## Grove City Senior Community Center 301 South Broad Street, Grove City, PA 16127

## March 2025

301 South Broad Stre	et, Grove City, PA 16127			
(724) 458-6844			Mercer County Community Transit: Fo	. ,
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30am-Coffee Group 11:00am-Mind Bender Puzzles 11:00am-Lunch & Social Hour 1:15pm-Coffee Group 2:00pm-Exercise	4 8:30am-Coffee Group 10:00am-Indoor Walking Group 11:00am-Nutrition Information 11:00am-Fat Tuesday MartiGras Social 11:30am-Lunch & Social Hour 1:15pm-BINGO	5 8:30am-Coffee Group 11:00am-Music & Story Telling by Rick Bruening 11:30am-Lunch & Social Hour 12:15pm-Exercise with Lori Richmond 6:00pm-Musicians in Overflow perform	6 8:30am-Coffee Group 10:00am-BINGO 11:30am-Lunch & Social Hour 1:30pm-Cards 2:30pm-Cookie Sale	7 8:30am-Coffee Group 10:30am-Dominos 11:30am-Lunch & Social Hour 12:15pm-Exercisew Lori Richmond
10 8:30am-Coffee Group 11:00am-Mind Bender Puzzles 11:30am-Lunch & Social Hour 1:15pm-Coffee Group	11 8:30am-Coffee Group 11:00am-Speaker"CardiacMeds"by Primary Health Network Speaker 11:30am-Lunch & Social Hour 1:15pm-BINGO	12 8:30am-Coffee Group 10:30am-Name That Tune w/ Kelly Bianco of LIFE 11:30am-Lunch & Social Hour 12:15pm-Exercise w Lori 5:00pm-Family Caregiver Support Group	13 8:30am-Coffee Group 10:00am-BINGO 11:30am-Lunch & Social Hour 1:30pm-Violin Music by Josh Rowe	14 8:30am-Coffee Group 10:30am-Dominos 12:15pm-Exercise Lori Richmond 1:15on-Coffee Group 4:30pm-Movie Night
17 8:30am-Coffee Group 11:00am-Mind Bender Puzzles 11:00am-St. Patrick's Day Celebration & Special Meal 11:00am-Lunch & Social Hour 1:15pm-Coffee Group	18 8:30am-Coffee Group 10:00am-Indoor Walking Group 11:30am-Lunch & Social Hour 1:15pm-BINGO	19 8:30am-Coffee Group 10:30am-Crafts 11:25am-MarchBirthdays w/ Musical Entertainment 11:30am-Lunch & Social Hour 12:15pm-Exercise w Lori	20 8:30am-Coffee Group 10:00am-BINGO 11:00am-Allegheny Health Network Sepsis Information & Blood Pressure Screening 11:30am-Lunch & Social Hour 2:00pm-Discussion & Service Project	21 8:30am-Coffee Group 10:30am-Dominos 11:30am-Lunch & Social Hour 12:15pm-Exercise- Lori Richmond
24 8:30am-Coffee Group 10:00am-Puzzle Group 11:00am-Mind Bender Puzzles 11:30am-Lunch & Social Hour 1:15pm- Coffee Group 2:00pm-Exercise	25 8:30am-Coffee Group 10:00am-Indoor Walking Group 11:30am-Lunch & Social Hour 1:15pm-BINGO	26 8:30am-Coffee Group 10:45am-Blood Pressure Screening by Wendy Callahan, Quality of Life Services 11:30am-Lunch & Social Hour 12:15pm-Exercise w Lori	27 8:30am-Coffee Group 10:00am-BINGO 11:30am-Lunch & Social Hour 2:30pm-Ice Cream Social	28 8:30am-Coffee Group 10:30am-Dominos 12:15pm.Exercise w Lori Richmond 1:15on-Coffee Group 4:30pm-Movie Night
31 8:30am-Coffee Group 10:00am-Puzzle Group 11:00am-Mind Bender Puzzles 11:30am-Lunch & Social Hour	Hair Salon is open on Wednesdays by appointment	Fitness Center is open for your fitness goals-don't forget to sign-in.	Don't forget to check out our Lotto Tree Fundraiser!	



Nutrition Nutrition			March	
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Popcorn Chicken w/ Gravy	Stuffed Pepper w/ Tomato Sauce	Baked Lasagna w/ Sauce	Chicken Alfredo	Breaded Fish
1/2c Whipped Potatoes	1/2c Garlic Whipped Potatoes	1c Deluxe Tossed Salad	1/2c Noodles	1/2c Macaroni & Cheese
1/2c Corn	1/2c Carrots	w/Tom, Cucum, Olives,	1/2c Broccoli	1/2c Stewed Tomatoes
1 Biscuit	1 White Bread	Green Peppers	1 Garlic Breadstick	1 Wheat Bread
1/2c Peaches	1/2c Pudding	1 Garlic Breadstick	1/2c. Warm Apple Cranberry Crisp	Seasonal Fresh Fruit
1,201 caciles	1,201 ddding	Fresh Fruit	1,2e. Warm, Apple Cramberry Crisp	Seasonarresirraic
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10	11	12	13	14
Chicken Bacon Carbonara	BBQ Pulled Pork Sandwich	Baked Beef Ravioli (6)	Sliced Ham W/ Raisin Sauce	Tuna Noodle Casserole
(3oz Chicken, 1/2oz Bacon)	1/2c Ranch Potatoes	W/ Sauce	Whole Sweet Potato	With Noodles
1/2c Pasta	1/2c Coleslaw	1/2c Brussel Sprouts	1/2c Peas & Carrots	1/2c Peas
1/2c Peas	1 Sandwich bun	1/2c Warm Peaches	1 Dinner Roll	1 White Bread
1 Breadstick	Fresh Fruit	1 Italian Bread	1 Cookie	Seasonal Fresh Fruit
1/2c Mandarin Oranges				
St Pattys Day 17	18	Birthday Meal 19	20	21
Irish Beef Stew	Cheeseburger	Open Faced Turkey Sandwich	BBQ Pork Ribette	Cheese Omelet
1c Deluxe Tossed Salad	W/ Lettuce & Tomato	w/ Gravy	1/2c Brown Rice	w/ Peppers, Onions, Cheese
w/ Tom, Cucum, Olives,	1c Creamy Potato Soup w/ Crackers	1/2c Whipped Potatoes w/ Chives	1/2c Green Beans	2 Sausage Patty
Green Peppers	1 Hamburger Roll	1/2c Sweet Corn	1 Sandwich Bun	1 Hashbrown
Cornbread	Seasonal Fresh Fruit	1 White Bread	1/2c Pineapple Delight	3 French Toast Sticks w/ Syrup
Green Jello w/ Topping		1 Cookie		4oz Juice
24	25	26	27	28
Grilled Chicken Salad	Burgundy Glazed Meatballs (4)	Pork Loin W Onion Gravy	Open Faced Roast Beef w/ Gravy	Potato Crusted Fish
(2oz Chicken, Cheddar, 1/2 Egg	1/2c Rice	1/2c Cubed Potatoes	1/2c Mashed Potatoes	1/2c Buttered Noodles
over 1c Mixed Greens)	1/2c Carrots	1/2c Cauliflower	1/2c Mixed Vegetables	1/2c Stewed Tomatoes
1c Cream of Broccoli Soup	1 Italian Breadstick	1 Wheat Bread	1 White Bread	1 Breadstick
W/ Crackers	1/2c Mandarin Oranges	1/2c Pears	1/2c Pudding	1/2c Pineapple
1 Dinner Roll				
1/2c Fruited Gelatin				
31				
Pizza Burger		Grove City		
(1oz Sauce,5oz Mozzarella)		Community Center	Suggested Daily Donations:	
Chips		724-458-6844	\$3.00 daily regular meals	
1/2c Coleslaw			\$4.00 special Meals	
Hamburger Bun			Entire Month: \$64.00	
1/2c Peach Crisp	*menus subject to change			
	without notice			