](http://PlaistowNH.Myrec.com) for more information. Space is limited – Registration Required. \$55.00 6-wk Session Fee

### **Weekend Warrior: Teen Yoga (Ages 13-18)**

**Sundays in April from 11-12 PM**

This weekend class focuses on mindfulness, flexibility, and strength—perfect for all experience levels. Led by Liz Hosman, RYT200, an experienced instructor who teaches yoga for adults and children at The Iron Cactus in Kingston, NH. This summer, she will also lead a workshop at the Berkshire Yoga Festival. Registration is required. Visit [PlaistowNH.Myrec.com](http://PlaistowNH.Myrec.com) for more information. Space is limited – Registration Required - \$10.00 per class fee.

### **Made in NH Expo Tickets**

**April 4-6, 2025**

Plaistow Recreation is giving away 25 free tickets to the Made in NH Expo in exchange for a non-perishable food donation. The event takes place from April 4-6, 2025, at the DoubleTree by Hilton Manchester Downtown, located at 700 Elm Street in Manchester, NH. This is a drive-on-your-own event, and no transportation will be provided. Anyone interested in a free ticket can bring a non-perishable food item to the Recreation Office at 14 Elm Street to receive one ticket while supplies last. All donated food items will be given to the food pantry at St. Luke's to support the local community. Only 25 tickets are available on a first-come, first-served basis.

**Floral Arranging Class with Jan Guy****Tuesday, April 8<sup>th</sup> at 1pm**

Join local Plaistow resident Jan Guy on April 8<sup>th</sup> at 1 PM for a hands-on floral arranging class, where you'll create beautiful arrangements using high-quality artificial flowers in charming 4-inch pots—no experience needed! With over 30 years of floral design experience, Jan has shared her passion through crafting gifts, leading sessions at Nevins Nursing Home, and now bringing her creativity to the community. Don't miss this relaxing and inspiring afternoon of floral design! Space is limited – Registration Required - \$15.00 per class fee.

**Monthly Bingo game****Wednesday, April 9<sup>th</sup>, 10 am**

Join us on the 2<sup>nd</sup> Wednesday of each month at 10:00 AM for a morning full of fun, laughter, and excitement! Enjoy delicious bagels while you play Bingo for fantastic prizes. It's the perfect way to connect with friends, test your luck, and add some joy to your day. Don't miss out on the fun—mark your calendar and join us for a great time! Registration Required

**Middle School Game Night****Friday April 11<sup>th</sup> 5:30-8:30 pm**

Middle School Game Night is happening on Friday, April 11, 2025, from 5:30 PM to 8:30 PM at the Plaistow Recreation Office inside the Norman L. Major Building, 14 Elm Street. Open to students ages 11-14, this event features video games like Just Dance and Mario Kart on the Nintendo Switch, along with board games and card games. Participants can bring their own Nintendo Switch consoles, but all games must be rated E, E10, or T. Pizza, water, and cookies will be provided. For questions, contact the Recreation Department.

**Ladies Craft Night****Wednesday, April 16<sup>th</sup>, 6-8 pm**

Join us for a hands-on workshop where you will create your own aromatic linen spray and learn practical strategies for better sleep. The Sleep Essentials Class will take place on Tuesday, April 16, 2025, from 6:00 PM to 8:00 PM at the Norman Major Building, 14 Elm Street, Plaistow. During this interactive session, we will cover the fundamentals of sleep hygiene and healthy sleep habits to help you wake up feeling refreshed. Participants will also have the opportunity to craft a custom "Sleepy Spray," choosing from a variety of relaxing recipes designed to promote restful sleep. Space is limited, so reserve your spot today. \$25.00 per class fee.

**Plaistow Recreation Easter Egg Hunt****Saturday, April 19, 2025, at 9:30 AM**

Plaistow Recreation invites residents to join us for a fun-filled Easter Egg Hunt on Saturday, April 19, 2025, at 9:30 AM at Plaistow Town Hall. Mr. Bunny will make his way from Pollard School to the Gazebo, where the egg hunt will begin. Children should bring a basket or pail to collect eggs. After the hunt, families can take photos with Mr. Bunny, so don't forget to bring a camera. This event is open to Plaistow residents, and no registration is required.

**Monthly Craft Workshop****Wednesday, April 23<sup>rd</sup> at 9:30 AM**

Join us for a fun and creative craft workshop on the 4<sup>th</sup> Wednesday of each month! Whether you're an experienced crafter or just starting out, this is a great opportunity to create a beautiful keepsake. All supplies are provided at no cost—just bring your enthusiasm! Relax, get creative, and connect with fellow craft lovers. Registration Required

**Earth Day Celebration, Town-wide Clean-Up Day****April 26, 2025**

Each year, the town comes together to celebrate Earth Day by cleaning up our community. Join us for Plaistow's annual Earth Day Celebration with a Town-Wide Clean-Up Day on Saturday, April 26th! Participants can pick up specially marked trash bags at the Recreation Department inside the Norman L. Major Building, 14 Elm Street, between April 21st and 24th during office hours 8-4 pm. Filled bags can be left curbside, and the Highway Department will collect them by the end of the weekend. Many hands make light work, together, we can keep Plaistow beautiful!

**Launch - School Vacation Event****Tuesday, April 29<sup>th</sup> from 11:00 AM to 1:00 PM**

Join Plaistow Recreation for an exciting day of jumping, bouncing, and nonstop fun at Launch Methuen! On Tuesday, April 29, 2025, from 11:00 AM to 1:00 PM, participants of all ages can enjoy an action-packed experience at Launch Trampoline Park in Methuen, MA. The cost is \$25 for residents and \$29 for non-residents, and registration is required to secure your spot. Don't miss out on this thrilling opportunity—sign up online at [Plaistow.com/Recreation](http://Plaistow.com/Recreation). For more information, contact us at [recreation@plaistow.com](mailto:recreation@plaistow.com).

**Chunky' s Cinema- School Vacation Event****Thursday, May 1<sup>st</sup> . Doors open at 10:45 AM**

Plaistow and Sandown Recreation are partnering to host a special lunchtime movie at Chunky's on Thursday, May 1, 2025. Doors open at 10:45 AM, with the movie beginning at 11:45 AM. Attendees will enjoy a private screening of *The Garfield Movie*. As a reminder, outside food and drinks are not permitted. Spots are limited, so be sure to register early to secure your seat. The deadline to register is April 24, 2025. For more information, visit the Plaistow Recreation website or contact [Recreation@plaistow.com](mailto:Recreation@plaistow.com), or visit the Sandown Recreation website or contact [Recreation@sandown.us](mailto:Recreation@sandown.us).

**Monthly Craft Workshop for Seniors****Wednesday, April 23<sup>rd</sup> at 9:30 am**

Join us for a fun and creative craft workshop on the 4<sup>th</sup> Wednesday of each month! Whether you're an experienced crafter or just starting out, this is a great opportunity to create a beautiful keepsake. All supplies are provided at no cost—just bring your enthusiasm! Relax, get creative, and connect with fellow craft lovers  
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## **\*\* Plaistow Public Library \*\***

For more information, please contact the Plaistow Public Library.  
85 Main Street, Plaistow, NH. 603-382-6011, Website: Plaistowlibrary.com

### **Mello Monday Evening Yoga**

**Mondays at 6:00 PM in the Nelson Room**

This yoga series is a gentle yoga featuring a focus on slow, steady movements and conscious breathing. Participants should wear comfortable clothing and be sure to bring a mat and some water. This program is for adults (ages 18+) and childcare is not provided. We apologize for the inconvenience.

\*This workshop has a \$5 fee.

### **Chair Yoga with Linda**

**Tuesdays at 10:30 AM in the Nelson Room**

Please join us for our yoga series, Chair Yoga with Linda! Chair Yoga is a fun and supportive class. It is a safe way to stretch, to increase strength and to improve flexibility. This class is appropriate for all levels of ability. It is especially beneficial for those with physical challenges. Linda is a graduate of Yoga Life Institute's 200-hour Classical Yoga Teacher Training. She also holds certifications in Chair Yoga and Chair Yoga Dance. Please be sure to wear comfortable clothing and bring water.

\*This class has a \$5 fee.

### **Yoga for Everyone**

**Thursdays at 9:45 AM in the Nelson Room**

Gentle yoga features a focus on slow, steady movements and conscious breathing. Participants should wear comfortable clothing and be sure to bring a mat and some water.

\*This workshop has a \$5 fee.

### **Chair Yoga with Linda**

**Fridays at 9:30 AM in the Nelson Room**

Chair Yoga is a fun and supportive class. It is a safe way to stretch, to increase strength and to improve flexibility. This class is appropriate for all levels of ability. It is especially beneficial for those with physical challenges. Linda is a graduate of Yoga Life Institute's 200-hour Classical Yoga Teacher Training. She also holds certifications in Chair Yoga and Chair Yoga Dance. Please be sure to wear comfortable clothing and bring water.

\*This class has a \$5 fee.

### **Puzzle Challenge**

**April 1 - April 29**

Back by popular demand, the Plaistow Library Teen/Adult/Family Puzzle Challenge! Complete a library selected 1000 piece puzzle by April 29 to be entered to win a prize! Visit the Library between April 1 and April 29 to sign up!

How it works:

1. Participants must be Plaistow Library card holders.
2. One participant per family/address. The puzzle can be completed by the family, a teen or adult in the home.
3. Your puzzle will be a random one Raven has wrapped up, but it will be checked out to your card. No trading or whining!
4. All 1000 pieces are expected to be there. Despite best efforts, one might be missing.
5. Please **NO** smoking while working on the puzzle. Smoke smells are extremely difficult to remove - it can take us 6-8 weeks to remove most of it and that prevents the puzzle from circulating.
6. You must complete the puzzle by **April 29 or sooner**. Please take a picture of the completed puzzle with your library card and email it to Raven at techservices@plaistowlibrary.com. You will be entered into a special prize bucket to win puzzle related prizes. one prize per cardholder. Prize drawing will take place May 1, 2025.
7. Please return your puzzle on time. Thank you!

**Some Assembly Required - Adult Craft Night****March 2 at 6:00 PM in the Nelson Room**

Are you looking for a fun and creative way to express yourself? Join our adult craft class and unleash your inner artist! No experience or skills are required, just bring your enthusiasm and curiosity. Our class is suitable for all levels, and we provide all the tools and supplies you need. This month we will be making book page flower garland.

**Book Club****April 3 at 6:00 PM in the Living Room**

Join us for a lively conversation about our featured title "House in the Pines" by Ana Reyes.

**Friday Flicks****April 4 at 1:00 PM in the Nelson Room**

Today's movie will be *Dirty Dancing*. Spending the summer at a Catskills resort with her family, Frances "Baby" Houseman falls in love with the camp's dance instructor, Johnny Castle. This film is rated PG-13 and has a runtime of 100 minutes.

**Poetry & Pastries****April 5 at 11:00 AM in the Nelson Room**

Join us for a fun and relaxing morning of poetry reading and pastries eating! Local poet Ian Davidson will share some of his whimsical poetry set in nature. No deep thinking required! Whether you are looking for inspiration or relaxation, this program will help you connect with nature through poetry while indulging in your sweet tooth.

**S.A.F.E. @ Home: A Plan to Stay Independent****April 8 at 6:00 PM in the Nelson Room**

This is a free seminar helping seniors plan for aging in place.

"S.A.F.E. @ Home" is based on the acronym S.A.F.E.—Safety, Access, Fits Needs, and Ease of Use. This seminar is designed to help seniors assess whether their home still supports their needs or if small adjustments could improve their comfort and safety over time. A home's design can either enhance or limit independence, we will provide practical information seniors can use to make informed decisions about their living environment. Presented by, Shirrel Schramm, Seniors Real Estate Specialist and former home health nurse (R.N.).

**Book Club****April 9 at 10:30 AM in the Nelson Room**

Join us for a lively conversation about our featured title "House in the Pines" by Ana Reyes.

**Flight of Remembrance: From WWII in Europe to the U.S. Space Program****April 9 at 6:00 PM in the Nelson Room**

The true story of the speaker's family from the Axis side of WWII in Latvia, occupied Poland, and Germany—a story that includes two German veterans and provides a perspective seldom heard in the U.S. Though they did not support Hitler or join the Nazi Party, the speaker's father and grandfather, both technically skilled, were forced to serve in the German military after fleeing from Latvia to Germany before the first Soviet takeover of the Baltic States. As of 2022, the presentation includes new maps and parallels between the experiences of the speaker's family in WWII and those of Ukrainians today. By giving a face and name to "the enemy," the presentation offers a seldom-shared perspective on the most devastating world conflict of all time, and sheds light on what it was like to live through war waged on home soil. Flight of Remembrance is a story of love, survival, and a lifelong dream for a career in aeronautical engineering that expanded to a key role in the emerging U.S. space program.

This program has been made possible by a generous grant from NH Humanities.

**Tarot Training****April 10 at 6:00 PM in the History Room**

Join us for an ongoing tarot training series where we dive deep into the meanings, symbolism, and card combinations of each tarot card. Each session will unpack the unique layers of every card, helping you to fully understand their energy and interpret their messages with confidence. Whether you're a beginner or looking to deepen your practice, this class offers a comprehensive, hands-on approach to mastering the tarot.

**Friday Flicks: Silent Movie Special!****April 11 at 1:00 PM in the Nelson Room**

Today's Silent Movie Special is *Peter Pan*. This film is not rated and has a run time of 105 minutes. James Barrie's play about the boy who never grew up has delighted audiences for over a hundred years. The 1924 silent film is the most authentic screen adaptation, giving us the adventures of Peter, the Darling children, the Lost Boys, and Captain Hook's pirates with a perfect balance of fun and thrills. There's even a spot for audience participation! Gary McGath returns to provide live keyboard accompaniment for his 11th silent film at the Plaistow Library.

**Craft Supply Swap****April 12 at 9:00 AM in the Nelson Room**

Calling all crafters! Current and aspiring crafters are invited to come share and swap craft supplies in good, usable condition. Supplies don't have to be new, but only arts and crafts-related items will be accepted. How it works: Drop off new or like-new craft items at the library between Mon, April 7 and Fri, April 11 during normal library hours (please do not put donated items in the drop box and bag us small items). Bring a bag and come to the library Saturday, April 12 to pick out some new craft supplies! Don't have anything to donate? That's ok! Feel free to stop by and shop! Any leftover supplies will be used by the library for programs or donated.

**Sewing and Needle Work Get Together****April 16 at 5:30 PM in the Nelson Room**

Bring your current sewing or needle work project and join us in the Nelson Room! Working on a large project and need space to spread out? Do you have a sewing project you're working on and would like some company and conversation while you do it? If so, this time is for you! Bring your own sewing machine, or borrow ours and basic sewing notions will be available for use.

**Friday Flicks****April 18 at 1:00 PM in the Nelson Room**

Today's movie will be *The Odd Couple*. A New Yorker newly separated from his wife moves in with his best friend, a divorced sportswriter, but their ideas of housekeeping and lifestyles are as different as night and day. This film is rated G and has a runtime of 105 minutes

**Red Cross Blood Drive****April 22, 9:00 AM - 2:00 PM in the Nelson Room**

Please pre Register at [RedCrossBlood.org](http://RedCrossBlood.org).

**Understanding Alzheimer's and Dementia****April 23 at 6:00 PM in the Nelson Room**

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available, and Alzheimer's Association resources.

**Understanding Our Feline Friends presented by Merrimack River Feline Rescue Society****April 24 at 6:00 PM in the Nelson Room**

If you love cats and want to learn more about our relationship with them, join us for an informative and fun evening with the staff from Merrimack River Feline Rescue Society. They will be providing helpful tips for caring/interacting with the cats in your life. This presentation will cover a wide variety of topics such as cat care, best food choices, adoption, what is the best litter to use and overall health and wellness of your feline. There will be an opportunity for Q&A, and perhaps a couple furry guests!

**Friday Flicks****April 25 at 1:00 PM in the Nelson Room**

Today's movie will be *What About Bob*. A cynical expatriate American cafe owner struggles to decide whether or not to help his former lover and her fugitive husband escape the Nazis in French Morocco. This film is rated PG and has a runtime of 102 minutes.

### **Open Sew**

**April 26 at 10:00 AM in the Nelson Room**

Join us for open sew! A project pattern will be provided if you would like to start something new (a materials list will be sent out 1 week before), or bring your own project to work on. Bring your own sewing machine or use ours! Irons, rotary cutters & mats, scissors and pins will all be provided for your use. Bring lunch and have a fun day enjoying the company of other sewers!

### **Onboarding Medicare: "I am still working, but I'm turning 65, should I join Medicare?"**

**Wednesday, April 30 at 6:00 PM in the Nelson Room**

You are working and have good health insurance coverage through your employer, and you are turning 65 and will be eligible for Medicare. You are right to have questions and want answers to questions such as...

- Do I have to sign up for Medicare?
- I have great coverage with my job's plan, will I have worse coverage by going with Medicare?
- My spouse is on my plan, will they lose coverage if I go with Medicare?
- What about my HSA, will I lose it if I go with Medicare? Can I still use it?
- I hear there are penalties for not signing up, is this true, and what are they?
- Basically, I just want to know if going with Medicare is the right decision for me. Can you help me?

Presented by Christian and Larissa Troy, from Woodpecker Insurance, this program will answer these questions and more. \*This is a Medicare Educational Event and no specific plan information will be discussed. This presentation is completely free and open to all.

## **\*\* Plaistow Elder Affairs\*\***

For more information, please contact Sue Sherman at 603-531-5017 or email [susherm@hotmail.com](mailto:susherm@hotmail.com)

Elder affairs meeting April 15 at 10am. First Baptist church. May 20 at 10 am . Spring Friendship Tea(tentative)  
June 4.



## **\*\* Vic Geary Drop-in Center\*\***

For more information, please contact the Vic Geary Drop-in Center at 603-382-9276  
18 Greenough Road, Plaistow NH. Email [Vicgeary@gmail.com](mailto:Vicgeary@gmail.com)

### **The Vic Geary Drop-In Center**

[www. Vicgearyseniordropincenter.org](http://www.Vicgearyseniordropincenter.org)

● Po Box 40 ● 18 Greenough Road, Plaistow, NH 03865 ● TEL: 603-382-9276 ● Email: [Vicgeary@gmail.com](mailto:Vicgeary@gmail.com)



**Serving the Towns of:  
Atkinson, Danville, Hampstead,  
Kingston, East Kingston, Newton,  
Plaistow, and Sandown.**



**NEW THIS MONTH**  
**Lets Play Scrabble**  
**or Yahtzee - Bring**  
**a friend!**

**Foot Clinic First**  
**Wendnesday Monthly**  
**by appointment**  
**only. See Calendar**  
**below for date. No**  
**walk-ins, you must**  
**register by calling**  
**the Foot Clinic at:**  
**603-580-6668.**

**Peer Support Meetings**  
**3rd Thursday 6PM**  
**Medical Equipment**  
**Available**

**HALL RENTALS**  
**Available for Special**  
**Events(Weddings, etc.).**  
**Call 603-382-9276**

## **Upcoming Activities**

### **April Spring Special**

**Please join us for our Spring Special (U)**  
**Enjoy our morning social with Donuts & Coffee, Music by Henri,**  
**50/50 Raffle, Door Prizes and Gift Basket Raffle.**  
**Register @ 603-382-9276.**

### **What's Happening in April**

**7th 9-11 Let's Play Scrabble - Bring a friend or meet a new friend.**  
**Snacks & prizes**

**9th 9-10:30 Coffee Talk - What hobbies do you enjoy? See who**  
**has shared interests with you? You might even discover a new**  
**hobby to explore.**

**10th 10-11:30 Timberlake High Student Council Visit - Students**  
**from Timberlake High will visit and play games Light**  
**refreshments**

**14th 12-2. April's Birthday/Anniversary Party & Dance - Enjoy**  
**Cake & Ice cream, & Dance to the oldies. Gift for all that are**  
**celebrating a Birthday or Anniversary in April. This months**  
**theme Spring Sock Hop. Don't miss it!**

**16th 9-11 Let's Play Scrabble - Bring a friend or meet a new friend.**  
**Snacks & prizes**

**21st 9-11 Lets Play Yahtzee or Uno - Bring a friend or meet new**  
**friends and enjoy a lively game of Yahtzee or Uno. Other card**  
**games are available to play also. Snacks**

**22nd 10:30-11:30 Presentation by Select Rehab. - Fall Prevention.**  
**Learn what you can do to help prevent falls.**

**24th 9-11 Recipe Club Explore flavored butters - We will be**  
**making flavored butters and sampling them on rolls, biscuits, or**  
**crackers. Also enjoy herbal teas.**

**23th 12-2 Lunch & Learn by Salem Residences Assisted Living -**  
**Enjoy a delicious hot lunch prepared by their Chef and then a**  
**informative talk. Door prizes. Free but must register.**



# The Vic Geary Drop-In Center

www.vicgearyseniordropincenter.org






● Po Box 40 ● 18 Greenough Road, Plaistow, NH 03865 ● TEL: 603-382-9276 ● Email: Vicgeary@gmail.com

## April Calendar of Activities

Activities Upstairs will have a (U) and Downstairs will have (D)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9-10 Bone Builders *11:30 MOW Lunch 1-3 Bingo	9-12 Foot Clinic *11:30 MOW Lunch Grab-N-Go 10:30-11:30 Line Dancing	*11:30 MOW Lunch 1-3 Bingo	COFFEE 9-10 Bone Builders(D) 9-12 Board & Card Games 11-12 Chair Yoga(D) *11:30 MOW Lunch Grab-N-Go
7	8	9	10	11
9-11 Let's Play Scrabble *11:30 MOW Lunch Grab-N-Go	9-10 Bone Builders 10-11 Blood Pressure Screening *11:30 MOW Lunch 1-3 Bingo	9-10:30 Coffee Talk (U) *11:30 MOW Lunch Grab-N-Go 10:30-11:30 Line Dancing	10-11:30 Timberlane Student Council(U) *11:30 MOW Lunch 1-3 Bingo(U)	COFFEE 9-10 Bone Builders(D) 9-12 Board & Card Games 11-12 Chair Yoga(D) *11:30 MOW Lunch Grab-N-Go
14	15	16	17	18
12-2 April's Birthday/Anniversary Party & Dance (U) *11:30 MOW Lunch Grab-N-Go	9-10 Bone Builders *11:30 MOW Lunch 1-3 Bingo	9-11 Let's Play Scrabble (D) 10:30-11:30 Line Dancing *11:30 MOW Lunch Grab-N-Go	9-11 Spring Special (U) *11:30 MOW Lunch 1-3 Bingo(U)	CLOSED
21	22	23	24	24
9-11 Lets Play Yahtzee or Uno (D) *11:30 MOW Lunch Grab-N-Go	9-10 Bone Builders(D) 10:30-11:30 Presentation by Select Rehab. - Fall Prevention.(U) *11:30 MOW Lunch 1-3 Bingo(U)	11:30-1:30 Lunch & Learn by Residences of Salem Woods(U) *11:30 MOW Lunch Grab-N-Go 10:30-11:30 Line Dancing	9-11 Recipe Club *11:30 MOW Lunch 1-3 Bingo(U)	COFFEE 9-10 Bone Builders(D) 9-12 Board & Card Games 11-12 Chair Yoga(D) *11:30 MOW Lunch Grab-N-Go
28	29	30		
*11:30 MOW Lunch Grab-N-Go	*11:30 MOW Lunch	9-11 Card Games and Board Games 10:30-11:30 Line Dancing *11:30 MOW Lunch		

\*For Meals on Wheels Lunch Reservation Call Tom O'Sullivan at 603-382-5995. \*\*\*Must register the week before\*\*\*  
For Birthday/Anniversary Dance Party Reservations, Monthly Social and other events call Chris at 603-382-9276

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <p>#1 Burgundy Beef Pasta Green Beans Apple Whole Wheat Bread</p> <p>#2 Chicken Normandy Style</p> 	<p>1</p> <p>Sweet &amp; Sour Chicken White Rice Carrots Mandarin Oranges Whole Wheat Bread</p> <p><i>Cold Meal</i> Chicken Salad Lettuce Leaf Potato &amp; Egg Salad Carrot Raisin Salad Cookie Whole Wheat Bread</p>	<p>2</p> <p>Baked Ziti w/Beef Broccoli Orange Whole Wheat Bread</p> <p><i>Cold Meal</i> Turkey Cordon Bleu Lettuce Leaf Chips Beef Salad Oatmeal Cream Pie Multigrain Bread</p>	<p>3</p> <p>Swedish Meatballs Egg Noodles Mixed Vegetable Seasonal Fruit Whole Wheat Bread</p> <p><i>Cold Meal</i> Caesar Salad w/Grilled Chicken Parmesan Cheese &amp; Croutons Romaine &amp; Iceberg Lettuce 3-Bean Salad Cookie Whole Wheat Dinner Roll</p>	<p>4</p> <p>#1 Chicken Tetrazzini Spinach Cookie Whole Wheat Bread #2 Tuna Noodle Casserole</p> <p><i>Cold Meal</i> The Cuban Ham, Swiss, &amp; Pork Lettuce &amp; Pickles Greek Pasta Salad Coleslaw Apricots Rye Bread</p>
<p>7</p> <p>#1 Chicken Cacciatore Pasta Brussels Sprouts Cookie Whole Wheat Bread #2 BBQ Kielbasa</p> 	<p>8</p> <p>Spaghetti &amp; Meatballs Marinara Carrots Apricots Whole Wheat Bread</p> <p><i>Cold Meal</i> Chicken &amp; Couscous Salad Macaroni Salad Cucumber &amp; Tomato Salad Apple Wheat Bread</p>	<p>9</p> <p>Country Fried Chicken Gravy Mashed Chive Potatoes Bean Medley Carrot Cake Whole Wheat Bread</p> <p><i>Cold Meal</i> Tuna Salad Sandwich Lettuce Leaf Dill Pickle Pasta Salad Spinach Salad Mixed Fruit Sandwich Roll</p>	<p>10</p> <p>Meatloaf w/Gravy Mashed Potatoes Peas Orange Whole Wheat Bread</p> <p><i>Cold Meal</i> Turkey &amp; Cheese Sandwich Lettuce Leaf Ditalini Pea Salad Coleslaw Sugar Cookie Multigrain Bread</p>	<p>11</p> <p>#1 Mediterranean Haddock Baby Bakers California Blend Vegetables Cookie Whole Wheat Bread #2 BBQ Beef</p> <p><i>Cold Meal</i> Ham &amp; Swiss Sandwich German Potato Salad Roasted Vegetable Salad Jello Rye Bread</p>
<p>14</p> <p>#1 Beef Ragout Green Beans Oatmeal Bar Whole Wheat Bread #2 Chicken Divan</p> 	<p>15</p> <p>#1 Beef Chili Scalloped Potatoes Brussels Sprouts Cookie Whole Wheat Bread #2 Baked Ham</p> <p><i>Cold Meal</i> Ham &amp; Egg Salad <i>Red Pepper, Corn &amp; Black Bean Salad</i> Vegetable Salad Fruit Cocktail Wheat Bread</p>	<p>16</p> <p>Chicken Fajita Peppers &amp; Onion Spanish Rice Black Beans &amp; Corn Apple Tortilla</p> <p><i>Cold Meal</i> Chef Salad w/Turkey Roasted Red Pepper Hummus Apple Bar Pita Bread</p>	<p>17</p> <p><i>Spring Special!</i> Savory Pot Roast w/ Gravy Roasted Sweet Potatoes Peas and Pearl Onions Spiced Honey Cake Whole Wheat Dinner Roll</p> <p><i>Cold Meal</i> Bologna &amp; Cheese Sandwich Citrus Rice Salad Apple &amp; Zucchini Salad Chilled Apricots White Bread</p>	<p>18</p> <p>Employee Appreciation Day Employee Appreciation Day Employee Appreciation Day</p> <p><b>CLOSED</b></p> <p>Would you like a frozen meal for this day? Circle</p> <p><b>YES or NO</b></p>
<p>21</p> <p>#1 Beef Stroganoff Spinach Mixed Fruit Corn Bread #2 Tex Mex Chicken</p> 	<p>22</p> <p>#1 Macaroni &amp; Cheese Stewed Tomatoes Bean Blend Vegetables Birthday Cake Whole Wheat Bread #2 Liver &amp; Onions</p> <p><i>Cold Meal</i> Turkey Club Sandwich Lettuce &amp; Bacon Chips Chickpea Salad Seasonal Fruit Multigrain Bread</p>	<p>23</p> <p>Cheese Manicotti Marinara Mixed Vegetables Cookie Whole Wheat Bread</p> <p><i>Cold Meal</i> Chicken &amp; Pasta Salad Broccoli Salad Mandarin Oranges Whole Wheat Bread</p>	<p>24</p> <p>Dijon Chicken Rice Pilaf Peas Mandarin Oranges Whole Wheat Bread</p> <p><i>Cold Meal</i> Italian Sandwich Lettuce Leaf &amp; Pickles Vegetable Rice Salad Tomato, Onion &amp; Pepper Salad Vanilla Pudding Club Roll</p>	<p>25</p> <p>#1 Potato Crusted Fish Parried Red Potatoes Carrots Cookie Whole Wheat Bread #2 Pulled Pork</p> <p><i>Cold Meal</i> Seabod Salad Sandwich Italian Pasta Salad Spinach Salad Cookie New England Roll</p>
<p>28</p> <p>#1 Chicken Scampi Pasta Green Beans Seasonal Fruit Whole Wheat Bread #2 Sausage, Peppers &amp; Onions</p> 	<p>29</p> <p>Chicken A La King Parried Rice Broccoli Peaches Whole Wheat Bread</p> <p><i>Cold Meal</i> Ham &amp; Swiss Sandwich Lettuce Leaf Potato and Egg Salad 3-Bean Salad Fudge Round Whole Wheat Bread</p>	<p>30</p> <p>Shepherd's Pie Harvard Beans Oatmeal Bar Whole Wheat Bread</p> <p><i>Cold Meal</i> Gourmet Pork Sandwich Spinach &amp; Onion Marmalade Barley Raisin Salad Marinated Vegetable Salad Fruit White Bread</p>	<p>1</p> <p>Roast Pork w/Gravy Rice Pilaf Carrots Fruit Cup Whole Wheat Bread</p> <p><i>Cold Meal</i> Tuna Salad Sandwich Lettuce Leaf Ditalini Pea Salad Tomato Salad Pudding New England Roll</p>	<p>2</p> <p>Cheesburger Baked Beans Capri Blend Vegetables Cookie Whole Wheat Burger Roll</p> <p><i>Cold Meal</i> Chicken Caesar Salad Roll Lettuce Leaf Pesto Pasta Salad Carrot Dill Salad Orange Sandwich Roll</p>

Menu Subject to Change  
NAME: \_\_\_\_\_

REGULAR MILK \_\_\_\_\_

SKIM MILK \_\_\_\_\_

Suggested Donation \$3.00 per Meal  
DIABETIC DESSERT \_\_\_\_\_

Please return by March 25th

