

West Shore Senior Center

Activity Calendar

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 am Billiards 10:45 am Chair Yoga 12:00 noon Cards 12:00 noon Dominos	4 9:00 am Billiards 10:00 noon Games/Cards 12:00 noon Boomwackers	5 9:00 am Billiards 10:00 am Bible Study 12:00 noon Healthy Steps 12:00 noon Card games	6 9:00 am Billiards 12:00 noon Blood Pressure 12:00 noon Card games 12:00 noon Tai Chi	7 9:00 am Billiards 10:45 am Chair Yoga 12:00 noon Cards 12:00 noon Dominos 12:00 noon Chair Zumba
10 9:00 am Billiards 10:45 am Chair Yoga 12:00 noon Cards 12:00 noon Dominos 12:00 Crafts	11 9:00 am Billiards 10:00 noon Games/Cards 12:00 noon Boomwackers	12 9:00 am Billiards 10:00 am Bible Study 12:00 noon Healthy Steps 12:00 noon Card games	13 9:00 am Billiards 12:00 noon Blood Pressure 12:00 noon Card games 12:00 noon Tai Chi	<p style="text-align: center;">CLOSED PIZZA PARTY Movie</p>
17 9:00 am Billiards 10:45 am Chair Yoga 12:00 noon Cards 12:00 noon Dominos	18 9:00 am Billiards 10:00 noon Games/Cards 12:00 noon Boomwackers	19 9:00 am Billiards 10:00 am Bible Study 12:00 noon Healthy Steps 12:00 noon Card games	20 9:00 am Billiards 12:00 noon Blood Pressure 12:00 noon Card games 12:00 noon Tai Chi	21 9:00 am Billiards 10:45 am Chair Yoga 12:00 noon Cards 12:00 noon Dominos 12:00 noon Chair Zumba
24 9:00 am Billiards 10:45 am Chair Yoga 12:00 noon Cards 12:00 noon Dominos	25 9:00 am Billiards 10:00 noon Games/Cards 12:00 noon Boomwackers	26 9:00 am Billiards 10:00 am Bible Study 12:00 noon Healthy Steps 12:00 noon Card games	27 9:00 am Billiards 12:00 noon Blood Pressure 12:00 noon Card games 12:00 noon Tai Chi	28 9:00 am Billiards 10:45 am Chair Yoga 12:00 noon Cards 12:00 noon Dominos 12:00 noon Chair Zumba
31 9:00 am Billiards 10:45 am Chair Yoga 12:00 noon Cards 12:00 noon Dominos				<p style="text-align: center;">Activities are subject to change due to team member availability, weather, and other conditions beyond our control</p>

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Menu

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine Beets & White Bread Seasonal Fresh Fruit Milk	4 Faschnaut Day! Chicken Bacon Carbonara Pasta California Blend Vegetables Breadstick & Milk Mandarin Oranges	5 Ash Wednesday! Vegetable Lasagna Topped w/ Cream Sauce Tossed Salad w/ Dressing Garlic Breadstick Fruit Cocktail & Milk	6 Goulash Brussel Sprouts Peaches Italian Bread Chocolate Milk	7 Tuna Salad Sandwich Bean Soup Coleslaw Fresh Fruit Milk
10 Pot Roast w/ Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Chocolate Pudding & Milk	11 Sweet & Sour Pork over Rice Broccoli & Cauliflower Blend Dinner Roll Fresh Fruit Milk	12 Open Faced Turkey Sandwich w/ Gravy Whipped Potatoes w/ Chives Sweet Corn Cookie & Milk	13 Italian Burger(Peppers, Onions, White Cheese) Creamy Potato Soup Seasonal Fresh Fruit Chocolate Milk	<p style="text-align: center;">CLOSED PIZZA PARTY Movie</p>
17 Happy St. Patrick's Day! Corned Beef Cabbage Parsley Potatoes Rye Bread Pistachio Fluff & Milk	18 Grilled Chicken Salad (Chicken, Cheddar, Hard Boiled Eggover Mixed Greens) Cream of Broccoli Soup Dinner Roll & Fruited Gelatin	19 Cajun Chicken Alfredo Creamy Pasta Peas & Breadstick Pineapple Milk	20 Burgundy Glazed Meatballs Rice Carrots Italian breadstick Fresh Orange & choc. Milk	21 Creamy Egg Salad Sandwich Lettuce & Tomato Cream of Cauliflower Soup Applesauce Cookie & Milk
24 Creamy Parmesan Pork Chop Cubed Potatoes Carrots Wheat Bread & Milk Choc chip cake w/ topping	25 Pizza Burger Lemon Buttered Noodles Brussel Sprouts Applesauce & Milk	26 Chicken Bruschetta Pesto Pasta Capri Blend Vegetables Dinner Roll Fresh Fruit & Milk	27 Lasagna w/ Meat Sauce Tossed Salad w/ Tomato Green Beans Garlic Breadstick Fresh Fruit Choc. Milk	28 Baked Crab Cake Tomato Basil Bisque California Blend Vegetables White Bread Fruit crisp & Milk
31 Chicken & Dumplings Mixed Vegetables Whole Grain Buttermilk Biscuit & Milk & Orange	Menu subject to change			

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 am Billiards 10:00 am Games/Cards 12:00 noon Boomwackers	2 9:00 am Billiards 10:00 am Bible Study 12:00 noon Healthy Steps 12:00 noon Card games	3 9:00 am Billiards 12:00 noon Blood Pressure 12:00 noon Card games 12:00 noon Tai Chi	4 9:00 am Billiards 10:45 am Chair Yoga 12:00 noon Cards 12:00 noon Dominos 12:00 noon Chair Zumba
7 9:00 am Billiards 10:45 am Chair Yoga 12:00 noon Cards 12:00 noon Dominos	8 9:00 am Billiards 10:00 am Games/Cards 12:00 noon Boomwackers	9 9:00 Billiards 10:00 Bible Study 12:00 noon Healthy Steps 12:00 noon Card games	10 CLOSED EASTER MEAL PICK UP	11 9:00 am Billiards 10:45 am Chair Yoga 12:00 noon Cards 12:00 noon Dominos 12:00 noon Chair Zumba
14 9:00 am Billiards 10:45 am Chair Yoga 12:00 noon Cards 12:00 noon Dominos 12:00 noon Crafts	15 9:00 am Billiards 10:00 am Games/Cards 12:00 noon Boomwackers	16 9:00 am Billiards 10:00 am Bible Study 12:00 noon Healthy Steps 12:00 noon Card games	17 9:00 am Billiards 12:00 noon Blood Pressure 12:00 noon Card games 12:00 noon Tai Chi	18 CLOSED GOOD FRIDAY
21 9:00 am Billiards 10:45 am Chair Yoga 12:00 noon Cards 12:00 noon Dominos	22 9:00 am Billiards 10:00 am Games/Cards 12:00 noon Boomwackers	23 CLOSED SENATORS GAME	24 9:00 am Billiards 12:00 noon Blood Pressure 12:00 noon Card games 12:00 noon Tai Chi	25 CLOSED DOUBLING GAP 9AM - 2PM
28 9:00 am Billiards 10:45 am Chair Yoga 12:00 noon Cards 12:00 noon Dominos	29 9:00 am Billiards 10:00 am Games/Cards 12:00 noon Boomwackers	30 9:00 am Billiards 10:00 am Bible Study 12:00 noon Healthy Steps 12:00 noon Card games		Activities are subject to change due to team member availability, weather, and other conditions beyond our control.

West Shore Senior Center

Menu

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Grilled Chicken Salad (Chicken, Cheddar, HB Egg, Mixed Greens) Cream of Broccoli Soup Dinner Roll Fruited Gelatin	2 Cabbage Roll Garlic Whipped Potatoes Carrots White Bread Seasonal Fresh Fruit	3 Western Omelet w/ Peppers, Onions, Cheese Sausage Patty Breakfast Potatoes English Muffin w/ Jelly Apple Juice	4 Baked Crab Cake Tomato Basil Soup California Blend Vegetables Wheat Bread Pudding
7 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine Pickled Hot Beets White Bread Seasonal Fresh Fruit	8 Balsamic Chicken Rosemary White Beans Tomatoes & Zucchini Garlic Breadstick Pineapple Tidbits	9 BBQ Chicken Breast Country Collard Greens Baked Beans Dinner Roll Seasonal Fresh Fruit	10 Easter Meal – Pick Up Only Baked Ham Pasta Creamed Corn Dinner Roll Carrot Cake w/ Icing	11 Vegetable Lasagna Tossed Salad w/ Egg Green Beans Dinner Roll Cookie
14 Salisbury Steak w/Gravy Baked Potato w/ Margarine Broccoli Wheat Bread Gelatin	15 Potato Crusted Fish Macaroni & Cheese Stewed Tomatoes Wheat Bread Fresh Fruit	16 Kielbasa w/ Sauerkraut Homemade Haluski Brussel Sprouts Applesauce	17 Cheeseburger BBQ Baked Beans Hamburger Bun Tossed Salad w/ Tomato Mandarin Oranges	18 <p style="text-align: center;">CLOSED GOOD FRIDAY</p>
21 Sweet & Sour Pork Brown Rice Broccoli & Cauliflower Blend Wheat Bread Fresh Fruit	22 Turkey Chef Salad (Turkey, Egg, Cheddar, Mixed Greens w/ Tomato) Vegetable Soup Dinner Roll	23 <p style="text-align: center;">CLOSED SENATORS GAME</p>	24 Sausage Gravy Biscuit Egg Bite Diced Potatoes Orange Juice	25 <p style="text-align: center;">CLOSED DOUBLING GAP 9AM - 2PM</p>
28 Open Faced Turkey Sandwich w/ Gravy Whipped Potatoes w/ Chives Sweet Corn White Bread Cookie	29 Taco Salad (Taco Meat, Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips Tortilla Soup Pineapple	30 Pasta & Meatballs Pasta w/ Marinara Tossed Salad w/ Tomato Italian Bread Mixed Fruit Salad		<p style="text-align: center;">Menu subject to change</p>