

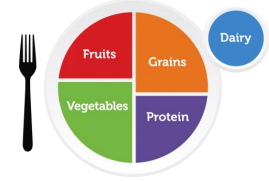


“March 2023 Happenings”



MARCH IS NATIONAL NUTRITION MONTH

Let's try and eat more nutritious and healthy.
See two inserts in newsletter on balanced meal portions and how to cut down on added Sugars.

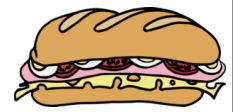


AEROBICS WILL BE STARTING BACK UP!

Monday - 10:30 am
Tuesday - 8:30 am
Thursday - 10:30 am

**SUB ORDERS ARE DUE ON
MARCH 3, 2023**

**PICK UP SUBS ON
MARCH 10, 2023**



Chair Yoga will be every Tuesday in Fellowship Hall (downstairs) at 10:00 am

Blood Pressure/Pulse Checks will be on March 7 and March 21 at 12:00

March 1: Tristyn Huhman from Bureau of Blindness and Visual Services will be doing a presentation on gaining the skills necessary to live and work independently in their communities

March 2: Knitting Class will start today and meet every Thursday at 10:00 am

March 6: Discussion on Cookbook

March 7: Music Session with Rich, We will do Blood Pressure/Pulse Checks today

March 8: Creative Writing Class starts, Craft Class with Karen Part 1

March 13: Bring in your favorite dish and recipe for our Cookbook

March 14: How to make a Charcuterie Board w/Enid

March 15: Board Meeting, Craft Class with Karen Part 2

March 16: Public Breakfast

March 17: The Veteran Service Officer will be here from 9:00 am—1:00 pm

We will be celebrating St. Patrick's Day, Wear your Green!



March 20: First Day of Spring!!!