

# March Activities 2018

## The Director's Corner

Happy Spring everyone!

Grasmere by the Sea would like to welcome new participants who joined the program during the month of February. They are: Joan F., Nancy D., George Z, and we welcome back Jean T. Thank you for choosing us as a place to spend some of your days.

Remember Daylight Savings Time begins at 2:00 a.m. Sunday March 11th.







SATURDAY HOURS  
TEMPORARILY POSTPONED






## Monthly Caregiver Meetings

Our Monthly Caregivers Meetings will be held Thursday, March 1st, and Thursday, March 15th from 4:00 to 5:00 p.m.

Activities will be conducted during meetings for those who bring a loved one. To register or for more information, call 203-365-6470.

	Tuesday	Wednesday	Thursday	Friday
	 <p>Join us for Coffee &amp; Social Hour every morning at 9:00am!</p>		<p style="text-align: right;"><b>1</b></p> <p>10:00 Exercise &amp; Stretch 10:30 Theme Pictures Bean Bag Toss <b>Yoga with Victoria</b> 1:00 Exercise Free Style 1:30 Conversation Cards Match the Cards Bingo</p>	<p style="text-align: right;"><b>2</b></p> <p>10:00 Exercise &amp; Stretch 10:30 <b>Tai Chi with Jonathan</b> Art Work 1:00 Exercise Free Style 1:30 <b>Paula Entertains</b> Nails</p>
<p style="text-align: right;"><b>5</b></p> <p>10:00 Stretch &amp; Strengthen 10:30 <b>Reminisce with Alice</b> Dominos 1:00 Exercise Free Style 1:30 What Is It Cards Numbers and Dice</p>	<p style="text-align: right;"><b>6</b></p> <p>10:00 Stretch &amp; Strengthen 10:30 Find The Words Pokeno Art 1:00 Exercise Free Style 1:30 Round Table Discussion Uno <b>Trip</b></p>	<p style="text-align: right;"><b>7</b></p> <p>10:00 Exercise &amp; Stretch 10:30 Dear Abby Letter Bingo 1:00 Exercise Free Style 1:30 Scrabble Pallina Nails <b>Men's Club</b></p>	<p style="text-align: right;"><b>8</b></p> <p>10:00 Exercise &amp; Stretch 10:30 Strengthen Your Mind Golf Cards Art <b>Intergenerational Program</b> 1:00 Exercise Free Style 1:30 Mental Gymnastics Bowling</p>	<p style="text-align: right;"><b>9</b></p> <p>10:00 Exercise &amp; Stretch 10:30 Let's Talk About It Cards 1:00 Exercise Free Style 1:30 Alphabet Trivia Book Cards Bingo Nails</p> <p style="text-align: right;"><b>NO SATURDAY HOURS</b></p>
<p style="text-align: right;"><b>12</b></p> <p>10:00 Exercise &amp; Stretch 10:30 Is That Your Final Answer Balloon Toss Skip Bo Art 1:00 Exercise Free Style 1:30 Jingo Circle Game</p>	<p style="text-align: right;"><b>13</b></p> <p>10:00 Exercise &amp; Stretch 10:30 What Was the Year Bean Bag Golf 1:00 Exercise Free Style 1:30 <b>Bill Entertains</b></p> 	<p style="text-align: right;"><b>14</b></p> <p>10:00 Exercise &amp; Stretch 10:30 Women's World Trivia Cards 1:00 Exercise Free Style 1:30 The Common Factor Ball Toss</p>	<p style="text-align: right;"><b>15</b></p> <p>10:00 Exercise &amp; Stretch 10:30 Banana Grams <b>Pet Therapy w/Hailey &amp; Diane</b> 1:00 Exercise Free Style 1:30 Feelings Numbers and Dice Art</p>	<p style="text-align: right;"><b>16</b></p> <p>10:00 Exercise &amp; Stretch 10:30 Anybody's Guess Pokeno 1:00 Exercise Free Style 1:30 Sharpen Your Senses <b>Spring Collage</b> Ball Toss</p>  
<p style="text-align: right;"><b>19</b></p> <p>10:00 Stretch &amp; Strengthen 10:30 Anybody's Guess Pokeno 1:00 Exercise Free Style 1:30 Add a Word Bingo Uno <b>Trip</b></p> 	<p style="text-align: right;"><b>20</b></p> <p>10:00 Stretch &amp; Strengthen 10:30 Let's Discuss It Skip Bo Pretty Nails 1:00 Strengthen Your Body 1:30 Table Talk <b>Food Committee</b> <b>Trip</b></p>	<p style="text-align: right;"><b>21</b></p> <p>10:00 Stretch &amp; Strengthen 10:30 Tools for Life Crazy Eights <b>Technology Class</b> 1:00 Strengthen Your Body 1:30 Add a Word Uno</p>	<p style="text-align: right;"><b>22</b></p> <p>10:00 Stretch &amp; Strengthen 10:30 <b>Yoga with Victoria</b> Common Factor Fishing Art 1:00 Strengthen Your Body 1:30 Add a Word Dominos</p>	<p style="text-align: right;"><b>23</b></p> <p>10:00 Strength &amp; Strengthen <b>Tai Chi with Jonathan</b> 10:30 Jingo Toss and Talk Nails 1:00 Strengthen Your Body 1:30 Discussion Dominos <b>Trip</b></p>
<p style="text-align: right;"><b>26</b></p> <p>10:00 Exercise 10:30 Talk About Memories Pokeno 1:00 Flexibility &amp; Stretch 1:30 Brain Games Craft Dominos</p>	<p style="text-align: right;"><b>27</b></p> <p>10:00 Flexibility Exercise 10:30 Think Fast Dominos 1:00 Flexibility &amp; Stretch 1:30 Rephrase Target Toss</p>	<p style="text-align: right;"><b>28</b></p> <p>10:00 Flexibility Exercise 10:30 Boggle Uno Art 1:00 Flexibility &amp; Stretch 1:30 The 50's Brain Games Balloon Toss</p>	<p style="text-align: right;"><b>29</b></p> <p>10:00 Flexibility Exercise 10:30 Rhyme Out Uno Art 1:00 Flexibility &amp; Stretch 1:30 Who Is It Open Forum Balloon Toss <b>Trip</b></p>	<p style="text-align: right;"><b>30</b></p> <p>10:00 Flexibility Exercise 10:30 A to Z Uno Art 1:00 Flexibility &amp; Stretch 1:30 <b>Tom Entertains</b></p>

# March Lunch Menu 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
(5) ITALIAN WEDDING SOUP CHICKEN MARSALA GARLIC ORZO BROCCOLI PINEAPPLE UPSIDE DOWN CAKE	(6) BEEF VEGETABLE SOUP STUFFED CABBAGE RED POTATOES STEAMED CARROTS BLONDE BAR	(7) BUTTERNUT SQUASH SOUP BAKED FISH W/CRUMB TOP BOW TIE PASTA ROASTED VEGETABLES LEMON MERINGUE TART	(1) WISCONSIN CHEESE SOUP TURKEY TETRAZZINI MASHED POTATOES BAKED BUTTERNUT SQUASH GINGERBREAD CAKE	(2) MANHATTAN FISH CHOWDER CORNMEAL COATED POLLOCK CHOPPED COUNTRY COLESLAW POTATO WEDGES CHOCOLATE CREAM PUFF
(12) CARROT GINGER SOUP CILANTRO LIME SALMON FRIED RICE JAPANESE BLEND VEGETABLES PEACH HALVES	(13) FIVE ONION SOUP MEATLOAF WITH GRAVY MASHED POTATOES BROCCOLI BLUEBERRY COBBLER	(14) POTATO LEEK SOUP FISH CROQUETTES TARTAR SAUCE WHITE RICE/SAUTEE SPINACH CHOCOLATE CAKE	(8) MUSHROOM BISQUE SOUP HOT DOG W/SAUERKRAUT BUNS BAKED BEANS LINZER COOKIE	(9) CHICKEN & CORN CHOWDER BEEF STROGANOFF BUTTERED EGG NOODLES CARROTS CHERRY COBBLER
(19) ITALIAN WEDDING SOUP HONEY CHICKEN QUARTER MASHED POTATOES BROCCOLI PEANUT BUTTER BROWNIES	(20) BLACK BEAN SOUP LEMON GARLIC TILAPIA SAUTEE ZUCCHINI GARLIC BREADSTICK OATMEAL RAISIN COOKIES	(21) PASTA FAGIOLI SOUP MEATLOAF WITH GRAVY BAKED SWEET POTATOES ROASTED CAULIFLOWER RICE PUDDING	(15) CHICKEN RICE SOUP CHEESE RAVIOLI MARINARA CORNBREAD STUFFING HONEY GLAZED CARROTS APPLE PIE	(16) CORN CHOWDER SALISBURY STEAK/ONION GRAVY PARSLIED RED POTATOES SAUTEE MIX VEGETABLES PUMPKIN CHEESECAKE
(26) ESCAROLE & BEAN SOUP VEGETARIAN LASAGNA BAKED YAM GARLIC BROCCOLI MINT BROWNIES	(27) BEEF ORZO SOUP COD FISH PICCATA RICE PILAF RAINBOW SWISS CHARD LEMON POUND CAKE	(28) BAKED POTATO SOUP CHICKEN CORDON BLEU POTATOES O'BRIEN CALIFORNIA BLEND VEGETABLES TAPIOCA PUDDING	(22) SWEET POTATO BISQUE CRABCAKE W/REMOLAUDE SAUCE COUNTRY STYLE GREEN BEANS LINGUINI AIOLI APPLE CRISP	(23) CHICKEN NOODLE SOUP BEEF STEW STEAMED BROWN RICE GREEN PEAS CHOCOLATE TRIFLE
			(29) WISCONSIN CHEESE SOUP TURKEY TETRAZZINI MASHED POTATOES BAKED BUTTERNUT SQUASH GINGERBREAD CAKE	(30) MANHATTAN FISH CHOWDER CORNMEAL COATED POLLOCK CHOPPED COUNTRY COLESLAW POTATO WEDGES CHOCOLATE CREAM PUFF

ALL MEALS MEET UNITED STATES DPT OF AGRICULTURE NUTRITIONAL REQUIREMENTS SPECIAL MENUS CAN BE ARRANGED TO ACCOMMODATE SPECIAL MEDICAL NEEDS

KOSHER DIETARY LAWS ARE STRICTLY OBSERVED

LUNCH CONSIST OF ONE SERVING OF MEAT/OR MEAT ALTERNATE, ONE SERVING OF VEGETABLES, ONE SERVING OF FRUIT (or 1 serving each of two different vegetables)

2 SLICES BREAD/MARGARINE/WATER/COFFEE/TEA

8oz. 1% MILK

**PLEASE NOTE THAT PARTICIPANTS ARE OFFERED SIX ITEMS FOR LUNCH AND HAVE THE RIGHT TO REFUSE 2 OF THE 6 ITEMS**

**PLEASE NOTE THAT PARTICIPANTS ARE OFFERED THREE ITEMS FOR BREAKFAST AND HAVE THE RIGHT TO REFUSE 1 ITEM~**