

MARCH 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
Coastline Elderly Nutrition Program Tuesday, Wednesday, & Thursday Lunches 1646 Purchase Street New Bedford, MA 02740	For Reservations / Cancellations: 508-763-8723 24 hours in advance! Menu is subject to change without notice.	Your suggested voluntary donation of \$2.00 per meal helps to feed more elders in the greater New Bedford area.	7-9 Breakfast 1. 8:00-12:00 Fitness Room 9:00 Busy Bees / Hand & Foot 11:30 Lunch: Roast Pork 1:00 Stepping & Stretching 3:00 Legal Appointments	7-9 Breakfast 2. 8:00-12:00 Fitness Room 9:30 Line Dancing Class 1:30 Movie
7-9 Breakfast 5. 8:00-12:00 Fitness Room 10:00 Art Group 11:30 Pampered Chef Demo 12:00 Pampered Chef Lunch 1:15 Chair Yoga 6:00 BINGO	7-9 Breakfast 6. 9:00 Scrabble 10:00-2:00 Fitness Room 10:00 Cardio Dance-Fit 11:30 Lunch: Greek Meatballs /w Egg Noodles, Peas & Mushrooms 1:00 Stepping & Stretching 2:15 Line Dancing Class	7-9 Breakfast 7. 8:00-12:00 Fitness Room 8:30 Grocery Shopping/M.B. 9:00 COA Board Meeting 9-12 Tax Appointments 10:00 Blood Pressure Clinic 10:00 Ballroom Dance Lessons 11:30 Lunch: Beef Stir Fry 12:30 BINGO 7:00-8:00 ZUMBA	7-9 Breakfast 8. 8:00-12:00 Hand & Foot 9:00 Busy Bees / Hand & Foot 11:30 Lunch: Hot Dog & Baked Beans, Carrots 1:00 Stepping & Stretching	7-9 Breakfast 9. 8:00-12:00 Fitness Room 8:30 Day Trip & Lunch Swansea Mall 9:30 Line Dancing Class 1:30 Movie
7-9 Breakfast 12. 8:00-12:00 Fitness Room 10:00 Art Group 9:45 - 3:00 AARP Refresher Driver Training Class 12:00 Soup & Sandwich Lunch 1:15 Chair Yoga 6:00 BINGO	7-9 Breakfast 13. 9:00 Scrabble 10:00-2:00 Fitness Room 10:00 Happy Hookers 10:00 Cardio Dance-Fit 11:30 Lunch: Kale Soup, Chix Marsala /w Rice 1:00 Stepping & Stretching 2:15 Line Dancing Class	7-9 Breakfast 14. 8:00-12:00 Fitness Room 8:30 Grocery Shopping/M.B. 9-12 Tax Appointments 10:00 FRIENDS Board Meeting 10:00 Blood Pressure Clinic 10:00 Ballroom Dance Lessons 11:30: Lunch: Roast Turkey /w Broccoli Divan Sauce, Potato 12:00-4:00 GBFB Food Pick-Up 12:30 BINGO 7:00-8:00 ZUMBA	7-9 Breakfast 15. 8:00-12:00 Hand & Foot 8:30 Day Trip Boston Flower Show 9:00 Busy Bees / Hand & Foot 9:45-11:45 Manicures with Old Colony Vocational Students 11:30 Lunch: Corned Beef Hash, Boil Potato, Carrots & Cabbage 1:00 Stepping & Stretching	16. 8:00-12:00 Fitness Room 9:30-11:30 Conversational French 1 & 2 12:00 St. Patrick's Day Luncheon with Irish Entertainment
7-9 Breakfast 19. 8:00-12:00 Fitness Room 10:00 Art Group 12:00 Hanna's Special Lunch 1:15 Chair Yoga 6:00 BINGO	7-9 Breakfast 20. 9:00 Scrabble 10:00-2:00 Fitness Room 10:00 Cardio Dance-Fit 10:15 Senior Book Club 11:30 Lunch: Salisbury Steak /w Gravy, Mash Potato, Carrots 1:00 Stepping & Stretching 2:15 Line Dancing Class	7-9 Breakfast 21. 8:00-12:00 Fitness Room 8:30 Grocery Shopping/M.B. 9-12 Tax Appointments 10:00 Ballroom Dance Lessons 10:00 Blood Pressure Clinic 11:30 Lunch: Toss Salad, Chix Bruschetta, Penne Pasta 12:30 BINGO 7:00-8:00 ZUMBA	7-9 Breakfast 22. 8:00-12:00 Fitness Room 8:00 Day Trip Parker's Maple Barn 9:00 Busy Bees / Hand & Foot 9:45 Senior Book Club 11:30 Lunch: American Chop Suey, Green Beans 1:00 Stepping & Stretching	7-9 Breakfast 23. 8:00-12:00 Fitness Room 9:30 Line Dancing Class 9:30-11:30 Conversational French 1 & 2 1:30 Movie
7-9 Breakfast 26. 8:00-12:00 Fitness Room 10:00 Art Group 12:00 Quarterly Birthday Luncheon Party 1:15 Chair Yoga 6:00 BINGO	7-9 Breakfast 27. 9:00 Scrabble 10:00-2:00 Fitness Room 10:00 Cardio Dance-Fit 11:30 Lunch: Carrot & Celery Soup, Chix Salad, Potato Salad 1:00 Stepping & Stretching 2:15 Line Dancing Class	7-9 Breakfast 28. 8:00-12:00 Fitness Room 8:30 Grocery Shopping/M.B. 9-12 Tax Appointments 10:00 Ballroom Dance Lessons 10:00 Blood Pressure Clinic 11:30 Lunch: Roast Turkey /w Gravy, Mash Potato, Squash 12:00-2:00 Senator's Office Visits 12:30 BINGO 7:00-8:00 ZUMBA	7-9 Breakfast 29. 8:00-12:00 Fitness Room 9:00 Busy Bees / Hand & Foot 11:30 Lunch: Chix La'Orange, Rice Florentine, Veggies 1:00 Stepping & Stretching	7-9 Breakfast 30. 8:00-12:00 Fitness Room 9:30 Line Dancing Class 9:30-11:30 Conversational French 1 & 2 Senior Center Closes at 2:00

