


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-size: 48px; color: #4b618c; font-family: cursive;">March 2023</h1>						

**Daylight Saving Time**  
March 12, 2023



**St. Patrick's Day**  
March 17



**Red Cross Month**

**Women's Group**  
Tuesdays at 11:00am

**Men's Group**  
Thursdays at 11:00am

**Program Operational Director**  
Deloris Matthew

**Floor Supervisor**  
Sophia Jara

**Activity Coordinator**  
Cynthia Williams

**HELPLINE**  
844-373-4400

Activity Subject to Change


6	9:00 Women's History Month <b>10:00 Piano Music w/Pat</b> 10:30 Spanish ESL 11:00 Maraca Movement 1:00 Book Reading; Coffee Bingo 2:00 Sing-Along/Karaoke <b>3:00 Table Ball</b>
13	<b>9:00 Irish Heritage Month</b> <b>10:00 Piano Music w/Pat</b> 10:30 Spanish ESL 11:00 Maraca Movement 1:00 Book Reading; Coffee Bingo 2:00 Sing-Along/Karaoke <b>3:00 Table Ball</b>
20	<b>9:00 Start of Spring</b> <b>10:00 Piano Music w/Pat</b> 10:30 Spanish ESL 11:00 Maraca Movement 1:00 Book Reading & Coffee Bingo 2:00 Sing-Along/Karaoke <b>3:00 Table Ball</b>
27	9:00 Crochet Month <b>10:00 Jim: OneManBand</b> 10:30 Spanish ESL 11:00 Maraca Movement 1:00 Book Reading & Coffee Bingo 2:00 Sing-Along/Karaoke <b>3:00 Table Ball</b>

7	9:00 Nat'l Cereal Day 10:00 Bingo with Tim 11:00 Stretch & Flex <b>1:00 Purpose Life Church, Uno with Tim, Book Reading &amp; Knitting</b> 2:00 Word Game 3:00 Corn hole
14	9:00 Genius Day 10:00 Bingo with Tim <b>11:00 Music &amp; Movement</b> <b>1:00 Purpose Life Church, Book Reading, Uno with Tim &amp; Knitting</b> 2:00 Guessing Game 3:00 Bean Toss
21	9:00 Nowruz day 10:00 Bingo with Tim 11:00 Stretch & Flex <b>1:00 Purpose Life Church, Book Reading, Uno with Tim &amp; Knitting</b> 2:00 A-Z Game 3:00 Corn hole
28	9:00 Eskimo Pie Day 10:00 Bingo with Tim 11:00 Stretch & Flex <b>1:00 Purpose Life Church, Book Reading, Uno with Tim &amp; Knitting</b> 2:00 Word Game 3:00 Bean Toss

1	9:00 Women's History <b>10:00 Bird Bingo</b> 10:30 Spanish ESL 11:00 Paper Plate Dance 1:00 Reminiscence Talk, Beauty Spa, Shamrock Wand Craft & Coloring 2:00 Geography Trivia <b>3:00 Balloon Volley</b>
8	9:00 Int'l Women's Day <b>10:00 Bird Bingo</b> 10:30 Spanish ESL 11:00 Paper Plate Dance 1:00 Reminiscence Talk, Beauty Spa, Clover Painting & Coloring 2:00 WHM Trivia <b>3:00 Balloon Volley</b>
15	9:00 Essential Worker Day 10:00 Bird Bingo 10:30 Spanish ESL 11:00 Paper Plate Dance 1:00 Reminiscence Talk, Pot of Gold craft, Spa & Colors 2:00 Animal Trivia <b>3:00 Balloon Volley</b>
22	9:00 Let's Talk Water Day 10:00 Bird Bingo 10:30 Spanish ESL 11:00 Paper Plate Dance <b>1:00 OC Music Memory</b> 2:00 Food Trivia <b>3:00 Balloon Volley</b>
29	9:00 Knights of Columbus <b>10:00 Bird Bingo</b> 10:30 Spanish ESL 11:00 Paper Plate Dance 1:00 Reminiscence Talk, Paper Plate Flowers & Spa 2:00 History Trivia <b>3:00 Balloon Volley</b>

2	9:00 Brain Teaser 10:00 Pokeno with Bill <b>11:00 Noodle Exercise</b> <b>1:00 Painting, Knitting, Table Games,</b> 2:00 Musical Ball <b>3:00 Meditation &amp; Movies</b>
9	9:00 Popcorn Lover's Day 10:00 Pokeno with Bill <b>11:00 Noodle Exercise</b> <b>1:00 Grasshopper Parfaits, Yarn Wrapped Flowers, Table Games, Uno</b> 2:00 Musical Ball <b>3:00 Meditation &amp; Movies</b>
16	9:00 Brain Teaser 10:00 Pokeno with Bill <b>11:00 Noodle Exercise</b> <b>1:00 Painting, Knitting, Table Games</b> 2:00 Musical Ball <b>3:00 Meditation &amp; Movies</b>
23	9:00 Craft Month 10:00 Pokeno with Bill <b>11:00 Noodle Exercise</b> <b>1:00 Air Dry Clay Craft, Knitting, Table Games, Uno w/ Virginia</b> 2:00 Musical Ball <b>3:00 Meditation &amp; Movies</b>
30	9:00 Doctor's Day 10:00 Pokeno with Bill <b>11:00 Noodle Exercise</b> <b>1:00 Painting, Knitting, Table Games,</b> 2:00 Musical Ball <b>3:00 Meditation &amp; Movies</b>

3	<b>Employee Appreciation Day</b> 9:00 Guessing Game 10:00 Chair Dance <b>10:30 Loteria with Tim</b> <b>1:00 Sunshine Group</b> 1:00 Knitting Club, Uno w/ Tim <b>3:00 Dance Party</b>
10	Salvation Army Day 9:00 Guessing Game 10:00 Chair Dance <b>10:30 Loteria with Tim</b> <b>1:00 Knitting Club, Uno with Tim</b> 2:00 Table game/Puzzle <b>3:00 Dance Party</b>
17	<b>9:00 St. Patrick's Day</b> 10:00 Chair Dance <b>10:30 Loteria with Tim</b> <b>1:00 Sunshine Group</b> 1:00 Knitting Club, Uno w/Tim 2:00 Table Game/Puzzle <b>3:00 Dance Party</b>
24	9:00 Rem.of Truth & Justice <b>10:30 Loteria with Tim</b> 11:00 Chair Dance <b>1:00 Knitting, Uno with Tim</b> 2:00 Table game <b>3:00 Dance Party</b>
31	9:00 Crayon Day 10:00 Chair Dance <b>10:30 Clown Alley</b> <b>1:00 Sunshine Group</b> 1:00 Uno with Tim 2:00 Table Game /Puzzle <b>3:00 Dance Party</b>



24260 El Toro Rd.  
Laguna Woods, Ca 92637  
949-855-9444

**CENTER BUSINESS HOURS**  
Monday - Friday  
8:00am - 4:00pm

Breakfast will be provided until 10am


Lunch will be served at 12:00PM

Snack will be served at 2:00pm

Maintenance Physical Therapy  
8:00 - 11:30am  
1:00 - 2:30pm

Speech Therapy  
Fridays 10:00-11:30am


**Celebrating Social Worker Month**



*Social Worker*  
Making a Difference in the Lives of Others

# Healthy Aging Laguna Woods

## March 2023 Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Menu is subject to change.</b></p>  <p>1% unflavored milk is provided at mealtime.</p>	<p>The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627</p> <p><b>*WGR – Whole Grain Rich</b></p>	<p>1. <b>(3 oz) Turkey and Gravy</b> Mashed Potatoes (1/2 c.) Roll – WGR (2 oz) Peaches (1/2 c.) 1% Milk (8 oz)</p>	<p>2. <b>(3 oz) Korean BBQ Chicken</b> Carrots (1/2 c.) Pineapple (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)</p>	<p>3. <b>(3.3 oz) Cheese Ravioli - WGR</b> Peas and Carrots (1/2 c.) Roll - WGR (2 oz) Applesauce (1/2 c.) 1% Milk (8 oz)</p>
<p>6. <b>Beef Stew w/Potatoes</b> (8 oz) Green Beans (1/2 c.) Peaches (1/2 c.) Roll – WGR (2 oz) 1% Milk (8 oz)</p>	<p>7. <b>Sweet and Sour Chicken</b> (3 oz) Carrots (1/2 c.) Applesauce (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)</p>	<p>8. <b>Beef Meatloaf</b> (3 oz) Mixed Vegetables (1/2 c.) Pears (1/2 c.) Roll – WGR (2 oz) 1% Milk (8 oz)</p>	<p>9. <b>Chicken Verde</b> (2.5 oz) Black Beans (1/2 c.) Mild Salsa (1/2 oz) Mixed Fruit (1/2 c.) Tortilla - WGR (2 oz) 1% Milk (8 oz)</p>	<p>10. <b>Tuna Salad, Sliced Bread - WGR</b> (2.25 oz) Tuna Salad (3 oz) Bread – WGR (2 slices) Peas and Carrots (1/2 c.) Banana (1/2 c.) 1% Milk (8 oz)</p>
<p>13. <b>Chicken Dippers</b> (2 oz) Mixed Vegetables (1/2 c.) Basmati Rice - WGR (1 c.) Applesauce (1/2 c.) 1% Milk (8 oz)</p>	<p>14. <b>Fish Fillet Sandwich - WGR</b> (4 oz) Fish (4oz) Tartar Sauce Peas (1/2 c.) Mixed Fruit (1/2 c.) Bun - WGR (2 oz) 1% Milk (8 oz)</p>	<p>15. <b>Soft Tacos</b> Ground Turkey Taco Meat (3 oz) Corn (1/2 c.) Mild Salsa (1 oz) Pears (1/2 c.) Tortillas - WGR (2 oz) 1% Milk (8 oz)</p>	<p>16. <b>Chicken w/ Tomatoes</b> (3 oz) Broccoli Normandy (1/2 c.) Basmati Rice – WGR (1 c.) Banana (1/2 c.) 1% Milk (8 oz)</p>	<p>17. <b>Cheese Lasagna- WGR</b> (5.5 oz) Mixed Vegetables (1/2 c.) Peaches (1/2 c.) Bread - WGR (1 oz) 1% Low Fat Milk (8 oz) (3 Jumbo Ravioli = 2 oz meat and 1 oz grain equivalent)</p>
<p>20. <b>Cheeseburger on a Bun - WGR</b> Hamburger Patty (2.5 oz) Cheese (1 slice) Bun - WGR (2 oz) Ketchup Red Potatoes (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p>21. <b>Meatballs (Beef) with Sesame Sauce</b> (2 oz) Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Pears (1/2 c.) Brown Rice – WGR (1 c.) 1% Milk (8 oz)</p>	<p>22. <b>Turkey and Gravy</b> (3 oz) Mashed Potatoes (1/2 c.) Roll – WGR (2 oz) Peaches (1/2 c.) 1% Milk (8 oz)</p>	<p>23. <b>Beef Dippers</b> (2 oz) Green Beans (1/2 c.) Basmati Rice - WGR (1 c.) <b>Mixed Fruit</b> (1/2 c.) 1% Milk (8 oz)</p>	<p>24. <b>Tuna Salad, Sliced Bread - WGR</b> (2.25 oz) Tuna Salad (3 oz) Bread – WGR (2 slices) Peas and Carrots (1/2 c.) Banana (1/2 c.) 1% Milk (8 oz)</p>
<p>27. <b>Beef Patty w/ Mushrooms</b> (2.4 oz) Green Beans (1/2 c.) Roll - WGR (2 oz) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p>28. <b>Chicken Parmesan</b> (3.15 oz) Peas (1/2 c.) Mixed Fruit (1/2 c.) French Roll - WGR (2 oz) 1% Low Fat Milk (8 oz)</p>	<p>29. <b>Beef Meatballs with Kabob Seasoning</b> (2 oz) Meatballs (4 each = 2 oz) Tomatoes with Red Onion Garnish (1/2 c.) Basmati Rice - WGR (1 c.) <b>Peaches</b> (1/2 c.) 1% Milk (8 oz)</p>	<p>30. <b>Korean BBQ Chicken</b> (3 oz) Carrots (1/2 c.) <b>Pears</b> (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)</p>	<p>31. <b>Cheese Ravioli - WGR</b> (3.3 oz) Peas and Carrots (1/2 c.) Roll - WGR (2 oz) Applesauce (1/2 c.) 1% Milk (8 oz)</p>