March Connection

Monday	Tuesday	Wednesday	Thursday	Friday
2 **11:30am Lunch** Breaded Baked Fish, Sweet Potato, Vegetables, Bread, Fruit **Table Tennis | 8am-12pm** **1:30 Monday Dance** NEW! Gerry Rothschild	**3** **11:30am Lunch** Meatloaf w/ Gravy, Mashed Potatoes, Brussel Sprouts, Fruit, Bread **12:30pm Movie** Hidden Figures	**4** **11:30am Lunch** Turkey Vegetable Stir-fry, Salad, Noodles, Fruit	**5** **10am Fit & Talk** | Walk to Arcadia Park **11:30am Lunch** Caribbean Chicken, Beans, Salad, Rice, Fruit **12:30pm Seminar |** USC Arcadia presents Understanding Vascular Health	**6** **11:30am Lunch | Wear Blue Day** Tuna Salad, Salad, Potato Salad Orange Juice, Bread **6pm Night at the Disco**
9 **11:30am Lunch** Chicken Adobo, Vegetables, Spanish Rice, Fruit **1:30pm Seminar|** Breathing Retraining Seminar	**10** **10am Blood Pressure** ***11:30am Lunch | Birthday Celebration*** Quiche. Vegetables, Caesar Salad, Bread, Fruit **12:30pm Movie** The Help	**11** **11:30am Lunch** Shephard's Pie, Corn, Dinner Roll, Fruit	**12** **10am Fit & Talk** | Line Dance **11:30am Lunch** Baked Fish Almandine, Green Beans, Salad, Fruit Dessert **2pm Karaoke**	**13** **NO LUNCH** **11:30am- St. Patrick's Day Celebration** **No Table Tennis**
16 **11:30am Lunch** Savory Beef Stew, Brussel Sprouts, Mashed Potatoes, Dinner Roll, Fresh Fruit **Table Tennis | 8am-12pm** **1:30 Monday Dance** Eric Ekstrand	**17** **9am Coffee with the Mayor** **10am HICAP** **11:30am Lunch | St. Patrick's Day** *Corn Beef, potatoes, vegetables, Fruit, Bread & Vanilla Pudding* **12:30pm Movie** Nyad	**18** **11:30am Lunch** Baked Pollack w/ Lemon Sauce, Squash, Salad, Fruit	**19** **10am Fit & Talk |** Stretching ***11:30am Lunch*** BBQ Chicken, Green Peas, Salad, Mac & Cheese, Dinner Roll, Fruit **11:30am Taste the Town** Vietnam Kitchen	**20** **NO LUNCH** ***10am Lucky Bingo*** **4pm Tech Talk** *How to Download Apps* **No Table Tennis**
23 **11:30am Lunch** Vegetarian Chili, Salad, Fruit, & Bread **12pm Seminar |** Arcadia Public Works Presents Food Waste Seminar	**24** **11:30am Lunch** Hawaiian Chicken Breast, Rice, Salad, Fruit **12:30pm Movie** A League of Their Own	**25** **11:30am Lunch** Turkey Milanese, Salad, Fruit **6pm Health Education Series** Diabetes Medications	**26** **10am Fit & Talk |** Chair Zumba **11:30am Lunch** Asian Beef Stir Fry, Mixed Vegetables, Rice, Fruit **2pm Karaoke**	**27** 10am NLSLA **10am Traveler's Meeting** **11:30am Lunch** Salmon with Dill Sauce, Green Beans, Black Beans, Salad, Fruit, Bread **2:30pm Downtown Delights** **4pm Tech Talk** *Understanding Artificial Intelligence* **No Table Tennis**
30 **11:30am Lunch** Chicken Mole, Brown Rice Vegetables, Fruit & Flan w/ Cinnamon **Table Tennis | 8am-12pm** **1:30 Monday Dance** Nightlife	**31** **11:30am Lunch** Spaghetti w/ Meat Sauce, Salad, Fruit **12:30pm Movie** Meagan Leavey			