

# TVCCA SENIOR CAFE MENU

## March 2023

TUESDAY	WEDNESDAY	THURSDAY
<b>1% milk and whole grain bread are served with each meal.</b> <b>Menu is subject to change without notice.</b>	<b>1</b> American Chop Suey Diced Carrots Waxed Beans Fresh Orange	<b>2</b> Stuffed Chicken Kiev Garlic Mashed Potatoes Green Beans Mixed Fruit Cup
<b>7</b> <b><u>Birthday Celebration</u></b> Beef Stew Steamed Parsley Potatoes Broccoli Birthday Treat Orange Juice	<b>8</b> Country Style Chicken Buttermilk Mashed Potatoes Zucchini, Peas, & Carrots Mixed Fruit Cup	<b>9</b> Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Pineapple Tidbits
<b>14</b> Chicken Cacciatore Pasta Shells w/ marinara Green & Waxed Beans Fresh Fruit	<b>15</b> <b><u>St. Patrick's Day Celebration</u></b> Corned Beef & Cabbage Steamed Parsley Potatoes Sliced Carrots Dinner Roll & Margarine Irish Soda Bread Apple Juice	<b>16</b> Pork Sausage & gravy Herb Roasted Potatoes Broccoli Tropical Fruit Cup
<b>21</b> Salisbury Steak w/ gravy Mashed Potatoes Corn w/ Peppers & Onions Applesauce Cup	<b>22</b> Stuffed Chicken w/ Broccoli & Cheese Glazed Sweet Potatoes Green Beans Diced Peaches	<b>23</b> Swedish Meatballs Penne Pasta Mixed Vegetables Medley Mandarin Oranges
<b>28</b> Sloppy Joe w/ Bun Tater Tots Squash Mix w/ Carrots & String Beans Tropical Fruit Cup	<b>29</b> <b><u>Ethnic Celebration</u></b> Steamed Pork Dumplings Jasmine Rice Broccoli, Peppers, & Mushrooms Sweet Treat Orange Juice	<b>30</b> Crispy Cod Macaroni & Cheese Peas & Pearl Onions Fresh Orange

Please make your lunch reservation a week in advance

### What's New?

**We've added additional days for the Pomfret Market. Call Cathy Smith 860-923-3458 to schedule an appointment or if you have any questions.**

**Generation Health has joined the Senior Center! If you are a senior and part of Generations, come visit us and find out all the resources available to you. Dates my vary, so check the calendar for specific dates and time.**

**Day Kimball Health has joined us on the third Thursday of each month for a "Blood Pressure Clinic". Email [seniorcenter@teegonline.org](mailto:seniorcenter@teegonline.org) and schedule your appointment.**

**The Computer Lab is up and running during senior center hours. If you need access to a computer, come visit us at the center.**

# \*\* Pomfret Senior Center March 2023 Calendar \*\*

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
28			1			2		
10:00-10:30	Lunch Pick Up		9:00-10:00	Walking Club	at the PSC	9:30-11:30		Chair Caning
10:30-11:30		Chair yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
12:30-2:00	What's Cookin'	Tech Support	12:30-2:00	Readings from Kat "A Girl Named Zippy"		1:00-2:00	Birthday Celebration/ Trivia	
2:00-5:00		PCM				1:00-3:00		PCM
7			8			9		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at the PSC	9:30-11:30		Chair caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/special	
12:30-2:00	Show N' Tell	CSFP and Senior Care Distribution	1:00-2:00	Chair Massage		1:00-2:00	Bingo	
						1:00-3:00		PCM
14			15			16		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at the PSC	9:30-11:30		Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45			10:30-11:30	Blood Pressure Clinic	
1:00-2:00		Tech Support	12:30-2:00	Diabetes Workshop w/ DKH Health		11:45-12:45	Lunch w/ Special	
2:00-5:00		PCM				1:00-3:00		PCM
21			22			23		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at the PSC			No Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
12:30-2:00	Craft: Cricut			Chair Massage		12:30-2:00	Movie Afternoon: TBD	
						1:00-3:00		PCM
28			1			2		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30	Game Day	Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30		
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
12:30-2:00	Generations Community Health	Tech Support				12:30-2:00	Birthday Celebration/ Trivia	
2:00-5:00		PCM	12:30-2:00	Story Reading From Kat		1:00-3:00		PCM