



# The Senior Café

**Week of March 8-12, 2010**

Serving 11:30 to 1:00 daily. \$4.00 per person

For seniors age 60 or better & their guests. We reserve the right to make menu substitutions.



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lancaster Chowder</b>  <b>Salisbury Steak w/ Mushroom Sauce</b>  <b>Mashed Redskins</b>  <b>Lima Beans</b>  <b>Salad Bar</b>  <b>Dessert Bar</b></p> <hr/> <p><b>Fun &amp; Fitness</b>  <i>Check out all the Fitness Center and SilverSneakers® have to offer. See Nancy or Heather for details.</i></p>	<p><b>Beef Barley Soup</b>  <b>Glazed Ham Loaf</b>  <b>Sweet Potato Casserole</b>  <b>Buttered Corn</b>  <b>Salad Bar</b>  <b>Dessert Bar</b></p> <hr/> <p><b>Wii Bowling 9:30 am</b>  <b>Computer Mentors 1-2 pm in computer lab</b></p> <hr/> <p><b>Tuesday Night Dance 7-9 pm—\$ 2 pp</b>  <b>Public Welcome!</b></p>	<p><b>Tomato Florentine</b>  <b>Chicken Mornay</b>  <b>Wild Rice</b>  <b>Maple Glazed Carrots</b>  <b>Salad Bar</b>  <b>Dessert Bar</b></p> <hr/> <p><i>VITA Tax Prep by appt</i>  <i>9:30 Morning Mixer</i>  <b><u>BINGO is BACK!!!</u></b>  <i>Open 5:30/Play 6:30</i>  <i>FREE Drawings for basic pkg (\$16 value)</i>  <i>Open to the Public</i></p>	<p><b>Chili</b>  <b>Breaded Pork Sandwich</b>  <b>Tater Tots</b>  <b>Vegetable Blend</b>  <b>Salad Bar</b>  <b>Dessert Bar</b></p> <hr/> <p><i>Learn to Search the Internet</i>  <b>E-Health</b> presented by U of F Occupational Therapy      March 11, 18 &amp; 25      9:30-11 am FREE  <b>Pre-registration Required at 419-434-6939</b></p>	<p><b>Cream of Broccoli Soup</b>  <b>Lasagna Roll-ups</b>  <b>Green Beans</b>  <b>Garlic Bread</b>  <b>Salad Bar</b>  <b>Dessert Bar</b></p> <hr/> <p><i>O'Malley's</i>  <b>March 18 Dinner Theater</b>  <b>March 19 Wine, Cheese &amp; Decadent Desserts</b>  <i>See Leni, Betty or Stacy for details &amp; tickets.</i>  <b>Benefits Building Fund</b></p>