

Activity Calendar - March 2023

The Director's Corner

Welcome to Kimara, our new CNA who is a graduate of Jewish Senior Services!

We will be celebrating Purim this month. Wear a costume and be in the parade on March 7th up in Bennett Hall.



Don't miss Jim Sheehan. He will be performing in Adult Day on March 16th singing and playing his guitar. It will be fun!

Spring starts this month!

Caregiver Meetings



This month the caregiver support meetings will take place on March 21st (virtual) and March 22nd (in-person, please wear a mask). *RVSP's are appreciated though not required to attend.*

To obtain the virtual link or for more information, please contact Tiffany Colucci MS, PC, NCC Eldercare Navigator at 203-396-1066 or tcolucci@jseniors.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join us for Coffee Hour Every Morning at 9:00am</p> <p>Thursdays Live Entertainment in Bennett Hall @ 2:15pm Fridays Catholic mass @ 1030am</p>		<p>1</p> <p>10:00am Exercise 10:30am Games /Art 10:30am Men's Group Lunch 1:00pm Mindful Thoughts 1:30pm Send Off 2:30pm Refreshments</p>	<p>2</p> <p>10:00am Brain Busters 10:30am Dr Sues 10:30am Men's Group Lunch 1:00pm Stretch 1:30pm Hit the Target 2:30pm Refreshments</p>	<p>3</p> <p>10:00am Exercise 10:30am Name 10 10:30am Men's Group Lunch 1:00pm Bloopers 1:30pm Feb Birthday w Warren 2:30pm Refreshments</p>
<p>6</p> <p>10:00am Exercise 10:30am Story ball/games 10:30am Men's Group Lunch 1:00pm Daily Topics 1:30pm Pokeno 2:30pm Refreshments</p>	<p>7</p> <p>10:00am Brain Busters 10:30am Bulls Eye 10:30am Men's Group Lunch 1:00pm Stretch 1:30pm Purim Games/parade 2:30pm Refreshments</p>	<p>8</p> <p>10:00am Exercise 10:30am Games /Art 10:30am Men's Group Lunch 1:00pm Mindful Thoughts 1:30pm Brain Quest 2:30pm Refreshments</p>	<p>9</p> <p>10:00am Current Events 10:30am Balloon Volley 10:30am Men's Group Lunch 1:00pm Stretch 1:30pm Ring Toss/Uno 2:30pm Refreshments</p>	<p>10</p> <p>10:00am Exercise 10:30am Spa Time 10:30am Men's Group Lunch 1:00pm Bloopers 1:30pm Who played it best 2:30pm Refreshments</p>
<p>13</p> <p>10:00am Exercise 10:30am Big Word 10:30am Men's Group Lunch 1:00pm Daily Topics 1:30pm Mind Teasers 2:30pm Refreshments</p>	<p>14</p> <p>10:00am Current Events 10:30am Wordle 10:30am Men's Group Lunch 1:00pm Stretch 1:30pm Bingo 2:30pm Refreshments</p>	<p>15</p> <p>10:00am Exercise 10:30am Chair Yoga w/ Doris 10:30am Men's Group Lunch 1:00pm Mindful Thoughts 1:30pm Frisbee Bowling 2:30pm Refreshments</p>	<p>16</p> <p>10:00am Brain Busters 10:30am Warm Up 10:30am Men's Group Lunch 1:00pm Stretch 1:30pm Music w/ Jim Sheehan 2:30pm Refreshments</p>	<p>17</p> <p>10:00am Exercise 10:30am Today in History 10:30am Men's Group Lunch 1:00pm Bloopers 1:30pm Shamrock Day 2:30pm Refreshments</p> 
<p>20</p> <p>10:00am Exercise 10:30am Can You Guess 10:30am Men's Group Lunch 1:00pm Daily Topics 1:30pm Wise Tales 2:30pm Refreshments</p>	<p>21</p> <p>10:00am Brain Busters/Games 10:30am Men's Group Lunch 1:00pm Stretch 1:30pm Bottom's Up 2:30pm Refreshments 3:00pm: Caregiver Support Group (virtual)</p>	<p>22</p> <p>10:00am Exercise/ Games/ Art 10:30am Men's Group Lunch 1:00pm Mindful Thoughts 1:30pm Tai Chi w/Johnathon 2:30pm Refreshments 3:00pm: Caregiver Support Group (in-Person)</p>	<p>23</p> <p>10:00am Current Events 10:30am A-Z game/Uno 10:30am Men's Group Lunch 1:00pm Stretch 1:30pm Birthday Party w/ Richard 2:30pm Refreshments</p>	<p>24</p> <p>10:00am Exercise 10:30am Spa Time 10:30am Men's Group Lunch 1:00pm Bloopers 1:30pm Bowling 2:30pm Refreshments</p>
<p>27</p> <p>10:00am Exercise 10:30am Outburst 10:30am Men's Group Lunch 1:00pm Daily Topics 1:30pm Kick It 2:30pm Refreshments</p>	<p>28</p> <p>10:00am Current Events 10:30am Ping Pong Toss 10:30am Men's Group Lunch 1:00pm Stretch 1:30pm Pokeno 2:30pm Refreshments</p>	<p>29</p> <p>10:00am Exercise 10:30am Games/ Art 10:30am Out Trip 2 Seaside Lunch 1:00pm Mindful Thoughts 1:30pm Afternoon Stories 2:30pm Refreshments</p>	<p>30</p> <p>10:00am Brain Busters 10:30am Hit This 10:30am Men's Group Lunch 1:00pm Stretch 1:30pm Spell It 2:30pm Refreshments</p>	<p>31</p> <p>10:00am Exercise 10:30am Mind Teasers 10:30am Men's Group Lunch 1:00pm Bloopers 1:30pm Table Games 2:30pm Refreshments</p>

Alternate programs are offered daily, Calendars are subject to change.

Lunch Menu - March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BROCCOLI & CHEDDAR SOUP HOT DOG WITH SAUERKRAUT SWEET POTATO WEDGES BAKED BEANS PEACH CRISP	2 BUTTERNUT SQUASH SOUP SPAGHETTI & MEATBALLS SAVORY COUSCOUS ROASTED VEGETABLE MEDLEY CHOCOLATE CREAM PIE	3 CREAM OF BROCCOLI SOUP HAWAIIAN CHICKEN COCONUT RICE SAUTEED RATATOUILLE CHERRY COBBLER
6 GINGER CARROT SOUP GENERAL TSO CHICKEN FRIED RICE JAPANESE BLEND VEGETABLES EGG ROLL PEACHES	7 WISCONSIN CHEESE SOUP MEATLOAF W/GRAVY MASHED POTATOES BROCCOLI BLUEBERRY COBBLER	8 POTATO LEEK SOUP HAMBURGER ON A BUN FRENCH FRIES BAKED BEANS CHOCOLATE CAKE	9 CHICKEN & RICE SOUP STUFFED SHELLS WITH MARINARA GARLIC BREAD QUINOA FRUIT STUFFING GREEN BEAN CASSEROLE APPLE PIE	10 MINISTRONE SOUP TURKEY TETTRAZINI RED SMASHED POTATOES SAUTEED MIXED VEGETABLES PUMPKIN CHEESECAKE
13 EGG DROP SOUP SWEET & SOUR CHICKEN SESAME NOODLES JAPANESE BLEND VEGETABLES EGG ROLL PEANUT BUTTER BROWNIE	14 ITALIAN WEDDING SOUP STUFFED PEPPERS TOASTED ORZO CREAMED SPINACH AMBROSIA SALAD	15 POTATO LEEK SOUP HAWAIIAN CHICKEN BAKED BEANS COLESLAW CARAMEL BROWNIE	16 PASTA FAGIOLI SOUP CHICKEN PARMESAN GARLIC ORZO RATATOUILLE CHOCOLATE CREAM PIE	17 QUINOA VEGETABLE SOUP FLOUNDER FLORENTINE STEAMED BROWN RICE TOSSED SALAD/DRESSING VANILLA CAKE W/CHOC ICING
20 ESCAROLE & BEAN SOUP VEGETABLE LASAGNA BAKED YAM GARLIC BROCCILINI MINT BROWNIES	21 BEEF ORZO SOUP OPEN FACE TURKEY SANDWICH MASHED POTATOES COLLARD GREENS BANANA CREAM PIE	22 TURKEY WITH WILD RICE SOUP HAMBURGER ON A BUN W/LETTUCE & TOMATO BAKED BEANS THREE BEAN SALAD TAPIOCA PUDDING	23 WISCONSIN CHEESE SOUP TERRIYAKI CHICKEN MASHED POTATOES THAI STYLE VEGETABLE SALAD CINNAMON ROLL APPLE PIE	24 TURKEY NOODLE SOUP COUNTRY FRIED CHICKEN CUTLET POTATOES O'BRIEN CALIFORNIA BLEND VEGETABLES CARROT CAKE CUPCAKE WITH CREAM CHEESE FROSTING
27 ITALIAN WEDDING SOUP EGGPLANT ROLLATINI RICE PILAF BROCCOLI PINEAPPLE UPSIDE DOWN CAKE	28 BEEF BARLEY SOUP ROAST TURKEY WITH GRAVY CLASSIC STUFFING ROASTED BRUSSEL SPROUTS CHOCOLATE PUDDING	29 BROCCOLI & CHEDDAR SOUP HOT DOG WITH SAUERKRAUT SWEET POTATO WEDGES BAKED BEANS PEACH CRISP	30 BUTTERNUT SQUASH SOUP SPAGHETTI & MEATBALLS SAVORY COUSCOUS ROASTED VEGETABLE MEDLEY CHOCOLATE CREAM PIE	31 CREAM OF BROCCOLI SOUP HAWAIIAN CHICKEN COCONUT RICE SAUTEED RATATOUILLE CHERRY COBBLER