











Parker Area Senior Nutrition receives funding from WACOG Area Agency on Aging, DES Aging And Adult Administration and The Town of Parker
LUNCH SERVED MONDAY THRU FRIDAY 11:30 a.m. — 12:30 p.m.

March 2010

OVER 60 \$3.00 DONATION, UNDER 60 \$4.50

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. BBQ Chicken 8:30A- Exercise 9:30A- Aerobics 9:30A- Blood Pressure 10:45A- Bingo 12:00P- Woman's Club 12:30P- Pinochle 7:00P- AA	2. Lasagna 8:30A- Oil Painting 10:00A- Bridge Club 1:00P- Project Linus 1:00P- Van Trip- Havasu 6:30P- Parker 4 Wheeler's	3. Ham 8:30A- Exercise 9:30A- Aerobics 10:00A- SHIP (Medicare & Insurance Information) 10:45A- Bingo 1:00P- Quilting 5:30P- Lion's Club 7:00P- AA/ALANON	4. Beef Stew 1:00P- Library Program: "Minors, Cowboys, and Washerwomen" 7:00P- NA	5. Turkey Sand. 8:00A- Van Trip- Algodones 8:30A- Exercise 9:30A- Aerobics 10:00A- Crafty Ladies 10:45A- Bingo 7:00P- AA	6. Senior Art Show 10a- 2p 
7. 	8. C. F. Steak 8:30A- Exercise 9:30A- Aerobics 10:45A- Bingo 12:30P- Pinochle 7:00P- AA	9. Pork Chops 8:30A- Oil Painting 10:00A- Bridge Club 1:00P- Driver Safety Class- "55 Alive" 1:00P- Project Linus 1:00P- Van Trip- Havasu	10. Bean/Cheese Burrito 8:30A- Exercise 9:30A- Aerobics 10:45A- Bingo 1:00P- Quilting 7:00P- AA/ ALANON	11. Turkey 9:30A- Senior Advisory Comm. 7:00P- NA	12. Crab Salad 8:00A- Van Trip - Laughlin 8:30A- Exercise 9:30A- Aerobics 10:00A- Crafty Ladies 10:45A- Bingo 7:00P- AA	13. 
14. 	15. Salisbury Steak 8:30A- Exercise 9:30 A- Aerobics 9:30 A- Blood Pressure 10:30A- Women's Club 10:45A- Bingo 12:30P- Pinochle 7:00P- AA	16. Spaghetti 8:30A- Oil Painting 10:00A- Bridge club 1:00P- Project Linus 1:00P- Van Trip- Havasu BIRTHDAY 	17. Liver & Onion 8:30A- Exercise 9:30A- Aerobics 10:45A- Bingo 1:00P- Quilting 5:30P- Lion's Club 7:00P- AA/ ALANON	18. Baked Chicken 10:45A- Van Trip- Havasu Senior Center (Lunch & Bingo) 11:00A- Hospital Aux. 7:00P- NA	19. Tuna Salad & Tomato 8:00A - Van Trip- Algodones 8:30A- Exercise 9:30A- Aerobics 10:00A- Crafty Ladies 10:45A- Bingo 1:00P- Wii Competition 7:00P- AA	20. 
21. 	22. BBQ Beef (Shredded) 8:30A- Exercise 9:30A- Aerobics 10:45A- Bingo 12:30P- Pinochle 7:00P- AA	23. Swedish Meatballs 8:30A- Oil Painting 10:00P- Bridge Club 1:00P- Project Linus 1:00P- Van Trip- Havasu	24. Ham & Lima Beans 8:30A- Exercise 9:30A- Aerobics 10:45A- Bingo 1:00P- Quilting 7:00P- AA/ ALANON 	25. Chicken Cacciatore 1:00P- Bunco fund raiser 7:00P- NA	26. Fish 8:00A- Van Trip- Laughlin 8:30A- Exercise 9:30A- Aerobics 10:00A- Crafty Ladies 10:45A- Bingo 7:00p- AA	27. 
28.	29. Chicken 8:30A- Exercise 9:30A- Aerobics 10:45A- Bingo 12:30P- Pinochle 7:00P- AA	30. Roast Beef 8:30A- Oil Painting 10:00A- Bridge Club 1:00P- Project Linus 1:00P- Van Trip- Havasu	31. Chili Relleno 8:30A- Exercise 9:30A- Aerobics 10:45A- Bingo 1:00P- Quilting 7:00P- AA/ALANON	