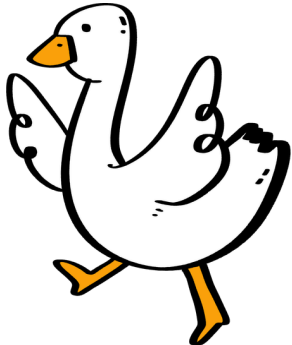


# St. Anthony Senior Center Newsletter

April 2026

1703 West 10<sup>th</sup> Street | Wilmington, DE | 302-421-3735

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



# St. Anthony Senior Center Newsletter

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### Hours of Operation

Monday:  
8:00 AM – 4:00 PM  
Tuesday:  
8:00 AM – 8:00 PM  
Wednesday:  
8:00 AM – 4:00 PM  
Thursday:  
8:00 AM – 5:00 PM  
Friday:  
8:00 AM – 4:00 PM  
Saturday & Sunday:  
Closed

### Closures

#### **Good Friday**

The Center will be closed for Good Friday on April 3<sup>rd</sup>, 2026

### Title VI Notice

St. Anthony Senior Center operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the 1964 Civil Rights Act. To find out more about our nondiscrimination obligations or to file a complaint, please contact us at (302) 421-3735.

### Meet Our Team

- Executive Director – Kim Caputo
- Senior Center Director – Lindsay Draper
- Assistant Director – Elizabeth Negron
- Nutrition Site Manager – Brian Shaw

Main Office: 302-421-3735

General Inquiries:

seniors@stanthonycenter.org

### Announcements

#### **Membership Forms & Handbook**

If you haven't already, please take a moment to review our membership handbook and complete your membership forms so we can stay connected with you!

**Please find these forms on the desk by the elevator. Thank you!**

#### **Latenss at Lunch**

Friendly reminder to arrive by 12:00 PM for lunch. Meal service may not be available for those arriving late.

We understand that appointments run behind and appreciate when you call to let us know. This reminder is for those arriving late on a regular basis.

Being on time helps you catch important announcements and ensures meals are served efficiently to everyone. Thank you!



**"I'M LATE, I'M LATE, FOR A VERY IMPORTANT DATE!"**

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April 2026

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## April Birthdays

Dottie Anderson  
Janet Beaumont  
Eugene Huff  
Howard Miller  
Joanne Dover  
Vicki Warden  
Frances Turtoro  
Sophia Murray



Coreen McFadden  
Joseph Smith  
Martha McDowell  
Mildred Vega  
Virginia Robinson  
Daniela Maas  
Howard DeGraw  
Rita Doles

Join us for our April Birthday Celebration

April 29th, 2026 | 11:45 AM | Dining Room

Did we miss your birthday? Please let us know!

### April Birthdays Spotlight!

If you were born in April, you share your birth month with one of the most dazzling gemstones—the diamond !

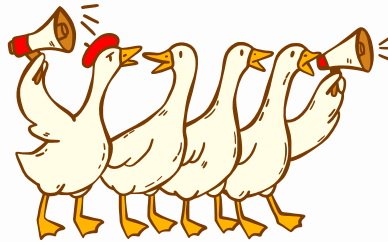
- **Birthstone:** Diamond, known for its strength and brilliance, the diamond symbolizes love, clarity, and resilience... which sounds a lot like our April members!
- **Birth Flower:** The daisy represents innocence, new beginnings, and cheerfulness, while the sweet pea symbolizes gratitude and blissful pleasure.
- April babies are often said to be optimistic, energetic, and full of life
- The name “April” comes from a word meaning “to open,” like flowers blooming in spring
- April kicks off full spring mode...longer days, warmer weather, and fresh starts all around

We’re so lucky to celebrate our amazing April birthdays—don’t forget to stop in so we can wish you a happy one!

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## New Activities at the Senior Center!

We're excited to introduce a couple of new, self-directed groups—designed to be relaxed, welcoming, and shaped by you!

### **Grand & Gab**

A laid-back social group to reminisce, share stories and photos, and chat about anything under the sun.

Tuesdays at 1 PM (Location TBD)

### **Knit & Crochet Group**

Bring your yarn and your current project (or start something new!) and enjoy a cozy space to stitch, share ideas, and connect.

Fridays at 1 PM (Craft Room)

Come as you are, jump in when you can, and help make these groups your own!

### **Have an Idea? We Want to Hear It!**

If there's a program, activity, or trip you'd love to see, please let us know... we're always open to fresh ideas!

While we may not be able to accommodate every request right away or guarantee it for the following month, we truly value your input and look forward to incorporating new ideas into our programming whenever possible.

# St. Anthony Senior Center Newsletter

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## Social & Recreational Programs

### **Nickel Bingo (bring your own nickels)**

- Monday, Wednesday & Thursday: 10:00 AM – 12:00 PM
- Tuesday evenings: 6:00 PM

### **Arts & Crafts**

Puzzles, art supplies, and adult coloring books are available for all to use in the craft room.

Please see monthly events for group projects.

### **Billiards & Cornhole**

- Available daily
- Location: Billiard Room

### **Wii Bowling League**

- Wii Bowling League has begun for the 2025-2026 season: Good luck bowlers!
- Location: Billiard Room

## Educational & Technology Programs

### **Bible Study (Non-Denominational)**

- Thursdays: 10:30 – 11:30 AM
- Location: Library
- All faiths welcome led by volunteer teacher, Barbara Petrucci

### **Computer Lab & Library**

- Open during regular center hours
- Little Lending Library/Reading Room: Books, magazines, and a variety of books are available.
- Technology Assistance is available by appointment

### **Computers/Library**

Woodlawn Library offers computer instructions. Transportation in our service area (during regular hours) is available. Contact Woodlawn Library by phone for more information at (302)571-7425.



St. Anthony Senior  
Center invites you to:

# MUSIC BINGO

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**Oldies TO Top 50**

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Prizes  
&  
Raffles

---

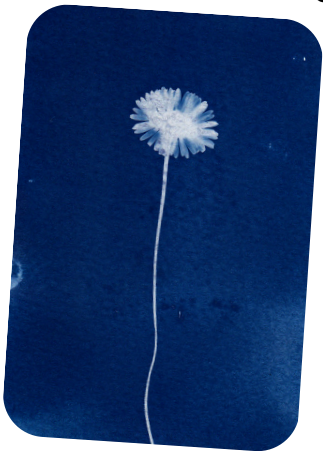
Please RSVP by **Monday, April 13th**  
to Lindsay/Elizabeth at **302-421-3723**

**10 am to 12 pm**  
**Wednesday,**  
**April 15<sup>th</sup>, 2026**  
**Free to participate!**

# Cyanotype

## What is Cyanotype?

Cyanotype is an early photographic process from the 1800s that creates stunning deep blue images using sunlight. By placing objects like leaves, flowers, or small items on specially treated paper or fabric, we can create one-of-a-kind prints—no artistic experience required!



## What We'll Do

- Arrange natural materials and objects to design your print
- Let the sun do the magic
- Rinse and reveal your artwork
- Take home your own handmade piece!

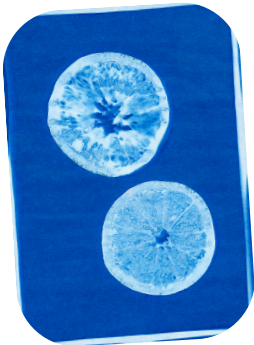
## Why You'll Love It

- Easy, relaxing, and beginner-friendly
- A great way to enjoy creativity without pressure
- Beautiful results every time (seriously, it's hard to mess up!)
- Perfect for framing, gifting, or just showing off



## Good to Know

- All supplies will be provided
- Dress comfortably—you may get a little messy
- Weather permitting (sunlight required!)
- Come soak up some sunshine and make something beautiful with us!



**Join us for Cyanotype Craft!**  
**Senior Center - Back of Dining Room**  
**Wednesday, April 15<sup>th</sup>, 2026**  
**@ 1:15 PM**

# Paint Party

Join us for a fun, relaxed Paint & Chat Party where creativity meets good company! Whether you're a seasoned artist or haven't picked up a paintbrush since elementary school...this is your time to shine (or at least have a good laugh trying).

## What to Expect

Step-by-step guidance (no pressure, no judgment!)  
A simple, fun painting anyone can do  
Plenty of time to chat, laugh, and get creative  
Your very own masterpiece to take home

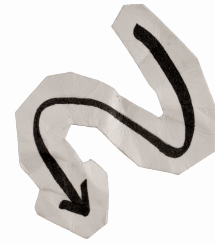
## Why You'll Love It

It's about fun... not perfection!  
A great way to unwind and try something new  
You might surprise yourself with how good it turns out.

## Good to Know

All supplies will be provided  
Wear something you don't mind getting a little paint on  
No experience needed—seriously!

This month's painting

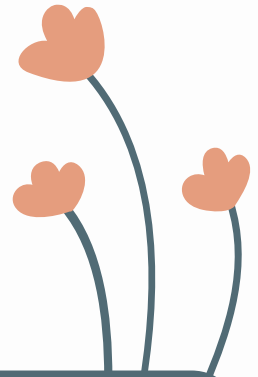


**April 27<sup>th</sup>, 2026**  
**1 PM**  
**Senior Center**  
**Craft Room**

Please RSVP by April 25 so we can make sure every silly goose has supplies!



# Spring Word Search



Can you find the words hidden in the puzzle?

C	S	N	U	R	A	I	N	B	O	W	D
F	N	L	P	M	H	K	O	R	T	U	P
L	A	D	Y	B	U	G	O	E	I	R	I
O	W	E	O	L	A	R	B	E	E	I	C
W	B	Y	M	O	S	F	N	Z	D	C	N
E	E	G	U	S	F	O	C	E	I	K	I
R	L	B	R	S	T	T	R	U	S	O	C
S	L	D	B	O	K	I	I	A	G	S	A
R	R	P	R	M	W	E	C	T	I	U	N
S	P	R	O	U	T	S	T	O	R	N	S
D	F	C	O	N	F	O	V	L	U	N	N
A	S	B	U	T	T	E	R	F	L	Y	E

FLOWERS

BREEZE

RAINBOW

BEE

BLOSSOM

SUNNY

LADYBUG

RAIN

BUTTERFLY

PICNIC

SPROUTS

GROW

# St. Anthony Senior Center Newsletter

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## Physical Fitness

### Group Fitness Classes

- **Zumba:** Mondays | 9:00 – 10:00 AM
- **Chair Exercise:** Tuesdays | 9:00 – 10:00 AM
- **Yoga:** Wednesdays & Fridays | 9:00 – 10:00 AM
- **Tai Chi:** Thursdays | 4:30 – 5:00 PM
- **Cardio Drumming:** Thursdays | 9:00 – 10:00 AM
  - Except the first Thursday of the Month
- **Stretch:** First Thursday of Month | 9:00 – 10:00 AM
- **Sit, Stand, Move:** Wednesdays | 1:30 – 2:30 PM

Most classes are offered in-person and virtually.

Fitness classes are held in the Exercise Room, with the exception of Exercise Bingo and Cardio Drumming, which are held in the Dining Room.

### Exercise Room

Treadmills, bikes, and weights are available for member use after waiver completion.

### Aquatics Program

Fraim Center for Active Adults

669 S. Union Street

- Transportation can be provided from St. Anthony to the Fraim Center for any morning Aquatic's programs. There are different types of Fraim Center memberships. For information, please call the Fraim Center at (302) 658-8420.



**WEDNESDAY,  
APRIL 22<sup>ND</sup>, 2026**

**12:30 PM - SENIOR CENTER  
DINING ROOM**

Presenter: Dylan Zelenski PT, DPT -  
Doctor of Physical Therapy

# **HOW CAN I BECOME MORE STABLE ON MY FEET?**

Fall Prevention Presentation

Join us for an engaging presentation with a licensed physical therapist who will share practical tips and exercises to help reduce your risks of falls and improve your balance. Learn how simple lifestyle changes can keep you strong, steady, and independent.

**Perfect for adults, caregivers, and anyone interested in  
staying active and safe!**

Registration is requested, but not required.

Reach out Senior Center staff at 302-421-3735 or  
seniorse@stanthonycenter to register!

## Around The Center

About	Date/Time	Location
<b>Topic: Scam Prevention</b> Guest Speaker: Katie King from M&T Bank	<b>9 AM</b> Monday, April 6 <sup>th</sup> , 2026	Dining Room
<b>Movie Day: Merrily We Roll Along</b> <i>Merrily We Roll Along takes you on a unique, backwards journey through friendship, dreams, and growing up (with plenty of great music along the way).</i>	<b>10 AM</b> Tuesday, April 7 <sup>th</sup> , 2026	Dining Room
<b>Learn about the benefits and programs with St. Francis Life.</b> Denise Garcia will be coming to play Nickel Bingo with us!	<b>9:30 AM</b> Wednesday, April 8 <sup>th</sup> , 2026	Dining Room
AARP Tax Assistance <i>Registration Required</i>	<b>9 AM to 12 PM</b> Friday, April 10 <sup>th</sup> , 2026	Library
<b>Music Bingo</b> (see flyer)	<b>10 AM</b> Wednesday, April 15 <sup>th</sup> , 2026	Dining Room
<b>Cyanotype Craft</b> (see flyer)	<b>1:15 PM</b> Wednesday, April 15 <sup>th</sup> , 2026	Back of Dining Room
<b>Topic: Stress Management</b> Guest Speaker: Elizabeth A. Davis Psy.D. from the Mental Health Association in Delaware	<b>11 AM</b> Tuesday, April 21 <sup>st</sup> , 2026	Dining Room
<b>Presentation: How Can I be more stable on my feet?</b> Presenter: Dylan Zelenski, PT, Doctor of Physical Therapy with Novacare	<b>12:30 PM</b> Wednesday, April 22 <sup>nd</sup> , 2026	Dining Room
<b>Paint Party: Silly Goose</b> (see Flyer)	<b>1 PM</b> Monday, April 12 <sup>th</sup> , 2026	Craft Room

### AARP TAX ASSISTANCE

AARP will be here to provide assistance with filing taxes.  
Please call 302-421-3735 to make an appointment.

Friday, April 10<sup>th</sup>, 2026

Prior to your appointment you must pick up a packet with an intake form and a release form that you **MUST COMPLETE** before meeting with your aide.

#### **REMEMBER TO BRING TO YOUR APPOINTMENT:**

- Photo ID
- Social Security Statement of benefits
- last years tax information.
- If married filing a joint return, both husband and wife must attend.

# SMART DRIVER

## COURSE

with AARP

**\$20 FOR AARP  
MEMBERS**

**\$25 FOR NON-  
MEMBERS**

Cash or check only  
—due day of class.

**Saturday, May 2nd, 2026**

**9 AM to 3 PM  
St. Anthony Senior Center  
Library  
1703 W 10<sup>th</sup> Street,  
Wilmington, DE 19805**

*The AARP Smart Driver 6-hour course is a comprehensive defensive driving program designed for drivers aged 50 and older to refresh skills, learn new safety techniques, and potentially earn auto insurance discounts.*



**REGISTER WITH AARP INSTRUCTOR  
JOANNE DOVER**

**302-670-5800**

# St. Anthony Senior Center Newsletter

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## Transportation Services

- **Medical Appointments:** Mondays, Wednesdays & Thursdays
  - Pick-up at 8:30 AM (appointments scheduled between 9:00–9:30 AM)
- **Banking Services:** Tuesdays | 9:30 AM
- **Recreational & Grocery Shopping Trips**
  - Monthly Trips: Shopping, cultural, and recreational outings
- **Trip Registration:**
  - After 9:00 AM on the first day of each month
  - Advance sign-up required; fees range from \$1-\$5
  - Full payment or required deposit due at sign-up
  - Trips are subject to change due to low registration, weather, traffic, or staffing.

## Support Services

- **Stand By Me 50+:** The Stand By Me 50+ program helps Delawareans approaching or in retirement make their finances work for them and maintain their quality of life. Our representative, Karen Summa, is available on the third Wednesday of each month.
  - Call 302-658-4171 ext. 104 to schedule an appointment.
- **Blood Pressure Screenings:** Alternating Thursdays in coordination with St. Francis Visiting Nurses
- **Notary Services:** By appointment
- **Faxing & Copying:** By Appointment

## **Salon Services:**

Available Tuesdays by Appointment with Piera Vassallo

- A multi-talented stylist dedicated to helping clients feel comfortable and leave happy. Manicures are also available through her assistant, Kim.
- **Appointments:** Call or text 302-545-1751

## **Senior Center Gift Shop**

Hours: Monday, Wednesday & Thursday | 9:00 AM – 12:00 PM & Tuesday | 2:00 – 4:30 PM

# St. Anthony Senior Center Newsletter

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### Grocery Shopping

Trip	Date/Time	Cost
ShopRite	<b>2:30 PM</b> Thursday, April 2nd, 2026	\$2.00
ShopRite	<b>2:30 PM</b> Thursday, April 16th, 2026	\$2.00
ShopRite	<b>2:30 PM</b> Thursday, April 23rd, 2026	\$2.00
ShopRite	<b>2:30 PM</b> Thursday, April 30 <sup>th</sup> , 2026	\$2.00



### Recreational Trips



Trip	Date/Time	Cost
Concord Mall	<b>10:15 AM</b> April 7th, 2026	\$3.00
Delaware Park	<b>10:15 AM</b> April 14th, 2026	\$3.00
Walmart (Centerville Rd)	<b>10:15 AM</b> April 28th, 2026	\$2.00

**All trips/Time are subject to change due to low registration, weather, traffic, and/or staffing.**

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## Senior Nutrition Program

Join us for nutritious, delicious meals in a welcoming community setting!

### **Meal Schedule:**

- Lunch is served Monday–Friday at 12:00 PM
- Dinner is served on Tuesdays at 5:00 PM

Our meals are provided in partnership with City Fare, supporting older adults in our community with quality nutrition and connection.

St. Anthony Senior Center operates on an advance reservation system for all meals. Reservations must be made by 12:00 PM the day before you plan to attend.

- Monday meals must be reserved by Friday at 12:00 PM

### **Who Can Participate:**

St. Anthony's Senior Center welcomes individuals age 55 and older, regardless of race, creed, national origin, or disability.

### **Suggested Donation / Meal Cost:**

- Ages 60+: Suggested donation of \$4.00 per meal
- Under 60: \$8.00 per meal

Meal coupons are available upon request.

### **Additional Information:**

- All meals are served with 1% milk
- Menus and meals are subject to change

### **How to Join Us:**

Registration and advance reservations are required to participate in the Nutrition Program. Simply call or stop by and reserve your meal by the deadline... we'd love to have you join us!

# St. Anthony Senior Center Newsletter

## April 2026

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### Evening Meals

<b>Tuesday, April 7<sup>th</sup>, 2026</b>
<ul style="list-style-type: none"><li>• Chicken &amp; Dumplings</li><li>• Peas &amp; Carrots</li><li>• Spiced Peaches</li></ul>
<b>Tuesday, April 14<sup>th</sup>, 2026</b>
<ul style="list-style-type: none"><li>• Reuben (Roast Beef w/ Swiss Cheese, Sauerkraut &amp; Russian Dressing)</li><li>• Garden Vegetable Soup</li><li>• Fresh Cut Fruit</li><li>• Crackers</li></ul>

<b>Tuesday, April 21<sup>st</sup>, 2026</b>
<ul style="list-style-type: none"><li>• Oven Fried Chicken</li><li>• Mashed Potatoes w/ Gravy</li><li>• Seasoned Greens</li><li>• Split Top Roll</li><li>• Fresh Apple</li></ul>
<b>Tuesday, April 28, 2026</b>
<ul style="list-style-type: none"><li>• Pot Roast w/ Gravy</li><li>• Mashed Potatoes w/ Gravy</li><li>• Green Beans</li><li>• Split Top Roll</li><li>• Diced Peaches</li></ul>

# Bag Suppers

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>4/6</u>—<a href="#">Happy Easter Monday</a> Peanut Butter &amp; Jelly Sandwich Yogurt 3 Bean Salad Diced Peaches</p>	<p><u>4/7</u> Grilled Chicken Patty Sandwich w/ Cheddar Cheese on WG Bun Red Skin Potato Salad Mixed Fruit BBQ Sauce</p>	<p><u>4/8</u> Ham &amp; Swiss on Whole Grain Bread Baby Carrots Applesauce Mayonnaise</p>	<p><u>4/9</u> Roast Beef Sandwich on Potato Bun w/ Cheddar Broccoli Bites Fresh Orange Horseradish</p>	<p><u>4/10</u> Chicken Salad w/ Craisins on WG Pita Bread Celery Sticks Fresh Pear</p>
<p><u>4/13</u> Turkey Club Wrap WG Tortilla Baby Carrots Apple Sauce Mayonnaise</p>	<p><u>4/14</u> Cereal Yogurt Hard Boiled Eggs Cucumber Slices Mixed Fruit</p>	<p><u>4/15</u> Italian Hoagie with Onion &amp; Lettuce Bell Pepper Slices Pineapple Tidbits Italian Dressing</p>	<p><u>4/16</u> Chicken Salad w/ Craisins on White/Wheat Bread Broccoli Bites Diced Peaches</p>	<p><u>4/17</u> Cheese Sandwich 3 Bean Salad Fresh Orange Cookie</p>
<p><u>4/20</u> Ham &amp; Cheddar Sandwich on Kaiser Roll Broccoli Bites Apple Slices Mayonnaise</p>	<p><u>4/21</u> Hummus &amp; Veggie Wrap WG Tortilla w/ Lettuce, Onion, &amp; Shredded Carrots Cheese Stick Diced Pears Mango Juice</p>	<p><u>4/22</u> Roast Beef Sandwich on Whole Grain Bread Baby Carrots Applesauce Mustard</p>	<p><u>4/23</u> Breakfast Sandwich Yogurt Celery Fresh Orange</p>	<p><u>4/24</u> Tuna Salad Sandwich on White/Wheat Bread Sliced Bell Peppers Fresh Pear</p>
<p><u>4/27</u> Turkey &amp; Provolone Sandwich on Rye Bread Baby Carrots Apple Mayonnaise</p>	<p><u>4/28</u> Ham &amp; Cheddar Sandwich on Whole Grain Bread Broccoli Bites Mandarin Oranges Mustard</p>	<p><u>4/29</u> Egg Salad Sandwich on a Croissant Celery Fresh Pear Mango Juice</p>	<p><u>4/30</u> Caesar Salad Wrap WG Tortilla w/ Grilled Chicken, Lettuce, &amp; Caesar Dressing Sliced Bell Peppers Fresh Orange</p>	<p><u>5/1</u> Cottage Cheese w/ Diced Peaches Celery Sticks Hard Boiled Egg WG Crackers</p>

# April Activities Calendar

Mon	Tue	Wed	Thu	Fri	Program Guide
<p><b>St. Anthony Senior Center</b> 302-421-3735</p> <p>Meal Reservations Required Call by 12 PM the day before (Friday by noon for Monday meals)</p>	<p><b>1</b></p> <p>8:30am Medical 9a Yoga 10a Bingo 12p Lunch</p>	<p><b>2</b></p> <p>8:30am Medical 9a Stretch 10a Bingo 10:30a Bible Study 12p Lunch 2:30p ShopRite 4:30p Tai Chi</p>	<p><b>3</b></p> <p><u>Senior Center is closed.</u></p>	<p><b>4</b></p> <p>8:30am Medical 9a Stretch 10a Bingo 10:30a Bible Study 12p Lunch 2:30p ShopRite 4:30p Tai Chi</p>	<p>= all fitness = all education = meals = transportation = Grocery Shopping trip = arts &amp; crafts = health screenings/events = Regular Bingo = Special Bingo or Event (holiday, themed, bigger prizes) = birthday celebration = Services (AARP, benefits help, screenings, etc.) = social activity</p> <p>*Not all programs &amp; services are listed. Please see the full newsletter and listen to announcements for updates.</p> <p>*Schedule subject to change. Please call to confirm programs and availability.</p>
<p><b>6</b></p> <p>8:30am Medical 9a Scam Prevention 9a Zumba 10a Bingo 12p Lunch</p>	<p><b>7</b></p> <p>9a Chair Ex 9:30a Banking 10a Movie Day 12p Lunch 1p Grand &amp; Gab 5p Dinner 6p Bingo</p>	<p><b>8</b></p> <p>8:30am Medical 9a Yoga 9:30a St. Francis Life 10a Bingo 12p Lunch 1:30p Sit/Stand</p>	<p><b>9</b></p> <p>8:30am Medical 10a Bingo 10:30 BP Screening 10:30a Bible Study 12p Lunch 2:30p ShopRite 4:30p Tai Chi</p>	<p><b>10</b></p> <p>9a Yoga 9a AARP Taxes 10:00 Corn hole 12p Lunch 1p Knit &amp; Crochet</p>	
<p><b>13</b></p> <p>8:30am Medical 9a Zumba 10a Bingo 12p Lunch</p>	<p><b>14</b></p> <p>9a Chair Ex 9:30a Banking 12p Lunch 1p Grand &amp; Gab 5p Dinner 6p Bingo</p>	<p><b>15</b></p> <p>8a Stand By Me 8:30am Medicals 9a Yoga 10a Music Bingo 12p Lunch 1:15pm Cyanotype</p>	<p><b>16</b></p> <p>8:30am Medical 10a Bingo 10:30a Bible Study 12p Lunch 2:30p ShopRite 4:30p Tai Chi</p>	<p><b>17</b></p> <p>9a Yoga 10:00 Corn hole 12p Lunch 1p Knit &amp; Crochet</p>	
<p><b>20</b></p> <p>8:30am Medical 9a Zumba 10a Bingo 12p Lunch</p>	<p><b>21</b></p> <p>9a Chair Ex 9:30a Banking 11a Stress Mgmt 12p Lunch 1p Grand &amp; Gab 5p Dinner 6p Bingo</p>	<p><b>22</b></p> <p>8:30am Medical 9a Yoga 10a Bingo 12p Lunch 12:45p Fall Prevention 1:30p Sit/Stand</p>	<p><b>23</b></p> <p>8:30am Medical 10a Bingo 10:30 BP Screening 10:30a Bible Study 12p Lunch 2:30p ShopRite 4:30p Tai Chi</p>	<p><b>24</b></p> <p>9a Yoga 10:00 Corn hole 12p Lunch 1p Knit &amp; Crochet</p>	
<p><b>27</b></p> <p>8:30am Medical 9a Zumba 10a Bingo 12p Lunch 1pm Silly Goose</p>	<p><b>28</b></p> <p>9a Chair Ex 9:30a Banking 12p Lunch 1p Grand &amp; Gab 5p Dinner 6p Bingo</p>	<p><b>29</b></p> <p>8:30am Medical 9a Yoga 10a Bingo 11:45a Bday 12p Lunch 1:30p Sit/Stand</p>	<p><b>30</b></p> <p>8:30am Medical 10a Bingo 10:30a Bible Study 12p Lunch 2:30p ShopRite 4:30p Tai Chi</p>		

# Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4/6—<a href="#">Happy Easter Monday</a>                      BBQ Chicken Bites                      Cheesy Grits                      Side Salad with Cucumbers and Tomatoes                      Fresh Orange</p>	<p>4/7                      French Toast Sticks                      Turkey Sausage                      Cheese Omelet                      Home Fries                      Fresh Cut Fruit                      Ketchup</p>	<p>4/8                      Oven Fried Chicken                      Mashed Potatoes w/ Gravy                      Seasoned Greens                      Split Top Roll                      Fresh Apple</p>	<p>4/9                      Chili w/ Shredded Cheese                      Fresh Baked Potato                      Corn Muffin                      Mandarin Oranges</p>	<p>4/10                      Spaghetti &amp; Meatballs Italian                      Vegetable Blend                      White/Wheat Bread                      Spiced Pears</p>
<p>4/13                      Burrito Bowl w/ Brown Rice                      Ground Beef, Black Beans, Shredded Lettuce, Shredded Cheese, &amp; Salsa                      Guacamole                      Diced Pineapple                      Churro</p>	<p>4/14                      Dry Rub Baked Chicken Wings                      Caribbean Blend Vegetables                      Corn Muffin                      Spiced Peaches</p>	<p>4/15                      Pot Roast w/ Gravy                      Mashed Potatoes                      Green Beans                      Split Top Roll                      Diced Pears</p>	<p>4/16                      Breaded Flounder w/ Tartar Sauce                      Stewed Tomatoes                      Mac n Cheese                      Applesauce</p>	<p>4/17                      Roasted Turkey Sandwich on a Kaiser Roll w/ Cranberry Sauce                      Pea Soup                      Fresh Orange                      WG Crackers</p>
<p>4/20                      Chicken Salad Platter on Romain Lettuce &amp; Sliced Tomatoes                      Celery                      Sliced Apples                      WG Crackers</p>	<p>4/21                      Lemon Garlic Chicken w/ Zucchini                      Brown Rice                      Fresh Cut Fruit</p>	<p>4/22                      Ham                      Fresh Baked Sweet Potato                      Asparagus                      Wheat Roll                      Spring Dessert</p>	<p>4/23                      Stuffed Peppers w/ Marinara Sauce                      Mashed Potatoes                      Diced Pears                      Split Top Roll</p>	<p>4/24                      Mediterranean White Fish                      Caribbean Vegetable Blend                      Brown Rice                      Fresh Fruit</p>
<p>4/27                      Meatloaf w/ Gravy                      Mashed Potatoes                      Broccoli                      White/Wheat Bread                      Fresh Orange</p>	<p>4/28                      Fish Patty Sandwich on a Brioche Bun                      Roasted Baby Bakers Peas                      Tartar Sauce                      Pickles                      Applesauce</p>	<p>4/29                      Chicken &amp; Dumplings                      Peas &amp; Carrots                      Spiced Peaches</p>	<p>4/30                      Grilled Cheese w/ Tomato Soup                      Succotash                      Fresh Fruit                      WG Crackers</p>	<p>5/1                      BBQ Pulled Pork                      WG Kaiser Roll                      Sweet Potato Fries                      Green Beans                      Honeydew</p>

