









March

Town of Mamaroneck Senior Center

1288 Boston Post Road, Larchmont, NY 10538
 SENIOR CENTER HOURS 10:30AM-3:30PM (914) 834-8840

2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*  *	1 Advanced Italian 12:00 MAH JONGG ARTS AND CRAFTS CHAIR EXERCISES 1:00	2 Conversational Spanish 11:00? BRIDGE BOARD GAMES	3 TAI CHI 10:30 SHOPPING & PAINTING DANCERCISE 1:00pm	4 BRIDGE Board Games	5 SHOPPING TRIP TBA 12:45PM	6 
7 	8 Advanced Italian 12:00 ZUMBA GOLD 2:00PM MAH JONGG	9 Conversational Spanish 11:00? TAX ASSISTANCE 10:00-12Noon BRIDGE/Board Games Visiting Nurse	10 NO TAI CHI TODAY SHOPPING PAINTING DANCERCISE 1:00pm	11 DUPLICATE BRIDGE Board Games	12 PIZZA/BIRTHDAY BASH 12:00PM ENTERTAINMENT & BINGO with Central School - 1:15pm	13 
14 Daylight Savings Time Begins	15 ***** St. Patrick's Day Luncheon 12 Noon *****	16 Conversational Spanish 11:00? BUSINESS MEETING 12 noon/Medicare Minute LUNCH 12:30PM BRIDGE/Board Games	17 TAI CHI 10:30 SHOPPING PAINTING DANCERCISE 1:00pm	18 ZUMBA GOLD 1:00PM BRIDGE Board Games	19 Trip To Women's Club Presentation 1:00pm MOVIE & MUNCHIES "THE PROPOSAL" 1:00 pm	20 
21 	22 Advanced Italian 12:00 A BOOK & ITS MOVIE "Call North Side 777" 1:00pm MAH JONGG	23 Conversational Spanish 11:00? NUTRITION PRESENTATION 12:30PM BRIDGE/Board Games ARTS & CRAFTS ***SENJOK PRON***	24 TAI CHI 10:30 SHOPPING & PAINTING DANCERCISE 1:00pm Cutting Projects	25 DUPLICATE BRIDGE Board Games	26 Trip to Katonah Museum & Restaurant Week Special Lunch at Crabtree Kittle House	27 
28 	29 Advanced Italian 12:00 A BOOK & ITS MOVIE "A Time to Kill" 1:00pm MAH JONGG	30 Conversational Spanish 11:00? BRIDGE BOARD GAMES	31 TAI CHI 10:30 SHOPPING & PAINTING DANCERCISE 1:00pm		MOVIE & MUNCHIES "MEET THE PARENTS" 1:00 pm	

Senior Center Coordinator: Maria Gallagher (914) 834-8840
 Senior Center Staff: Kathy Flynn, Josie Santangelo
 Community Services Director: Anna Danoy
 Community Services Office: (914) 381-7840









2010 DUES are being collected NOW!
 YOU MUST COMPLETE AND SIGN A
 REGISTRATION FORM
 WITH DUES.

SEE JOSIE - PREFERENCE FOR ALL
 ACTIVITIES WILL BE GIVEN
 TO PAID MEMBERS.

March

Town of Mamaroneck Senior Center
LUNCH MENU - CALL 834-8840 BY 2:00PM DAY BEFORE TO MAKE RESERVATION

2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Salisbury Steak/ Gravy Brown Rice Mixed Vegetables	2 Chicken Cutlet Parmigiana Tomato Sauce Pasta Tossed Salad	3 Baked Fresh Ham Raisin Sauce Mashed Potatoes Peas & Onions	4 Crispy Baked Fish Baked Sweet Potato Garlicky Green Beans	5 Asparagus & Cheese Frittata Roasted Potatoes Stewed Tomatoes	6 
7 Daylight Savings Time Begins	8 Stuffed Pepper Tomato Sauce Mashed Potatoes Spinach	9 Macaroni & Cheese Green Beans Stewed Tomatoes	10 Italian Chicken Sausage Roasted Potato Onions & Peppers	11 Knockwurst /Sauerkraut Hot German Potato Salad Green Beans	12 Salmon Loaf with Dill Tossed Salad Sautéed Broccoli Birthday Cake	13 
14 	15 ***** St. Patrick's Day Luncheon 12 Noon *****RSVP*****	16 COLD LUNCH TBA	17 Corn Beef & Cabbage Boiled Potatoes Carrots Irish Soda Bread	18 Crispy Crumb Baked Chicken/ Gravy Corn Nibbles Collard Greens	19 Eggplant Rotellini Tomato Sauce/Spaghetti Tossed Salad Chick Peas	20 
21 	22 Stuffed Cabbage Tomato Sauce Mashed Potatoes Carrots	23 Spring Chicken Lemon Herb Sauce Buttered Brown Rice Asparagus	24 Manicotti Tomato Sauce Cauliflower w/ Garlic Crumbs Tossed Salad w Black Olives	25 Yankee Pot Roast Gravy Buttered Noodles Brussel Sprouts	26 Breaded Fish Dill Sauce Rice Pilaf Sautéed Broccoli	27 
28 	29 Spinach Quiche Baked Potato Stewed Tomatoes	30 Beef Brisket/Gravy Potato Pancakes Carrots	31 Vegetable Lasagna Broccoli Tossed Salad Chick Peas	1 Country Captain Chicken Gravy/Brown Rice Spinach	2 Baked Tilapia Oreganata Green Beans Red Roasted Potatoes	

MARCH IS NATIONAL NUTRITION MONTH

CALL 381-7840 FOR TRANSPORTATION TO SENIOR CENTER

CALL 834-8840 TO MAKE A RESERVATION FOR LUNCH
Suggested donation -\$3.00