

March 2018 LUNCH AND ACTIVITIES CALENDAR

Monday		Tuesday		Wednesday		Thursday		Friday	
						1	Chicken Pot Pie	2	BBQ Country Ribs
						Served with Salad Greens, Bread Sticks, and fresh Fruits		Served with Baked Beans, Coleslaw, Fruits and a light Dessert	
						J and R Services		*Grace Bible Church*	
5	Almond Chicken	6	Baked Potato Bar	7	Lasagna	8	Swiss Patty Melt	9	Fish & Chips
Served over Rice, steamed Vegetable, Caesar Salad, Rolls and Dessert		Served with all of the Trimmings, Chili, Salad Greens, fresh Fruits and a Cookie		Served with a steamed Vegetable, Salad Greens fresh Fruits and Cake		Served on Rye Bread with Swiss Cheese, Potato Salad, Salad Greens and fresh Fruit		Served with Baked Beans, fruited Coleslaw, and a light Dessert	
The Mermaids		*The Misfits*		*The V.F.W. *		* The Fast Track*		*The Rusty Wheels*	
Thank You Pepsi		*Thank You Kevin Reed*		*Thank You Barreto MFG*					
12	Stuffed Tomatoes	13	Swiss Steak	14	Fried Chicken	15	Fish and Chips	16	Corned Beef & Cabbage
Tomatoes filled with Chicken Salad, on a bed of Salad Greens, fresh Fruits, Bread and light Dessert.		Served with whipped Potatoes, steamed Vegetables, Spring Salad, Rolls, and fresh Fruits		Served with Mashed Potatoes, Gravy, steamed Vegetables, Jell-0, Rolls and Cake		Served with Baked Beans, Coleslaw & fresh Fruits		Celebrate St. Patrick's Day with us! Traditional Irish Music 11-1pm	
* The Fill Ins*		*The America Legion*		*J & R*		*The First Christian Church*		*The LDS Church*	
				Thank You Helen Cochrane		*Thank You Allied Mortgage*			
19	Chicken Taquitos	20	Yankee Doodle Stew	21	Honey Glazed Ham	22	Sweet / Sour Pork	23	1/2/ Turkey Sandwich & Soup
Served with Rice, steamed Vegetable, Salad Greens, Fruits, Chips, Avocado, Sour Cream and Salsa		A hearty Stew with all of the trimmings served with Spinach Salad, Cottage Cheese and Fruit and a light Dessert		Served with Scalloped Potatoes, Green Beans, Jell-0, Rolls and Dessert		Served with Fried Rice, Steamed Vegetable, Oriental Salad, Egg Roll and Fortune Cookies		Served with Fruits, Vegetable Platters and a Cookie	
The Rusty Wheels		*The Rovers*		*The LDS Church*		*The Rusty Wheels*		*The Rovers*	
		Thank You Les Schwab Tires		*Thank You Warm Creek Orchard*		*Thank You Barreto MFG*			
26	Ravioli	27	Pulled Pork Sandwich	28	Chicken Fried Steak	29	Sesame Chicken	30	Sweet/Sour Meatballs
Served with a steamed Vegetable, Caesar Salad, Cheese Breads and fresh Fruits		Served with seasoned Fries, Tomato & Cucumber Salad, Chips and Fruits		Served with Mashed Potatoes and Gravy, steamed Vegetable, Jell-0, Rolls and Cake		Served with Rice Pilaf, steamed Vegetables, Salad Greens, Rolls and Fruits.		Served with seasoned Noodles, steamed Vegetable, Salad Greens, Breads and a light Dessert	
The Methodist		*The Fill Ins*		* The LDS Church *		* The Fast Track*		*The First Christian Church*	
				Thank You Wildflower Lodge					

ACTIVITIES AND EVENTS

Live Music and Dancing

Live Music Starts @11am Daily

Mondays: Social Hour, No Live Music

Tuesdays: Blue Mountaineers

Wed: Social Hour, No Live Music

Thursdays:

1st Music by The Fine Tunes

8th Music by Terry La Mont

15th Music by The Fine Tunes

22nd Music by Terry La Mont

29th No Music Senior Social Hour

Fridays:

2nd Music by the Fine Tunes

9th Music by Terry La Mont

16th Music by Maryanne Irish Tunes

23rd Music by Terry La Mont

30th No Music Senior Social Hour

Community Dances 6:30-9:30

March 17th Music by Terry La Mont

March 24th Music by Blue Mountaineers

Activities

*Senior Exercise Class with Chairs

10:00am -11:00am M.W.F.

For more information contact 541-963-7532

* Bridge: Monday 1pm

Bridge on the 19th will take place at the Transit conference room, as we are having our piano tuned.

* Pinochle Tuesday 1pm

* Bingo: Tuesday 6:30 pm

* 12 Aces Pinochle 15th 1pm

* Pinochle Social Club Fridays 7 pm

Meetings & Presentations

Tuesday 13th: Cookie Walk 11:15-11:30
(Donated Pies Appreciated)

Tuesdays: 10-12 pm

The OHSU School of Nursing will be offering a Blood Pressure Clinic. Stop by and have your Blood Pressure Checked. They will also be available to schedule in-home health-safety visits

March 16th Join us for St. Patrick's Day
11-12 Irish Music

Serving: Corned Beef and Cabbage!!

March 28th Educational Class 12:30 -1pm
Learn about the importance of making Healthy Nutritional Choices as you age
And the importance of helpful Movement Exercise to help with balance and reduce the risk of falls.

(Class offered by Blue Mountain Therapy)

Next Education Class offered by GRH in May 2018

1504 Albany Street La Grande, Oregon 97850:

541-963-7532